

KALORIK MAXX

*AIR FRYER OVEN
COOKBOOK*



JEANETTE WILLIAMS

KALORIK MAXX AIR FRYER OVEN COOKBOOK

200+ Easy, delicious & affordable recipes for beginners and advanced users.

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Introduction

The Kalorik Maxx Air Fryer Oven is perfect for home cooks who want fast, nutritious, easy meals every day—at the touch of a button. Its extra-large capacity fits 6 slices of toast or a 12” pizza, and lets you air fry, dehydrate, roast, toast, bake and broil all the food you need to feed your family and your friends.

Quick and even heating ensures crispy, golden results every time. With a variety of one-touch cooking options there’s no need to calculate temperature, weight or time. Just select one of the Smart Programs and press start. However, for you foodies out there, the Kalorik Maxx Air Fryer Oven provides the flexibility to adjust settings to customize your culinary experience. Temperature and Time dials let you let you dial it up, or dial it down to make your food just the way you like it. This air fry toaster oven also comes with all the accessories you need for rotisserie cooking.

The high performance convection oven, along with the rotisserie function, delivers juicy, delicious rotisserie dishes. So pack up those other appliances lining your counter and make room for the Kalorik Maxx Air Fryer Oven today.

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Chicken Recipes

Air Fryer Kalorik Maxx Chicken Casserole



This Air Fryer Kalorik Maxx chicken casserole is a family favorite that can also be made in your regular Air Fryer and finished in the oven or air fryer.

Don't have a way to finish it to make the crispy top? No worries! It tastes great without that step too!

You can also use store bought rotisserie chicken or in a pinch use canned

chicken. If you want to use raw chicken, cook that separately in the Air Fryer and then shred it.

The ingredients are quite simple for this recipe with cream of chicken and mushroom soup and French's Onions being key players.

Start off with your chicken and vegetables of choice. Use half of a large onion, celery, carrot, and some frozen peas, frozen broccoli, or frozen veggie mix.

Dump it all in the Air Fryer with five cups of chicken broth and some seasoning. Use garlic powder and salt and pepper to taste.

Dump the egg noodles into the Air Fryer and give it a gentle stir, but try to keep a lot of the noodles from settling on the bottom of the pot.

Instead, press them into the liquid. You do want them all damp/wet though. I did have plenty of noodles touching the bottom and did not get a burn notice.

Pressure cook on high pressure for 4 minutes, followed by a quick release. Then stir in the can of cream of chicken and mushroom soup, sour cream, some cheddar cheese, and some French's onions (about 1/3 of the can).

If you want, you could heat the casserole on saute and serve as is, but with the Kalorik Maxx, the best part is crisping the top.

If you don't have an Air Fryer Kalorik Maxx, you can also transfer the chicken casserole to a baking pan and crisp up the top in the oven or air fryer.

If using your oven or air fryer, transfer the casserole to a pan and set it to 400 or broil until browned.

This is a great comfort food dinner that is quick and easy to make and is usually a hit with all ages.

- Yield: 8
- Prep Time: 5 Minutes
- Cook Time: 25 Minutes
- Total Time: 30 Minutes

Ingredients

- 3 c chicken, shredded (I used left over rotisserie chicken)
- 12 oz bag egg noodles
- 1/2 large onion
- 1/2 c chopped carrots
- 1/4 c frozen peas
- 1/4 c frozen broccoli pieces
- 2 stalks celery chopped
- 5 c chicken broth
- 1 t garlic powder
- salt and pepper to taste
- 1 c cheddar cheese, shredded
- 1 package French's onions
- 1/4 c sour cream
- 1 can cream of chicken and mushroom soup

Instructions

Place the chicken, vegetables, garlic powder, salt and pepper, and broth into the Air Fryer and stir.

Press or lightly stir the egg noodles into the mix until damp/wet.

Pressure cook on manual high pressure for 4 minutes.

Quick release.

Stir in the sour cream, can of soup, cheese, and 1/3 of the French's onions.

Top with the remaining French's onions and, using the air fry lid, air fry at 400 for 4-5 minutes until golden brown.

If using the oven or air fryer to crisp the top, transfer to a pan and broil or air fry until golden brown.

Notes: You can serve this without crisping the top as well.

Nutrition Information:

Calories: 300 Total Fat: 17g Saturated Fat: 7g Trans Fat: 0g Unsaturated Fat:

8g Cholesterol: 86mg Sodium: 877mg Carbohydrates: 17g Net

Carbohydrates: 0g Fiber: 2g Sugar: 3g Sugar Alcohols: 0g Protein: 20g

Chicken Bacon Ranch Bays English Muffins Pizzas



Chicken Bacon Ranch Pizza Muffins are a delicious weekday lunch or dinner option for your family. Chicken bacon ranch is one popular combination that I will never get enough of. Juicy chicken, ranch, and salty bacon piled on Bays English Muffins and baked to perfection. The right size for kids and adults to enjoy.

With that, it leaves me wanting to pull out my tried and true summer recipes that allow me to spend minimal time indoors cooking. These pizza muffins are tasty and don't make you feel heavy afterward on a hot day.

What Are Chicken Bacon Ranch Pizza Muffins

Chicken Bacon Ranch Pizza Muffins are an easy snack or meal option. Pizza muffins are Bays English Muffins that are split in half, and then topped like a pizza. I used chicken, bacon, and of course, ranch. Pile on the toppings and toss in the oven to bake. Then when you go to serve it is like you have your own little personal pizza muffins to nibble on.

Best Chicken To Use For Chicken Bacon Ranch Pizza Muffins

You have a handful of options for when it comes to the best chicken for these pizza muffins. Let me share your options so you can decide what fits your lifestyle needs.

What Flavors Of English Muffins Are There

For my pizza muffins, I reached for original, but they do sell sourdough, which could be a fun combination as well. Then for a sweeter option, you can pick up the cinnamon raisin. The cinnamon raisin is fantastic for breakfast, just toast and then top with butter or cream cheese, and pair with some fruit or even a slice of bacon.

Quick Chicken Bacon Ranch Pizza Muffins

Another huge winning point for these pizza muffins is the ease in prepping them for the oven! Bays English Muffins come pre-sliced, so it shaves off time having to cut the English Muffins in half. Then you use pre-cooked chicken and cook up a few pieces of bacon, assemble and bake.

How To Store Leftover Pizza Muffins

If you happen to have any leftover pizza muffins place them in an airtight container and place in the fridge for up to three days. You can warm them up in the microwave, toaster oven, or standard oven. Just heat until the pizza muffins are warmed through.

Elevate Your Meal Time

Reach for Bays English Muffins and give this pizza muffin recipe a try. Using quality ingredients will provide you with one incredible pizza muffin that you will want to make again and again.

- Yield: 1
- Prep Time: 5 Minutes
- Cook Time: 10 Minutes
- Total Time: 15 Minutes

Chicken Bacon Ranch Pizza Muffins are a delicious weekday lunch or dinner option for your family. Chicken bacon ranch is one popular combination that I will never get enough of. Juicy chicken, ranch, and salty bacon piled on Bays English Muffins and baked to perfection. The right size for kids and adults to enjoy.

Ingredients

- Bay's English Muffins
- Crack Chicken
- 4 slices cooked bacon
- 8 oz Cheddar Cheese
- 1 Green onion

Instructions

- Split Muffin's in half
- Spread Crack Chicken on the bottom
- Cover in cheese
- Place Pieces of bacon on top of the cheese
- Place in your oven at 350 for 15 minutes or until cheese melts
- Or Place in your air fryer on 350 for 5 minutes
- Top with green onion optional

Nutrition Information:

Calories: 364 Total Fat: 26g Saturated Fat: 13g Trans Fat: 1g Unsaturated

Fat: 10g Cholesterol: 88mg Sodium: 646mg Carbohydrates: 9g Fiber: 0g
Sugar: 0g Protein: 23g

Air Fryer Moroccan Chicken



Spiced without being overly spicy, this Low FODMAP Moroccan Chicken is a delicious alternative to plain, grilled chicken.

Boneless, skinless chicken thighs are a staple in our household. I love using different homemade spice blends to transform plain chicken to fit almost any cuisine.

This Moroccan spice blend is one of my favorites and is filled with cumin, coriander, cinnamon, ginger, and turmeric. It's easy to make and produces tender, juicy, and oh-so-flavorful chicken every time.

Additionally, chicken thighs are often a little more affordable than chicken breasts. And, because of the slightly higher fat content, they are less likely to dry out when cooking and have more flavor than chicken breasts.

Garlic-infused olive oil is a FODMAP-friendly way to add garlicky flavor. It's my go-to low FODMAP garlic substitute.

Spices including paprika, cumin, coriander, cinnamon, turmeric, ginger, and optional cayenne pepper for all the Moroccan-inspired flavor.

How to Make Moroccan Chicken

Make the marinade. In a small bowl, whisk together the garlic-infused olive oil, spices (paprika, cumin, coriander, cinnamon, turmeric, ginger, and cayenne pepper).

Whisking a Moroccan chicken marinade in a glass bowl.

Marinate. Transfer mixture to a gallon zip-top bag or glass container with a lid. Add chicken and mix to coat. Seal and place the chicken in the refrigerator to marinate.

Chicken thighs coated in low FODMAP Moroccan chicken marinade

Grill or broil. When you're ready to eat, preheat grill (or broiler) on high. If using the broiler, I will coat a broiler pan with nonstick cooking spray before adding the chicken. Cook the chicken thighs for 6-8 minutes per side or until cooked through* and no longer pink inside.

*I recommend using a meat thermometer inserted into the thickest part to double-check that it is done. Chicken is cooked when the internal temperature reaches 165°F.

Marinated chicken sitting on a broiler pan.

Serve warm with your favorite sides. Check out the serving suggestions below for some ideas. You can also store the cooked chicken in an airtight container in the refrigerator for up to three days.

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 1 hour 15 minutes
- Yield: 4

Spiced without being overly spicy, this Low FODMAP Moroccan Chicken is a delicious alternative to plain, grilled chicken!

Ingredients

- ¼ cup garlic-infused olive oil
- 2 teaspoon ground paprika
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ginger
- ⅛ teaspoon cayenne pepper, optional
- 1 (20-ounce) package boneless, skinless chicken thighs (or breasts)

Instructions

In a small bowl, whisk together all ingredients except chicken. Transfer mixture to a gallon zip-top bag or glass container with a lid. Add chicken and mix to coat. Seal and marinate the chicken in the refrigerator for at least an hour but ideally 8 hours.

When ready to eat, preheat grill (or broiler) on high. Remove chicken from marinade, discarding any leftover marinade. Grill chicken thighs for 6-8 minutes per side or until cooked through and no longer pink inside. I recommend using a meat thermometer inserted into the thickest part to double-check that it is done. Chicken is cooked when the internal temperature reaches 165°F.

Remove the chicken from the grill. Serve warm or refrigerate in an airtight container for up to three days.

Nutritional facts

- Calories Per Serving: 301
- % DAILY VALUE
- 31% Total Fat 20.2g
- 1% Total Carbohydrate 1.7g
- 3% Dietary Fiber 0.9g

- 56% Protein 28.2g

Air Fryer Grilled Oregano Chicken



Add a source of flavorful, lean protein to salads, pasta and more with this four-ingredient Low FODMAP Grilled Oregano Chicken.

Sometimes you just need a really easy four-ingredient staple and this Low FODMAP Grilled Oregano Chicken is one those things. It's easy enough to make and add to other dishes and flavorful enough to serve on its own with "simple" sides.

These are all just suggestions. So, feel free to create your own fun low FODMAP combinations.

- Prep Time: 5 mins
- Cook Time: 10 mins
- Total Time: 15 minutes
- Yield: 4

Add a source of flavorful, lean protein to salads, pasta and more with this four-ingredient Low FODMAP Grilled Oregano Chicken.

Ingredients

- 4 small chicken breasts
- 1 Tbsp. garlic-infused olive oil (or other cooking oil)
- 1 tsp. dried oregano
- Salt, to taste

Instructions

- Preheat tabletop grill. Place chicken breasts, olive oil, and oregano in a large bowl and toss to mix.
- Place chicken on grill and cook until done. Season to taste with salt. Slice and serve.

Nutrition facts

- Calories Per Serving: 167
- 10% Total Fat 6.5g
- 0% Total Carbohydrate 0.3g
- 1% Dietary Fiber 0.2g
- 51% Protein 25.5g

Chicken Cordon Bleu Meatballs



Step up your meatball game with these Chicken Cordon Bleu Meatballs Air Fryer Kalorik Maxx Recipe! A crispy chicken meatball that has a stuffing of ham and cheese.

Grab some napkins cause these chicken cordon meatballs will win anyone over! Whether you serve these as an appetizer or for a weeknight dinner these meatballs are a treat. Chicken Cordon Bleu Meatballs Air Fryer Kalorik Maxx

Did You Use Ground Chicken For Base of Cordon Bleu Meatballs

Yes! You can use ground chicken you buy in the store for these meatballs. It makes the prep a little faster, and ground chicken is always easy to work with.

What Type of Ham to Use For Cordon Bleu Meatballs

You want to use a real thing piece of ham. Whether it is lunch meat style ham or leftover ham during the holidays. If you don't use a thin piece, it will be

too bulky and your meatball won't roll up properly.

Do Air Fryer Meatballs Cook Up Nicely

Air Fryer is one of my favorite kitchen tools right now. It will give you a deep-fried texture to the meatballs with using no pan of oil to brown them in. Just place meatballs on rack or basket and turn it on.

The hot air will circulate all around the chicken and ham meatballs and give you that crispy outside with a tender inside.

How To Ensure All Sides of Meatball Cook in Airfryer

You need to make sure that you cook your meatballs to where there is room between each one. Don't let meatballs touch or stack them.

If you do that any spot two meatballs touches will not be fully cooked. The hot air circulates all around the meatballs giving them a nice even cook.

Thaw in the fridge the night before you plan to eat them. Then warm in microwave or oven!

If you heat them from frozen just know, it would add longer to cook time. If you cook in the oven, I cover the pan in aluminum foil to help prevent the meatballs from drying out.

If you love meatballs this Cordon Bleu meatball recipe is worth trying!

- Yield: 24
- Prep Time: 15 Minutes
- Cook Time: 20 Minutes
- Total Time: 35 Minutes

Step up your meatball game with these Chicken Cordon Bleu Meatballs Airfryer Recipe! A crispy chicken meatball that has a stuffing of ham and cheese.

Ingredients

- 1 pound ground chicken or turkey

- 6 slices deli ham
- 6 slices swiss cheese
- 1 egg
- 1 cup bread crumbs
- 1 tbs ground mustard
- 1 cup panko bread crumbs

Instructions

1. Mix together ground chicken, egg, breadcrumbs, and ground mustard.
2. Shape into 1" balls
3. Press the center of each meatball
4. Add ham and swiss cheese into the center and reshape into balls.
5. Roll each ball in panko bread crumbs
6. Place air fryer on 350
7. Cook for 20 minutes turning over once halfway through
8. Serve with your favorite cheese sauce or dipping sauce.

Nutrition Information:

Calories: 156 Total Fat: 7g Saturated Fat: 3g Trans Fat: 0g Unsaturated Fat: 4g Cholesterol: 55mg Sodium: 214mg Carbohydrates: 9g Fiber: 1g Sugar: 1g Protein: 13g

Air Fryer Chicken Bacon Ranch Poppers



Behold, the Air Fryer Chicken Bacon Ranch Poppers! A tender and juicy chicken meatball with cheddar cheese stuffed in the center and wrapped with bacon. Cook up in your Air Fryer for the perfect game day appetizer or switch up your weeknight dinner! A low carb recipe that curbs those cravings.

Best of all, these low carb chicken bacon ranch balls are light. No heavy carbs that leave you feeling heavy or guilty for eating. The Air Fryer will crisp up the outside to leave the bacon crispy on the outside with a juicy and tender chicken meatball stuffed with cheese. Dynamite chicken recipe right here.

Do You Use Pre-Ground Chicken or Grind Your Own Chicken - It has a nice consistency and works great for molding into the meatball shape.

Can I Swap Mozzarella Cheese with Cheddar Cheese for Chicken Bacon Poppers

Yes! You can swap out the cheddar cheese with mozzarella, pepper jack for a kick or even Monterey Jack. Just make sure it is blocked cheese that you cube up.

Can I Use Homemade Ranch for Chicken Bacon Ranch Meatballs

Of course! Just use equal amounts for what is called for in the recipe.

How to Store Air Fryer Chicken Bacon Ranch Poppers

If you have leftovers just put them in the fridge for up to three days. Then when you want to reheat either warm them in the oven or microwave. The bacon will become slightly chewy but they will taste amazing still.

Chicken Bacon Ranch Poppers

Give these chicken bacon ranch meatball poppers a try today. They are cheesy, juicy, and full of incredible flavors! You won't be sorry!

- Yield: 1
- Prep Time: 10 Minutes
- Cook Time: 10 Minutes
- Total Time: 20 Minutes

Air Fryer Chicken Bacon Ranch Poppers are a low carb appetizer or dinner option you don't want to miss. Cheese stuffed chicken meatballs wrapped in bacon!

Ingredients

- 1 pound ground chicken
- 6 bacon strips uncooked
- 1/2 cup bread crumbs
- 1 egg
- 1/2 cup romano cheese
- 12 1" squares cheddar cheese
- 3 tbsp ranch dip seasoning

Instructions

1. Mix together ground chicken, egg, bread crumbs, Romano Cheese, and Ranch Seasoning until well combine.
2. Shape into 1" balls.
3. Press a square of cheddar in the center and form the meatball so the cheese is in the center.
4. Wrap bacon around each meatball.
5. Preheat Airfryer to 350 for 5 minutes.
6. Place meatballs in a single layer in your basket.
7. Cook for 15 minutes on 350

Nutrition Information:

Calories: 96 Total Fat: 6g Saturated Fat: 2g Trans Fat: 0g Unsaturated Fat: 4g
Cholesterol: 41mg Sodium: 176mg Carbohydrates: 2g Fiber: 0g Sugar: 0g
Protein: 8g

Air Fryer Kalorik Maxx Chicken Pot Pie



Grab your Kalorik Maxx and make this Air Fryer Kalorik Maxx Chicken Pot Pie for dinner tonight. The ultimate comfort food recipe for fall and winter months. Creamy chicken and veggies topped with a buttery and flaky pie crust and baked to golden perfection.

Cooking homemade chicken pot pie doesn't have to be hard. With the new Air Fryer Kalorik Maxx, you can cook this golden brown top in your device. With the Kalorik Maxx you would have to cook the filling, transfer to pan and then cook in the oven. But with the Kalorik Maxx it offers the air crisping lid so you can fully cook your pot pie!

What Veggies Are In Air Fryer Kalorik Maxx Chicken Pot Pie

This is totally up to you. You could reach for a bag of frozen mixed veggies to stir in, or chop up some fresh carrots, peas, and such and mix in. You are in control, so if you don't like a vegetable leave it out.

Can You Freeze Chicken Pot Pie

Of course. This recipe does freeze well. You can assemble and freeze before you cook, or cook and freeze leftovers. Either method will work in the freezing process. Just store in an airtight container or sealable bag and then freeze for up to three months.

What Sides Go With Chicken Pot Pie

- Salad | Chopped, Caesar, Tossed, etc.
- Veggies | Steam, roasted, maybe some Kalorik Maxx Broccoli, however, works as a side to pair next to your pot pie.
- Fruit Salad | Add a light fruit salad or bowl of fruit next to your pot pie.
- Dinner Rolls | Do a homemade dinner roll to dip in and soak up the creamy base of the pie.

If you feel you want a creamier base you can easily thicken it. Just take a tablespoon of cornstarch mixed with 1/8 cup cold water. Make a slurry and stir into the hot filling and saute for 2-3 minutes. As that mixture is hot it will begin to thicken. Repeat till you get the thickness you desire.

If you are looking for an easy but savory weeknight meal, you have to try my chicken pot pie. I think you will truly love the flavors, ease of the recipe, and a great way for kids to enjoy veggies.

- Yield: 6
- Prep Time: 5 Minutes
- Cook Time: 20 Minutes
- Total Time: 25 Minutes

Grab your Kalorik Maxx and make this crisp chicken pot pie for dinner

tonight. The ultimate comfort food recipe for fall and winter months. Creamy chicken and veggies topped with a buttery and flaky pie crust and baked to golden perfection.

Ingredients

- 2 tbs olive oil
- 1 pound chicken breast cubed
- 1 tbs garlic powder
- 1 tbs thyme
- 1 tbs pepper
- 1 cup chicken broth
- 12 oz bag frozen mixed vegetables
- 4 large Potatoes cubed into 1" pieces
- 10 oz can cream of chicken soup
- 1 cup Heavy Cream
- 1 Pie Crust
- 1 egg
- 1 tbs water

Instructions

1. Place on Saute, cube chicken into 1" pieces.
2. Add olive oil and chicken
3. Cook until chicken is white about five minutes
4. Add seasonings.
5. Add chicken broth
6. Add all veggies
7. Add Cream of Chicken Soup to top
8. Do not stir
9. Place Pressure cooker lid on.
10. Cook on manual high pressure for 10 minutes
11. Do a Quick Release
12. Place back on Saute
13. Add Heavy Cream and continue cooking 2-3 minutes or until thick

14. Lay Pie Crust over the top
15. Use Your Air Fryer Lid and cook on Kalorik Maxx
16. 400 degrees for 10 minutes
17. Remove air crisp lid and serve.

Nutrition Information:

Calories: 538 Total Fat: 25g Saturated Fat: 11g Trans Fat: 0g Unsaturated Fat: 12g Cholesterol: 109mg Sodium: 544mg Carbohydrates: 53g Fiber: 6g Sugar: 5g Protein: 27g

Orange Rosemary Roast Chicken



Roast That Chicken!

I don't mean to get preachy, but y'all have to have a simple whole roast chicken in your arsenal. I make one every week – and this recipe for Orange Rosemary Roast Chicken is easy to make and complies with all of low FODMAP science. This recipe is Elimination Phase safe! This means you can rest easy and KNOW that it is a perfect main dish item for us to have in our regular rotation.

LOW FODMAP Orange Rosemary Roast Chicken right out of the oven

We enjoy it the night of and the leftovers lend themselves to creativity – from tacos to enchiladas, soups, stir-fries, sandwiches and more. And it is easy. Super easy.

The Secret to Great Roast Chicken

Want to know the secret to the best roast chicken? Crispy on the outside and juicy on the inside? Leave it alone! And do not open the oven door! That high heat is going to do the work for you. That, and buying a great bird. We like air chilled and buy organic when possible as well.

Place That Orange Where?

Placing a pierced citrus, in this case an orange, in the bird's cavity might seem odd, but it is one of our favorite techniques and will give you a super juicy result.

LOW FODMAP ORANGE ROSEMARY ROAST CHICKEN

This Low FODMAP Orange Rosemary Roast Chicken will become a weekly recipe for your dinner table. Super easy; crisp skin and juicy flesh.

- Makes: 6 Servings
- Prep Time: 10 minutes
- Cook Time: 50 minutes
- Resting Time: 10 minutes
- Total Time: 1 hour

Ingredients:

- 1, 4-pound (1.8 kg) whole chicken
- 1 tablespoon unsalted butter, softened
- 1 tablespoon Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such FODY Garlic-Infused Olive Oil
- 2 teaspoons rosemary
- 2 teaspoons kosher salt
- 2 teaspoons freshly cracked black pepper
- 1 orange or tangerine, zested with a rasp-style zester
- Butcher's twine

Preparation:

Remove any giblets or chicken neck from chicken's cavities. Liver should be discarded; reserve the rest for Chicken Stock. Pat chicken dry inside and out with paper towels. Carefully loosen the skin over the breast by working your fingers between skin and flesh by loosening any connective tissue; set aside and allow to come to room temperature while oven preheats.

Position rack in middle of oven. Preheat oven to 450°F/230 ° Have a roasting pan ready that is large enough to hold the chicken with space all around.

Combine softened butter, oil, rosemary, salt, pepper and citrus zest in a small

bowl. Use this mixture to rub all over the bird's skin and also under the skin, slathering the breast meat.

Prick the orange or tangerine several times with a fork and stuff into cavity of chicken. Place chicken, breast side up, in roasting pan. Place in oven, close door and lower temperature to 425°F/220°

Roast chicken for about 50 minutes undisturbed. Do not open oven door. The chicken is done when it registers 165°F/74°C in the thickest part of the thigh (make sure thermometer is not touching bone). You can also jiggle the wings and legs and they should feel loose in their sockets, or prick in one spot with the tip of a knife and juices should run clear. Depending on exact size of chicken and how cold it was when it went in the oven the cooking time might vary by about 10 minutes.

Rest the chicken for about 10 or 15 minutes, which will allow the juices to distribute. Chicken is ready to serve. Leftovers will keep for about 4 days refrigerated in an airtight container or wrapped well with plastic wrap.

Nutrition

Calories: 93kcal | Carbohydrates: 1g | Protein: 11g | Fat: 5g | Saturated Fat: 1g | Sodium: 775mg

Air Fryer Buffalo Chicken Pull Apart Bread



Grab that Air Fryer and whip up this Air Fryer Buffalo Chicken Pull Apart Bread. This pull-apart bread recipe is a fantastic appetizer or even snack to break up the day. Grab that loaf of bread, slice, and stuff, and bake to cheesy perfection.

Don't be fooled this bread does pack a little kick like any buffalo chicken recipe. But, you can tame it down or ramp it up depending on what you or your guests can handle in terms of heat.

What Sauce Do You Use For Buffalo Chicken Bread

You will want to buy a buffalo sauce. In terms of brand, you can buy what you prefer. If you have a favorite tried and true sauce, reach for that. Just make sure to taste the sauce, as it will be a strong flavor in the bread appetizer. You want to ensure you like the taste of the sauce, or this recipe could be less appealing.

Can You Cook Air Fryer Buffalo Chicken Pull Apart Bread in Oven

Of course. Just prepare as normal, toss in a 350-degree oven and bake until it is golden brown and the cheese is melted on top. I place this bread on a cookie sheet or 8×8 cake pan. You can lay parchment paper down or even a Silpat mat, for easy cleanup from the drips.

What Bread Is Best For Buffalo Chicken Bread

If you are going to cook this in the Air Fryer you need to buy a bread that is round and smaller in size. It will need to be able to fit into the basket or rack easily. Test this before you prep the whole bread. Shave off any parts of the bread you need to for it to fit.

You can use a sourdough style bread, white bread, or any other type of spongy bread. Or if you prefer to make homemade bread, go for it!

What Type Of Chicken To Use For Air Fryer Buffalo Chicken Pull-Apart Bread

Reach for My Buffalo Chicken Recipe. This can be chicken you have made, Air Fryer shredded chicken and previously froze, or you can make fresh.

Give this recipe a try, and let me know what you think. It is my go-to easy appetizer that always pleases a crowd.

Love Buffalo Recipes?

You might want to try out my Chicken Buffalo Soup, Buffalo Chicken Dip, Buffalo Crispy Wings, Or even my Air Fryer Buffalo Pasta.

- Yield: 10
- Prep Time: 15 Minutes
- Cook Time: 5 Minutes
- Total Time: 20 Minutes

Grab that Air Fryer and whip up this buffalo chicken pull-apart bread. This pull apart bread recipe is a fantastic appetizer or even snack to break up the day. Grab that loaf of bread, slice, and stuff, and bake to cheesy perfection.

Ingredients

- Round Sour Dough Bread
- 1 Pound Shredded Buffalo Chicken
- 1 cup mozzarella
- 8 slices Monterey Jack Cheese
- 2 tbs melted butter
- 1/2 cup crumbled blue cheese
- 1 green onion chopped

Instructions

1. Preheat Air Fryer to 400 about 5 minutes
2. Slice Round bread Diagonally into 1" cubes
3. Place mozzarella in each square
4. Place buffalo chicken on top of the cheese
5. Now place Monterey jack cheese on top of chicken.
6. Coat bread with melted butter
7. Place on lowest rack in the air fryer
8. If using the Ninja foodi place right on the metal rack in the low position
9. Cook on 400 for 5 minutes or until cheese is melted.
10. Remove and top with blue cheese crumbles and green onion

Nutrition Information:

Calories: 130 Total Fat: 8g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 3g Cholesterol: 39mg Sodium: 278mg Carbohydrates: 2g Fiber: 0g Sugar: 0g Protein: 11g

Air Fryer Kalorik Maxx Buffalo Chicken Pasta



Air Fryer Buffalo Chicken Pasta dish is so so so good, and it is so quick to whip up. Cook it all in your Kalorik Maxx for a quick dinner, and the leftovers taste even better the next day! The flavors really infuse well together. The hot sauce mixed with the ranch and bacon, really adds so much flavor and dimension to the dish. Change things up and add a new recipe to the mix, this is a family favorite I have been making for years!

This recipe is similar to what you would call an adult version of mac n cheese that got a major upgrade. You have Air Fryer buffalo chicken pasta shredded chicken, bacon, pasta, lots of cheesy goodness, some heat from the hot sauce, and ranch for a mix of flavors.

Also if you like a little spice you also need to try my Air Fryer Buffalo Ranch Chicken Dip Or Even A Buffalo Beer Can Cornish Hen. It is perfect for game nights, potlucks, and a special treat to break up the week.

What Type of Pasta To Use For Buffalo Chicken Pasta

You are welcome to use any medium-sized pasta. Penne, shells, elbow, bow tie, and the list goes on.

We personally like the penne bit feel free to use whatever you have on hand. Just make sure it is dry pasta, not homemade.

If I don't have Kalorik Maxx for the Last Step

The last step is to melt the cheese you sprinkle on top with the air frying lid. If you don't have the Kalorik Maxx with an air fryer, simply skip this step. Or place in a dish and broil in the oven for a minute or two. It will taste just as good.

How To Store Leftover Chicken Buffalo Pasta

Store leftover buffalo pasta in the refrigerator for up to three days. Anything after you will want to toss out. Due to the ingredients, this recipe does not thaw well if frozen. It will separate and the pasta can become soggy.

So if you like easy meals, that are hearty and wholesome, and full of delicious goodness, then this is a must try the recipe. Dust off your Air Fryer and get to cooking. Or if you are like me, you don't allow your Air Fryer to have time to collect dust cause you are always using it!

- Yield: 1
- Prep Time: 2 Minutes
- Cook Time: 20 Minutes
- Total Time: 22 Minutes

Air Fryer Buffalo Chicken Pasta dish is so so so good, and it is so quick to whip up. Cook it all in your Air Fryer for a quick dinner, and the leftovers taste even better the next day! The flavors really infuse well together

Ingredients

- 2 large chicken breasts about 1 pound

- 1 cup ranch dressing
- 16 oz pasta
- 1 cup hot sauce
- 4 tbs butter
- 8 oz cream cheese
- 4 oz 3 cheese blend Mexican cheese
- 3 cups water
- Bacon bits or 3 pieces of bacon crumbled

Instructions

1. Add Butter, Hot Sauce, 1 cup water and chicken to the Kalorik Maxx pot
2. Add Chicken Breast Frozen or thawed
3. Place on the Poultry button or 14 minutes On manual high pressure.
4. Do a quick release.
5. Remove chicken only and shred.
6. Add dry pasta
7. Add shredded chicken to the top
8. Add Cream Cheese and Ranch dressing
9. Pour in 2 cups water do not stir.
10. Place on manual high pressure for 4 minutes.
11. do a quick release.
12. Stir and remove place in a pan top with cheese and bacon and broil for 1-2 minutes just to melt the cheese.
13. Or use your crisper lid on the ninja foodi or Kalorik Maxx
14. Place on air crips at 400 degrees for 1-2 minutes until cheese melts

Nutrition Information:

Calories: 487 Total Fat: 36g Saturated Fat: 16g Trans Fat: 0g Unsaturated Fat: 17g Cholesterol: 100mg Sodium: 1141mg Carbohydrates: 18g Fiber: 1gsugar: 3g Protein: 22g

Air Fryer Whole Chicken, Air Fryer Kalorik Maxx



You can also make this recipe in a regular Air Fryer and finish it in the oven. Or saute it before pressure cooking to brown the skin. I will give instructions for that as well, but this recipe is best made using the Kalorik Maxx and is formulated for that.

With the Air Fryer Kalorik Maxx, you get the best of both worlds because you can pressure cook and broil or air fry in the same pot. So, while most Air Fryer whole chicken recipes will have you either saute your chicken first or put it under the broiler after cooking, you can do it all in one device with the Kalorik Maxx. This is key because normally an Air Fryer rotisserie chicken recipe will not have that crispy skin that you want unless you broil it in the oven.

The result of using the Kalorik Maxx is that you really do get that truly wonderful crispy skin that you can only get from making an air fryer whole chicken.

By the way, doing a whole chicken this way is not particularly any faster than only air frying it. But it does do a nice job off getting a chicken that has that nice golden finish without being over browned because it is under the air fryer for less time.

Start by trussing the chicken. Tie its legs and also tie up the wings and thighs. This makes it more compact and helps it hold together.

Mix up a seasoning blend or grab your favorite rub and rub a bit on the chicken. Reserve most of it for later though. Give it a good amount of salt and pepper too. That helps make the skin crispy.

Put the whole chicken in the air fry basket. It might be a bit of a tight fit. Add a cup and a half of chicken broth to the pot, then put the air fryer basket on its base inside.

Pressure cook for 25 minutes on high pressure followed by 15 minutes of natural release. Then, if needed, drain the liquid. But probably did not have to do so because it was not touching my chicken.

Next, spray the chicken with some oil. Put on the air fryer lid and air fry at 400 for about ten minutes. Take the chicken out, flip it over, and repeat for the other side.

Your chicken is done when it reaches 165 degrees internal temperature. That will help seal in the juices.

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 1 Hour 10 Minutes
- Additional Time: 10 Minutes
- Total Time: 1 Hour 25 Minutes

Ingredients

- 1 Whole chicken
- 2 T or spray of oil of choice (I use an avocado oil spray)
- 1 t garlic powder

- 1 t onion powder
- 1 t paprika
- 1 t Italian seasoning
- 2 T Montreal Steak Seasoning (or salt and pepper to taste)
- 1.5 c chicken broth

Instructions

Wash and truss the chicken.

Mix the seasonings and rub a small amount on the chicken.

Pour the broth into the Air Fryer.

Place the Chicken in the air fryer basket and place it in the Kalorik Maxx Air Fryer.

Pressure cook on manual high pressure for 25 minutes followed by 15 minutes of natural release.

Discard liquid from the Air Fryer if needed (if it is touching the chicken).

Spray or rub the top of the chicken with oil and rub it with half of the seasoning.

Place the air fryer lid on the Kalorik Maxx and air fry at 400 for 10 minutes.

Flip, the chicken, spray it with oil, and rub with the remaining seasoning.

Place the air fryer lid on the Kalorik Maxx and air fry for another ten minutes or until the chicken reaches 160 degrees internal temperature.

Allow the chicken to rest for 10 minutes (It will normally reach the needed 165 degrees during this time), then carve and serve.

Nutrition Information:

Calories: 441 Total Fat: 28g Saturated Fat: 6g Trans Fat: 0g Unsaturated Fat: 19g Cholesterol: 133mg Sodium: 1192mg Carbohydrates: 4g Net Carbohydrates: 0g Fiber: 1g Sugar: 1g Sugar Alcohols: 0g Protein: 42g

Air Fryer Kalorik Maxx Chicken Pot Pie



Grab your Kalorik Maxx and make this Air Fryer Kalorik Maxx Chicken Pot Pie for dinner tonight. The ultimate comfort food recipe for fall and winter months. Creamy chicken and veggies topped with a buttery and flaky pie crust and baked to golden perfection.

Cooking homemade chicken pot pie doesn't have to be hard. With the new Air Fryer Kalorik Maxx, you can cook this golden brown top in your device. With the Kalorik Maxx you would have to cook the filling, transfer to pan and then cook in the oven. But with the Kalorik Maxx it offers the air crisping lid so you can fully cook your pot pie!

What Veggies Are In Air Fryer Kalorik Maxx Chicken Pot Pie

This is totally up to you. You could reach for a bag of frozen mixed veggies to stir in, or chop up some fresh carrots, peas, and such and mix in. You are in control, so if you don't like a vegetable leave it out.

Air Fryer Kalorik Maxx Chicken Pot Pie

What Is Air Fryer Kalorik Maxx Chicken Pot Pie Crust Made From

You can use a store-bought crust you roll out and cut and shape, or make a homemade pie crust. Either way, it is up to you.

What Makes A Good Chicken Pot Pie

- Having good meat to vegetable ratio
- Creamy and thicker style broth to coat veggies and meat
- Tender and golden brown crust

Can You Freeze Chicken Pot Pie

Of course. This recipe does freeze well. You can assemble and freeze before you cook, or cook and freeze leftovers. Either method will work in the freezing process. Just store in an airtight container or sealable bag and then freeze for up to three months.

What Sides Go With Chicken Pot Pie

- Salad | Chopped, Caesar, Tossed, etc.
- Veggies | Steam, roasted, maybe some Instant pot Broccoli, however, works as a side to pair next to your pot pie.
- Fruit Salad | Add a light fruit salad or bowl of fruit next to your pot pie.
- Dinner Rolls | Do a homemade dinner roll to dip in and soak up the creamy base of the pie.

How Do I Thicken My Pot Pie Filling

If you feel you want a creamier base you can easily thicken it. Just take a tablespoon of cornstarch mixed with 1/8 cup cold water. Make a slurry and stir into the hot filling and saute for 2-3 minutes. As that mixture is hot it will begin to thicken. Repeat till you get the thickness you desire.

If you are looking for an easy but savory weeknight meal, you have to try my chicken pot pie. I think you will truly love the flavors, ease of the recipe, and a great way for kids to enjoy veggies.

- Yield: 6
- Prep Time: 5 Minutes
- Cook Time: 20 Minutes
- Total Time: 25 Minutes

Grab your Kalorik Maxx and make this crisp chicken pot pie for dinner tonight. The ultimate comfort food recipe for fall and winter months. Creamy chicken and veggies topped with a buttery and flaky pie crust and baked to golden perfection.

Ingredients

- 2 tbs olive oil
- 1 pound chicken breast cubed
- 1 tbs garlic powder
- 1 tbs thyme
- 1 tbs pepper
- 1 cup chicken broth

- 12 oz bag frozen mixed vegetables
- 4 large Potatoes cubed into 1" pieces
- 10 oz can cream of chicken soup
- 1 cup Heavy Cream
- 1 Pie Crust
- 1 egg
- 1 tbs water

Instructions

1. Place on Saute, cube chicken into 1" pieces.
2. Add olive oil and chicken
3. Cook until chicken is white about 5 minutes
4. Add seasonings.
5. Add chicken broth
6. Add all veggies
7. Add Cream of Chicken Soup to top
8. Do not stir
9. Place Pressure cooker lid on.
10. Cook on manual high pressure for 10 minutes
11. Do a Quick Release
12. Place back on Saute
13. Add Heavy Cream and continue cooking 2-3 minutes or until thick
14. Lay Pie Crust over the top
15. Use Your Air Fryer Lid and cook on Kalorik Maxx
16. 400 degrees for 10 minutes
17. Remove air crisp lid and serve.

Notes: You can also do this in the Air Fryer and remove and place in a baking pan with the pie crust. Bake for 20 minutes on 375 in the oven

Nutrition Information:

Calories: 538 Total Fat: 25g Saturated Fat: 11g Trans Fat: 0g Unsaturated Fat: 12g Cholesterol: 109mg Sodium: 544mg Carbohydrates: 53g Fiber: 6g

Sugar: 5g Protein: 27g

Air Fryer Kalorik Maxx Parmesan Crusted Chicken



Air Fryer Parmesan Crusted Chicken is a satisfying and easy air fryer chicken recipe! Juicy chicken that is coated in Parmesan mix and then air fried!

Can I Use Bone-In Chicken for Crusted Parmesan Chicken

If you want to use bone-in chicken you will need to add more time to cooking. Since the bone is in the chicken it is suggested that internally checking to ensure it is safe to serve.

We used half Panko bread crumbs and half Parmesan for this crushed chicken recipe. It adds the perfect crunchy coating to the chicken. If you want to use bone in chicken you will need to add more time to cooking. Since the bone is in the chicken we suggest internally checking to ensure it is safe to serve.

Tips for Making Parmesan Crusted Air Fryer Chicken

Space | Make sure you leave space between each piece of chicken. If you

Chicken overlaps and touches it will not cook evenly and you will have undercooked or soggy spots.

Even Coating | Do your best to evenly coat the chicken. You don't want it built up too much as it can take longer to cook in that area. You also don't want it too thin or it can dry out the chicken.

Watch Cook Time | Depending on the thickness of your chicken will affect the cooking time. If you use say chicken breasts it will have a longer cook time. Where tenderloins will cook so much faster. So use my timing as a rough guide and check the internal temperature to ensure it is at least 165 degrees.

If you have leftovers you can easily store in an airtight container in your fridge. The chicken will store up to three days.

It is best when fresh as the crust has a nice crunchy flavor. You will want to reheat in microwave, oven or air fryer.

Store in the freezer for up to three months. Thaw in the fridge to reheat in microwave or cover and place in the oven to reheat.

If you got an air fryer of any kind for the holidays or a treat for yourself you will love this recipe. Simple steps, easy ingredients, and on a fantastic chicken recipe.

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 15 Minutes
- Total Time: 20 Minutes

Air Fryer Parmesan Crusted Chicken is a satisfying and easy air fryer chicken recipe! Juicy air fryer chicken that is coated in Parmesan mix and then air fried!

Ingredients

- 2 Large Chicken breasts

- 1 cup Parmesan shredded
- 1 cup panko bread crumbs
- 1 cup real mayonnaise

Instructions

1. Split chicken breasts in half
2. Pound each piece with a meat hammer (so they are even)
3. Spread Mayo on both sides of each piece of chicken
4. Mix together Panko and Parmesan (for keto skip the panko)
5. Coat each piece of chicken in the panko/parmesan mixture
6. Preheat air fryer to 390
7. In a single layer place in air fryer
8. Cook for 15 minutes turning once after 10 minutes.

Notes: To make this keto increase the parmesan and skip the bread crumbs. You will not need any cooking spray the mayo helps give the chicken a crispy crust

Nutrition Information:

Calories: 663 Total Fat: 50g saturated Fat: 11g Trans Fat: 0g Unsaturated Fat: 38g Cholesterol: 89mg Sodium: 930mg Carbohydrates: 20g Fiber: 1g Sugar: 2g Protein: 30g

Green Goddess Chicken Salad



Chicken Salad Comes in Many Guises

Similar to tuna salad, chicken salad can be many things – and we think this Low FODMAP Green Goddess Chicken Salad takes chicken salad to another level.

There is a world beyond mayonnaise!

Figuring out what to eat for a low FODMAP lunch can be daunting, but once you get a few tuna and chicken salads in your repertoire, you will never go hungry!

This Green Goddess Chicken Salad is a little different than the chicken salad at the deli – it's loaded with herbs and the tang of anchovy from a classic Low FODMAP Green Goddess Dressing, which can be made in such a way that we can enjoy it on the low FODMAP diet, using lactose-free dairy.

Low FODMAP Green Goddess Chicken Salad on green plate with romaine lettuce

Go Lactose-Free

Our version uses a low FODMAP lactose-free version of “buttermilk”, with an alternative suggestion for a thicker dressing using lactose-free sour cream.

Dump & Mix

Once you have chicken cooked (or have picked up a low FODMAP rotisserie chicken) and the dressing made, this Low FODMAP Green Goddess Chicken Salad will come together quickly.

We like this as sandwich filling as well as a “salad”, maybe in a nest of lettuce.

If you are looking for further chicken salad inspiration, check out our Low FODMAP Curried Chicken Salad.

Our Low FODMAP Green Goddess Chicken Salad makes a great lunch or high protein snack.

- Makes: 4 Servings
- Prep Time: 5 minutes
- Total Time: 5 minutes

Ingredients:

- 12 ounces (340 g) cooked chicken, dark or white meat, no skin, either cut into small cubes or shredded
- 1/4 cup (16 g) finely chopped scallions, green parts only
- 1/2 cup (120 ml) Low FODMAP Green Goddess Dressing

Preparation:

Simply stir all the ingredients together until well mixed. Stuff into a sandwich or serve as a salad, maybe with some crunchy low FODMAP dippers and scoopers like pretzels, corn chips or carrot sticks.

Tips: We like this Low FODMAP Green Goddess Chicken Salad between slices of bread as a sandwich but also just served on a plate with veggie dippers, like carrot sticks or pretzels.

Nutrition

Calories: 191kcal | Carbohydrates: 1g | Protein: 17g | Fat: 13g

The Best Southern Fried Chicken



Serve up the best Southern Fried Air Fryer Chicken for dinner tonight. Crispy battered coating and tender and juicy chicken as you sink your teeth into this tasty fried chicken!

Gone are the days where you pan-cooked fried chicken. Many want a healthier or easier alternative. The air fryer fried chicken has truly taken over the world. This recipe is proof, it can do amazing things!

Pair with your favorite side dishes and serve up an incredible feast!

Space | Make sure you leave space between each piece of chicken in the air fryer. If your chicken touches it will not crisp up properly like you want.

Coat | Spritz your chicken with oil this will help it crisp up on the outside. You can buy a can that allows you to pour your favorite oil in and it will spray it out like a cooking spray.

Dipping | When cooking in the air fryer you need a thinner coating then say a super thick coating like you might know and love. It will give you the best overall coat if you do a thinner batter.

One thing to keep in mind is while this chicken tastes so good, you have to remember it is not cooked in oil. So it is going to bring you a bit of a lighter flavorful than traditional pan-fried chicken.

The flavor will be a bit different so prepare yourself for that. You can not get an oil cooked chicken flavor from this air fried version.

If you soak your chicken in buttermilk or even an egg wash if you don't let the excess drip off before coating it can leave a soggy texture.

The other option is the temperature wasn't right. Each model of air fryer cooks differently. So while this recipe is perfect for my Air Fryer fried chicken your air fryer may require a different heat.

Spritzing the chicken with oil is going to help get rid of the flour and give your coating a brown texture.

Use a meat thermometer to gauge the internal temperature. Chicken is one meat you do not want to undercook.

Ensure your meat has reached 165 degrees. All chicken is different sizes so depending on how thick or small it will alter the cooking time.

- Yield: 10
- Prep Time: 10 Minutes
- Cook Time: 40 Minutes
- Total Time: 50 Minutes

Serve up the best Southern Fried Air Fryer Chicken for dinner tonight. Crispy battered coating and tender and juicy air fryer fried chicken as you sink your teeth into this tasty fried chicken!

Ingredients

- Whole Cut up chicken
- 2 cups buttermilk
- 2 cups all purpose flour
- 2 tbs garlic powder
- 1 tbs cayenne pepper

- 2 tbs paprika
- 1 tbs salt
- 1 tbs pepper

Instructions

1. Take your cut up chicken and place it in buttermilk.
2. marinate the chicken in the buttermilk for 12-24 hours
3. Preheat your air fryer to 350 degrees
4. Stir together your flour and seasoning.
5. Remove chicken from the buttermilk letting excess milk drip off
6. Coat each piece of chicken in the flour mixture
7. Place in a single layer in your air fryer
8. spray chicken with a light coat of olive oil.
9. Cook for 20 minutes
10. flip chicken and cook for an additional 20 minutes
11. Check the temp of your chicken to make sure it's 165 degrees.

Nutrition Information:

Calories: 143 Total Fat: 2g Saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 1g Cholesterol: 10mg Sodium: 736mg Carbohydrates: 24g Fiber: 2g Sugar: 3g Protein: 7g

Air Fryer Kalorik Maxx Firecracker Chicken



Skip dining out and stay in. Whip up my Better than Take Out Air Fryer Firecracker Chicken and tickle those tastebuds with delight. Sweet, savory and a nice punch of heat.

If you have ever had Firecracker Chicken you know it is addictive. Serve over a bed of rice or cauliflower rice and dive in.

Chicken is a weakness to me. Air fried, baked, or tossed into a pressure cooker. This pressure cooker firecracker chicken became an instant dinner favorite.

This chicken can pack a punch. If you are the type that isn't huge into spice and heat, you can adjust the heat.

Add less spice to make it a bit tamer in flavor. Or if you want to ramp up the

heat, you can do that as well.

You can truly control how mild or hot this recipe gets. It's up to you on the heat level.

You can pair anything that sounds good next to your firecracker chicken. But get creative or make all your favorite takeout recipes for a feast if you will.

Let the chicken cook down and then transfer to an airtight container. Store your chicken in the fridge for 3-4 days.

You can either place in microwave for a quick reheat or even do the oven. You just want to warm the chicken up fully, If you do the oven just watch it and maybe even cover it with aluminum foil to help prevent it from drying out. When working with the Air Fryer, you want to watch your max fill line on your pot.

Depending on the size of your pressure cooker you should be able to double if you have a larger pot.

You will leave the cooking time the same. It will just take a bit longer for the pot to come to pressure with more ingredients inside the pressure cooker.

You all will truly enjoy how easy and quick this recipe is! Get your favorite chicken for less, and you might end up with leftovers if you don't eat it all!

Yield: 2 Pounds

- Prep Time: 5 Minutes
- Cook Time: 10 Minutes
- Total Time: 15 Minutes

Skip dining out and stay in. Whip up my Better than Take Out Air Fryer Firecracker Chicken and tickle those tastebuds with delight. Sweet, savory and a nice punch of heat.

Ingredients

- 2 tsp sesame oil
- 2 Pounds Chicken cut in 1" cubes

- 1 cup flour
- 1 cup Franks Hot Sauce
- 2 tsp apple cider vinegar
- 1 tsp red pepper flakes
- 3/4 cup Brown Sugar

Instructions

1. Cut chicken into 1" pieces
2. Coat chicken in flour
3. Place Kalorik Maxx on Saute
4. Add sesame oil
5. Add a single layer of chicken
6. Cook chicken until all sides are white
7. You may have to do in batches I had to do 2 batches.
8. Remove Chicken
9. Add Hot Sauce, Apple cider vinegar
10. Add red pepper flakes and brown sugar.
11. Add chicken back in pot
12. Cook on manual high pressure for 10 minutes.
13. Do a quick release.
14. Serve over rice.

Nutrition Information:

Calories: 385 Total Fat: 16g Saturated Fat: 4g Trans Fat: 0g Unsaturated Fat: 10g Cholesterol: 107mg Sodium: 839mg Carbohydrates: 29g Fiber: 1g Sugar: 17g Protein: 29g

Air Fryer Kalorik Maxx Chicken Wings



This recipe for Kalorik Maxx Chicken Wings is what now has me completely in love with my Kalorik Maxx. Plus it is the perfect recipe if you have a Mealthy Crisp Lid for your Air Fryer.

If you have made regular Air Fryer chicken wings before, you know that you have to put them under a broiler or in an air fryer if you want them really crispy. Well, now making Air Fryer crispy chicken wings is super easy!

Don't have a new Air Fryer Kalorik Maxx? Well, no worries, you can still make buffalo chicken wings in the pressure cooker crispy. But it will require popping them under a broiler, or better yet, in an air fryer such as the Instant Vortex Plus or Instant Omni.

In the Kalorik Maxx or with the Mealthy, or by pressure cooking paired with the broiler or with the air fryer. This recipe is Keto and low carb!

You can make wonderfully crispy chicken wings in the Kalorik Maxx that are still nice and juicy, because you can first pressure cook and then air fry in the same pot. This post focuses on Air Fryer buffalo chicken wings, but you can serve these with any sauce that you like or even with no sauce.

Buffalo wings have an interesting history. Regardless of differences of opinion about their origin, the original recipe is generally intended to be crispy! Basically, the wings are deep-fried and then coated with a vinegar-based cayenne pepper hot sauce that is made with melted butter.

Unfortunately, you will often see Air Fryer buffalo chicken wing recipes that skip the crispy step and I find that, even in restaurants, many skip that step. So many times my bar wings are not crispy at all! But crispy is what makes them especially good!

Making these Kalorik Maxx Air Fryer chicken wings crispy is super easy, especially if you have a Kalorik Maxx, or an air fryer.

Further, you can make frozen chicken wings in the Air Fryer Kalorik Maxx. The recipe works from either frozen or thawed. You simply pressure cook a bit longer for frozen wings.

Put a cup of broth or water in the pot and put the wings into the air fry basket of the Kalorik Maxx or Ninja Foodi.

If using a standard Air Fryer, put them on the trivet or in a steamer basket. Then pressure cook on high pressure for 10 minutes if fresh and 12 if frozen.

It is better if you can break them up a bit, but mine were frozen solid. If you have a frozen block and find them still not cooked through after pressure cooking, bring the pot back to pressure and give them about two more

minutes.

After pressure cooking, quick release, drain the liquid, and lightly spray or coat the wings with oil and add a bit of Seasoned Salt or salt and pepper to taste. Avocado oil is healthy and holds up well to high heat from the air fryer.

Then, air fry at 400 for up to 20 minutes until the wings reach the desired level of crispiness. In the Air Fryer Kalorik Maxx, or if using the Mealthy lid, stop every five minutes and toss the wings.

If using a separate air fryer, such as the Instant Omni, you can put the wings in the basket or on a rack and turn them. The rotating basket in the Instant Vortex Plus works great for this! With that, you don't have to bother to turn the wings.

- Yield: 12
- Prep Time: 5 Minutes
- Cook Time: 40 Minutes
- Total Time: 45 Minutes

Ingredients

- 12-24 party style chicken wings (frozen or thawed)
- 1 T Oil of choice (I use a spray avocado oil)
- 1 cup chicken broth (can substitute water)
- 1/4 cup butter
- 1/2 cup Franks Red Hot Sauce
- 1/4 t Worcestershire sauce
- 1 T white vinegar
- 1/4 t cayenne pepper
- 1/8 t garlic powder
- Seasoned salt to taste
- Blue Cheese or Ranch dressing for dipping
- Celery for garnish

Instructions

Pour broth or water into the Air Fryer

Place the chicken wings into the air fryer basket and set the basket in the pot
Pressure cook on high pressure for 10 minutes for thawed wings and 12 minutes for frozen

While the wings are cooking, place the butter, Franks Red Hot Sauce, Worcestershire sauce, vinegar, cayenne pepper, and garlic powder in a small saucepan

Heat and whisk the ingredients over medium high heat until the butter melts and the mix starts to barely bubble at the edge of the pot

Remove the sauce from heat and set aside

Quick release the pressure

Remove the air fryer basket and discard the liquid in the pot

Spray the wings with oil and toss. Spray and toss again to coat. Or toss the wings in 1 T oil to coat

Season the wings with seasoned salt or salt and pepper to taste and toss to coat

Using the air fryer lid, air fry for 20 minutes at 400, tossing the wings every five minutes

During the last five minutes reheat the sauce on low

Remove the wings from the pot to a serving dish and coat with the sauce

Serve with blue cheese or ranch dressing and celery

Enjoy!

NOTES: If using an air fryer, place the wings in the basket or on a tray and turn or toss as needed for even cooking. If crisping in the oven, place the wings on a tray under the broiler on high heat 450+ and turn as needed until browned.

Nutrition Information:

Calories: 463 Total Fat: 40g Saturated Fat: 16g Trans Fat: 1g Unsaturated Fat: 21g Cholesterol: 105mg Sodium: 1647mg Carbohydrates: 10g Net Carbohydrates: 0g Fiber: 1g Sugar: 1g Sugar Alcohols: 0g Protein: 16g

Honey-Sriracha Air Fryer Wings



- Prep: 10 mins
- Cook: 25 mins
- Total: 40 mins
- Additional: 5 mins
- Servings: 2

The perfect combination of spicy and sweet in every bite, with the ease of using an air fryer. Add more sriracha to suit your tastes. I like to serve the extra sauce on the side for dipping.

Ingredients

- 12 fresh chicken wing drumettes
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 1 tablespoon butter
- ¼ cup honey

- 2 teaspoons rice vinegar
- 1 tablespoon sriracha sauce

Directions

Step 1: Preheat an air fryer to 360 degrees F (182 degrees C).

Step 2: Place chicken wings in a bowl and sprinkle with salt and garlic powder, tossing to coat.

Step 3: Place wings in the air fryer basket. Set timer for 25 minutes and cook wings, shaking basket every 7 to 8 minutes. When timer ends, turn air fryer off and let wings stand in the basket for 5 minutes more.

Step 4: Meanwhile, melt butter in a small saucepan over medium heat. Whisk honey, rice vinegar, and sriracha sauce into butter and bring to a boil. Reduce heat and simmer sauce over medium-low heat for 8 to 10 minutes, whisking occasionally. Turn off heat and set aside; sauce will thicken as it cools.

Step 5: Toss cooked wings and sauce together in a bowl. Reserve extra sauce to serve alongside wings.

Nutrition Facts

- 586 calories; 32.6 g total fat; 131 mg cholesterol; 1055 mg sodium. 36.2 g carbohydrates; 37.4 g protein;

Air-Fried Korean Chicken Wings



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 50 Mins

These Korean-style air-fried wings are crispy, sticky and spicy. Cooked in an air fryer they are ready in less than 30 minutes. They are perfect as an appetizer or add some rice and veggies on the side and you have a balanced meal.

Ingredients

Sauce:

- ¼ cup hot honey (such as Mike's Hot Honey®)
- 3 tablespoons gochujang (Korean hot pepper paste)
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon lemon juice
- 2 teaspoons minced garlic
- 1 teaspoon minced fresh ginger root
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup finely chopped green onions (green part only)

Wings:

- 2 pounds chicken wings
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ½ cup cornstarch

Garnish:

- 2 tablespoons chopped green onions
- 1 teaspoon sesame seeds

Directions

Step 1: 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.

Step 2: Preheat air fryer to 400 degrees F (200 degrees C).

Step 3: 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.

Step 4: Fry in the preheated air fryer for 10 minutes, shake basket, and fry an additional 10 minutes. Flip wings over and fry until chicken is cooked

through and juices run clear, 7 to 8 more minutes.

Step 5: Dip each wing in the sauce and garnish with chopped green onions and sesame seeds. Serve with remaining sauce on the side.

Nutrition Facts

- 346 calories; 11.5 g total fat; 48 mg cholesterol; 1247 mg sodium. 44.8 g carbohydrates; 16.2 g protein;

Air-fried General Tso's Chicken



- Active Time: 20 Mins
- Total Time: 35 Mins
- Yield: Serves 4 (serving size: about 3/4 cup)

This air-fryer riff on the Chinese takeout classic saves the day with nearly half the saturated fat of restaurant versions and loads less clean-up than deep frying at home. Air fryer sizes vary (hence the cook time's wide range); if you have a smaller air fryer, commit to cooking in batches so that there's plenty of room for the air to circulate and crisp up the chicken.

Ingredients

- 1 large egg
- 1 pound boneless, skinless chicken thighs, patted dry and cut into 1 to 1 1/4-inch chunks
- 1/3 cup plus 2 tsp. cornstarch, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground white pepper

- 7 tablespoons lower-sodium chicken broth
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons ketchup
- 2 teaspoons sugar
- 2 teaspoons unseasoned rice vinegar
- 1 1/2 tablespoons canola oil
- 3 to 4 chiles de árbol, chopped and seeds discarded
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon finely chopped garlic
- 2 tablespoons thinly sliced green onion, divided
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon toasted sesame seeds

Nutritional Information

- Calories 302
- Fat 13g
- Satfat 3g
- Unsatfat 10g
- Protein 26g
- Carbohydrate 18g
- Fiber 0g
- Sugars 4g
- Added sugars 2g
- Sodium 611mg
- Calcium 3% DV
- Potassium 5% DV

How to Make It

Step 1: Beat egg in a large bowl, add chicken, and coat well. In another bowl, combine 1/3 cup cornstarch with salt and pepper. Transfer chicken with a fork to cornstarch mixture, and stir with a spatula to coat every piece.

Step 2: Transfer chicken to air-fryer oven racks (or fryer basket, in batches), leaving a little space between pieces. Preheat air-fryer at 400°F for 3 minutes. Add the battered chicken; cook for 12 to 16 minutes, giving things a shake midway. Let dry 3 to 5 minutes. If chicken is still damp on one side, cook for 1 to 2 minutes more.

Step 3: Whisk together remaining 2 teaspoons cornstarch with broth, soy sauce, ketchup, sugar, and rice vinegar. Heat canola oil and chiles in a large skillet over medium heat. When gently sizzling, add the ginger and garlic; cook until fragrant, about 30 seconds.

Step 4: Re-whisk cornstarch mixture; stir into mixture in skillet. Increase heat to medium-high. When sauce begins to bubble, add chicken. Stir to coat; cook until sauce thickens and nicely clings to chicken, about 1 1/2 minutes. Turn off heat; stir in 1 tablespoon green onion and sesame oil. Transfer to a serving plate, and top with sesame seeds and remaining 1 tablespoon green onion.

Air-Fried Chicken Wings



- Active Time: 10 Mins
- Total Time: 30 Mins
- Yield: Serves 2 (serving size: 5 chicken drumettes)

Don't be afraid of overcooking these —the longer they stay in the air fryer, the more crispy goodness you'll get—add up to 10 more minutes to the cook time, if you like.

Drumettes have more meat than wings; that's what we use, but either will work. The basket gets overcrowded easily, so only cook 10 wings at a time, or stir the wings frequently so that they cook evenly. These wings have a sweet and spicy Asian flavor; sprinkle them with some toasted sesame seeds for extra crunch.

Ingredients

- 10 chicken drumettes (about 1 1/2 lb.)
- Cooking spray
- 1 tablespoon lower-sodium soy sauce
- 1/2 teaspoon cornstarch
- 2 teaspoons honey
- 1 teaspoon sambal oelek (ground fresh chili paste)
- 1 teaspoon finely chopped garlic
- 1/2 teaspoon finely chopped fresh ginger
- 1 teaspoon fresh lime juice (from 1 lime)
- 1/8 teaspoon kosher salt
- 2 tablespoons chopped scallions

Nutritional Information

- Calories 304
- Fat 19g
- Saturated fat 5g
- Unsaturated fat 13g
- Protein 23g
- Carbohydrate 8g
- Fiber 0g
- Sugars 6g
- Added sugars 6g
- Sodium 556mg
- Calcium 1% DV
- Potassium 0% DV

How to Make It

Step 1: Pat chicken dry with paper towels. Coat chicken well with cooking spray.

Step 2: Place chicken in air fryer basket, arranging drumettes on their sides to avoid overcrowding. Cook at 400°F until skin is very crispy, 25 minutes, turning drumettes over halfway through cooking.

Step 3: Whisk together soy sauce and cornstarch in a small skillet. Whisk in honey, sambal, garlic, ginger, lime juice, and salt. Bring to a simmer over medium-high; simmer until mixture just starts to bubble and is thickened. Place chicken in a bowl. Add sauce, and toss to coat. Sprinkle with scallions.

Air-Fried Spicy Chicken Wing Drumettes Are Super Crispy



- Active Time: 15 Mins
- Total Time: 40 Mins
- Yield: Serves 2 (serving size: 5 chicken drumettes)

Chicken wing drumettes (the upper part of the wing) are a smart choice for air frying—their small size means you don't have to spend all day cooking endless batches.

Traditional drumettes require tons of oil to guarantee maximum crispy goodness; this genius recipe gets it done with just a tablespoon of super-flavorful sesame oil. To get them extra crispy, give the drumettes a turn during cooking. Serve these Asian-inspired wings over brown rice, or double the recipe and serve as an appetizer.

Ingredients

10 large chicken drumettes Cooking spray 1/4 cup rice vinegar 3 tablespoons honey 2 tablespoons unsalted chicken stock 1 tablespoon lower-sodium soy sauce 1 tablespoon toasted sesame oil 3/8 teaspoon crushed red pepper 1 garlic clove, finely chopped 2 tablespoons chopped unsalted roasted peanuts 1 tablespoon chopped fresh chives

Nutritional Information

- Calories 488
- Fat 30g
- Saturated fat 7g
- Unsaturated fat 21g
- Protein 25g
- Fiber 1g
- Sugars 26g
- Added sugars 26g
- Sodium 409mg
- Calcium 1% DV
- Potassium 2% DV

How to Make It

Step 1: Place chicken in single layer in air fryer basket; coat well with cooking spray. Cook at 400°F until skin is very crispy, 30 minutes, turning drumettes over halfway through cooking.

Step 2: Meanwhile, stir together vinegar, honey, stock, soy sauce, oil, crushed red pepper, and garlic in a small skillet. Bring to a simmer over medium-high; cook until slightly thickened and almost syrupy, 6 minutes. Place drumettes in a medium bowl. Add honey mixture, and toss to coat. Sprinkle with peanuts and chives.

Spicy Air-Fried Chicken



- Active Time: 15 Mins
- Total Time: 6 Hours 50 Mins
- Yield: Serves 4 (serving size: 1 chicken thigh)

If you've been fighting the temptation of fried chicken for the sake of your healthy diet, you can finally indulge guilt free. This spicy, crispy chicken emerges from the air fryer with all the flavor and crunch you've been craving.

For the best flavor, be sure to let the chicken marinate as instructed—if you have the time, go the full 12 hours. The results are worth it. Prefer chicken tenders? Feel free to sub them for chicken thighs.

Ingredients

- 2 cups low-fat buttermilk
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 4 (6- to 7-oz.) boneless, skinless chicken thighs
- 1 cup (about 4 1/4 oz.) all-purpose flour
- 2 large eggs
- 2 tablespoons water
- 2 cups whole-wheat panko (Japanese-style breadcrumbs)
- 1/2 teaspoon kosher salt
- Cooking spray
- 2 teaspoons hot sauce (such as Franks RedHot)

Nutritional Information

- Calories 458
- Fat 13g
- Saturated Fat 4g
- Unsaturated Fat 8g
- Protein 52g
- Carbohydrate 36g
- Fiber 4g
- Sugars 3g
- Sodium 654mg
- Calcium 10% DV
- Potassium 3% DV

How to Make It

Step 1: Combine buttermilk, paprika, and cayenne pepper in a large bowl. Add chicken thighs, and turn to coat. Cover and marinate in refrigerator at least 6 hours or overnight.

Step 2: Place flour in a shallow dish. Lightly whisk together eggs and water in a second shallow dish. Place panko in a third shallow dish. Remove chicken from marinade; discard marinade. Sprinkle chicken with salt. Dredge

in flour, shaking off excess. Dip in egg mixture, allowing excess to drip off. Dredge in panko, pressing to adhere. Coat chicken on both sides with cooking spray.

Step 3: Lightly spray air fryer basket with cooking spray. Place chicken in single layer in the basket, and cook in batches at 400°F until a thermometer inserted in chicken registers 165°F and coating is golden brown and crispy, 16 minutes, turning chicken over halfway through cooking.

Step 4: To serve, place a chicken thigh on each plate, and drizzle with 1/2 teaspoon hot sauce. Serve immediately.

Air Fryer Buttermilk Fried Chicken



- Serves: 6
- Active Time: 8 Minutes
- Total Time: 50 minutes

Air fryer fried chicken is lighter, faster, and much less messy than deep-fried

chicken. Here's how to do it.

- Soak the chicken in buttermilk. You'll want to let it soak for at least one hour, but overnight is preferred.
- Heavily season the flour breading. This is where you'll get the most flavor.
- Coat the chicken with cooking spray. Spraying the chicken before you place it in the air fryer will make the coating that much crispier, and more similar to deep-fried chicken.
- Rotate the chicken pieces halfway. This will help attain even crispiness and avoid any soggy spots.
- Let the chicken cool for a few minutes. You'll be tempted to eat your chicken immediately, but wait a few minutes so you don't burn yourself.

Ingredients

- 1 (3 to 4-pound) whole chicken
- 1 tablespoon plus 1 teaspoon kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 2 cups buttermilk
- 2 cups all-purpose flour
- 1 tablespoon garlic powder
- 2 tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 tablespoon onion powder
- 1 tablespoon ground mustard
- Cooking spray

Nutritional Information

- Calories 1067
- Fat 76.0 g (116.9%)
- Saturated 11.4 g (56.8%)
- Carbs 52.1 g (17.4%)
- Fiber 2.5 g (10.2%)
- Sugars 4.5 g
- Protein 41.7 g (83.4%)
- Sodium 1056.7 mg (44.0%)

Instructions

Cut the chicken into 10 pieces. Place in a large bowl and season with 1 teaspoon of the kosher salt and 1/2 teaspoon of the black pepper. Add 2 cups buttermilk and marinate for at least 1 hour in the refrigerator. Meanwhile, whisk the remaining 1 tablespoon kosher salt, remaining 1/2 teaspoon black pepper, 2 cups all-purpose flour, 1 tablespoon garlic powder, 2 tablespoons paprika, 1 teaspoon cayenne pepper, 1 tablespoon onion powder, and 1 tablespoon ground mustard together in a large bowl.

Preheat an Instant Vortex Plus 7-in-1 Air Fryer Oven to 390°F. Coat the air fryer racks with cooking spray. Remove the chicken from the buttermilk, allowing any excess to drip off. Dredge in the flour mixture, shaking any excess off. Place a single layer of chicken in the basket, with space in between the pieces. Air fry, flipping the chicken halfway through, until crispy and an instant-read thermometer registers 165°F in the thickest piece, 18 to 20 minutes total. Repeat with the remaining chicken.

Storage: Leftovers can be refrigerated in an airtight container up to 4 days.

Air Fryer Spicy Chicken Taquitos



- Yields: 12
- Prep Time: 15 Mins
- Total Time: 45 Mins

You don't need an excuse to have a party to make taquitos. They make a great

anytime meal and bring the party themselves. We've included both a way to bake the taquitos and to make them in the air fryer. The air fryer makes them even crispier in less time! However you make them, be sure to load them up with homemade salsa and the avocado cream sauce.

We prefer corn tortillas for our taquitos, but if you like flour tortillas you can totally use them. They usually need a few extra minutes in the oven than corn tortillas do to get crispy!

Ingredients

FOR TAQUITOS

- Cooking spray
- 3 c. shredded cooked chicken
- 1 (8-oz.) block cream cheese, softened
- 1 chipotle in adobo sauce, chopped, plus 1 tbsp sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- Kosher salt
- Freshly ground black pepper
- 12 small corn tortillas
- 1 1/2 c. shredded cheddar
- 1 1/2 c. shredded Pepper Jack
- Pico de Gallo, for serving
- Crumbled queso fresco, for serving

FOR AVOCADO CREAM SAUCE

- 1 large avocado, pitted
- 1/2 c. sour cream
- 1/4 c. packed cilantro leaves
- 1 clove garlic
- Juice of lime
- Kosher salt
- Freshly ground black pepper

Nutrition: Serving Size: 2 taquitos/flautas Calories: 559 Sugar: 4g Fat: 24g Carbohydrates: 51g Protein: 36g

Directions

FOR OVEN:

Preheat oven to 425° and grease a large baking sheet with cooking spray. In a large bowl, combine chicken, cream cheese, chipotle and sauce, cumin, and chili powder. Season with salt and pepper.

Place tortillas on a microwave safe plate and cover with a damp paper towel. Microwave 30 seconds, or until warm and more pliable.

Spread about ¼ cup of filling on one end of tortilla, then sprinkle a little of cheddar and pepper jack next to filling. Roll up tightly and place seam side down on baking sheet. Repeat with remaining filling and cheese.

Bake until crispy and golden, 15 to 20 minutes.

Serve with avocado cream sauce, Pico de Gallo, and queso fresco

FOR AIR FRYER:

In a large bowl, combine chicken, cream cheese, chipotle and sauce, cumin, and chili powder. Season with salt and pepper.

Place tortillas on a microwave safe plate and cover with a damp paper towel. Microwave 30 seconds, or until warm and more pliable.

Spread about ¼ cup of filling on one end of tortilla, then sprinkle a little of cheddar and pepper jack next to filling. Roll up tightly. Repeat with remaining filling and cheese.

Place in basket of air fryer, seam side down, and cook at 400° for 7 minutes.

Serve with avocado cream sauce, pico de gallo, and queso fresco.

FOR AVOCADO CREAM SAUCE:

In a food processor, blend together avocado, sour cream, cilantro, garlic, and lime juice. Season with salt and pepper. Pour into a bowl and press plastic wrap directly over surface and refrigerate until ready to use.

Air Fryer Chicken Breast



- Yields: 2 Servings
- Prep Time: 10 Mins
- Total Time: 30 Mins

When it comes comes to chicken, we typically like roasting chicken thighs

because they stay so juicy and get extra crispy. Chicken breasts have a terrible reputation for drying out, but an air fryer keeps that from happening. The quick cook time means they stay nice and tender and the breading still gets extra crispy. All without a drop of oil. It's an actual miracle.

Ingredients

- 1 large egg, beaten
- 1/4 c. all-purpose flour
- 3/4 c. panko bread crumbs
- 1/3 c. freshly grated Parmesan
- 2 tsp. lemon zest
- 1 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- Kosher salt
- Freshly ground black pepper
- 2 boneless skinless chicken breasts

Nutrition Facts

- Calories 101.5
- Total Fat 2.9 g
- Saturated Fat 1.0 g
- Polyunsaturated Fat 0.5 g
- Monounsaturated Fat 1.3 g
- Cholesterol 58.3 mg
- Sodium 95.9 mg
- Potassium 20.3 mg
- Total Carbohydrate 4.1 g
- Dietary Fiber 0.2 g
- Sugars 0.2 g
- Protein 14.1 g

Directions

Place eggs and flour in two separate shallow bowls. In a third shallow bowl, combine panko, Parmesan, lemon zest, oregano, and cayenne. Season with salt and pepper.

Working one at a time, dip chicken into flour, then eggs, and then panko

mixture, pressing to coat.

Place in air fryer basket and cook at 375° for 10 minutes. Flip chicken, and cook for another 5 minutes, until coating is golden and chicken is cooked through.

Air Fryer Rotisserie Chicken



- Yields: 6 Servings
- Prep Time: 20 Mins
- Total Time: 10 Mins

We love a good classic roasted chicken, but it's not always practical for a weeknight dinner. This easy air fryer recipe takes most of the waiting out of roasting a chicken, with remarkably similar results. We found that even when we cooked our chicken well past 165°, it was still juicy and not at all dry. Air fryer, we love you.

Ingredients

- 1 (3-lb) chicken, cut into 8 pieces
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. dried thyme
- 2 tsp. dried oregano
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. smoked paprika
- 1/4 tsp. cayenne

Nutrition Facts

166 calories; 6.4 g total fat; 1.8 g saturated fat; 76 mg cholesterol; 364 mg sodium. 225 mg potassium; 1 g carbohydrates; 0.4 g fiber; 24.8 g protein; 59 IU vitamin a iu; 4 mg vitamin c; 5 mcg folate; 18 mg calcium; 1 mg iron; 22 mg magnesium;

Directions

Season chicken pieces all over with salt and pepper. In a medium bowl, whisk to combine herbs and spices, then rub spice mix all over chicken pieces.

Add dark meat pieces to air fryer basket and cook at 350° for 10 minutes, then flip and cook 10 minutes more. Repeat with chicken breasts, but reducing time to 8 minutes per side. Use a meat thermometer to insure that chicken is cooked through, each piece should register 165°.

Air Fryer Garlic Herb Turkey Breast



- Yields: 6 Servings
- Prep Time: 10 Mins
- Total Time: 0 Mins

Quit stressing over a perfectly roasted turkey for Thanksgiving. It's hard and it takes up all of your oven space. This year, make your turkey in the air fryer! It takes way less effort with far better results. We are talking juicy, buttery turkey breast that's perfect every single time. Plus, you won't end up with leftover turkey for days.

Ingredients

- 2 lb. turkey breast
- Kosher salt
- Freshly ground black pepper
- 4 tbsp. melted butter
- 3 cloves garlic, minced
- 1 tsp. freshly chopped thyme
- 1 tsp. freshly chopped rosemary

Nutrition Facts

263 calories; 10.1 g fat; 0.3 g carbohydrates; 40.2 g protein; 86 mg cholesterol; 913 mg sodium.

Directions

Pat turkey breast dry and season on both sides with salt and pepper.

In a small bowl, combine melted butter, garlic, thyme, and rosemary. Brush butter all over turkey breast.

Place in basket of air fryer, skin side up and cook at 375° for 40 minutes or until internal temperature reaches 160°, flipping halfway through.

Let rest for 5 minutes before slicing.

Garlic Parmesan Chicken



- Yields: 4 Servings
- Prep Time: 5 Mins
- Total Time: 35 Mins

Everyone loves chicken parm! This recipe utilizes an air fryer to make the lightest, crunchiest version of the classic Italian dish and we are **HERE** for it.

Ingredients

- 4 bone-in, skin-on chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1 c. Panko breadcrumbs
- 1 tsp. garlic powder
- 1 tsp. Italian seasoning
- 2/3 c. freshly grated Parmesan
- 2 large eggs

Nutrition Facts

- Calories 175.2
- Total Fat 4.0 g
- Saturated Fat 2.0 g
- Polyunsaturated Fat 0.4 g
- Monounsaturated Fat 1.1 g
- Cholesterol 75.0 mg
- Sodium 658.6 mg
- Potassium 312.4 mg
- Total Carbohydrate 1.8 g
- Dietary Fiber 0.0 g
- Sugars 1.4 g
- Protein 30.7 g

Directions

Season chicken with salt and pepper. In a shallow bowl, whisk together panko, garlic powder, Italian seasoning, and Parmesan. In another shallow bowl, beat eggs.

Dip chicken thighs in egg, then roll in Panko mixture until fully coated.

Cook in air fryer at 360° for about 25 minutes or until golden and cooked through.

Thanksgiving Turkey



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 1 Hour 0 Mins

Who knew you could have a perfectly cooked turkey breast in under an hour?! The best part is, this recipe frees up your oven for more important

things, like sweet potato casserole. ❖❖

Ingredients

- 1 (2-lb.) turkey breast
- Kosher salt
- Freshly ground black pepper
- 1 tsp. freshly chopped thyme
- 1 tsp. freshly chopped rosemary
- 1 tsp. freshly chopped sage
- 1/4 c. maple syrup
- 2 tbsp. dijon mustard
- 1 tbsp. butter, melted

Nutrition Facts

- Calories from Fat 75
- Calories 214
- Total Fat 8.4ggrams
- Saturated Fat 2.4ggrams
- Trans Fat 0.1ggrams
- Polyunsaturated Fat 2.4ggrams
- Monounsaturated Fat 3ggrams
- Cholesterol 124mgmilligrams
- Sodium 117mgmilligrams
- Potassium 271mgmilligrams
- Total Carbohydrates 0.1ggrams
- Dietary Fiber 0ggrams
- Sugars 0ggrams
- Protein 32g

Directions

Season turkey breast generously with salt and pepper, then rub all over with fresh herbs.

Place in air fryer and fry at 390° for 30 to 35 minutes or until the internal temperature reaches 160°.

In a small bowl, whisk together maple syrup, dijon, and melted butter.

Remove turkey from air fryer and brush mixture all over. Return to air fryer and fry at 330° until caramelized, 2 minutes.

Let rest 15 minutes before slicing.

Air Fryer Mozzarella Sticks



- Serves: 4 To 6
- Active Time: 40 Minutes
- Total Time: 25 minutes

Ready for the easiest mozzarella stick recipe ever? These air fryer mozzarella sticks are made entirely from pantry and fridge staples (think: cheese sticks and breadcrumbs), meaning you can dig into the crispy-coated, nostalgic snack anytime you like.

Frozen mozzarella sticks cooked in the oven never come out crispy, and they produce inconsistent results when cooked in the air fryer. But this homemade version takes just a few minutes to assemble, and is amazingly crispy and

satisfying.

The most important step of this recipe is freezing the mozzarella sticks for a few minutes before you coat them with the breadcrumbs. Yes, be aware that this technically makes them frozen mozzarella sticks, but the quick chill ensures the breading sticks well and that the cheese doesn't ooze out before the outside is golden-brown.

Ingredients

- 1 (12-ounce) package mozzarella cheese sticks, each stick unwrapped and cut in half to make 12 sticks
- 1/4 cup mayonnaise
- 1 large egg
- 1/4 cup all-purpose flour
- 1/4 cup fine, dry breadcrumbs
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 cup marinara sauce, for serving

Nutritional Information

- Calories 297
- Fat 22.5 g (34.6%)
- Saturated 10.3 g (51.3%)
- Carbs 9.0 g (3.0%)
- Fiber 0.4 g (1.6%)
- Sugars 0.9 g
- Protein 14.5 g (29.0%)
- Sodium 503.3 mg (21.0%)

Instructions

Before frying, place the halved cheese sticks on a rimmed baking sheet lined with parchment paper. Freeze for 30 minutes. Meanwhile, assemble the breading and get out the air fryer.

Whisk the mayonnaise and egg together in a medium bowl. Place the flour, breadcrumbs, onion, and garlic powder in a large bowl and whisk to combine.

Working in batches of 6, roll the frozen cheese sticks in the mayo-egg

mixture to coat, then in the flour mixture. Return the coated cheese sticks to the parchment-lined baking sheet. Repeat with the remaining cheese sticks. Return the baking sheet to the freezer for 10 minutes.

Heat the air fryer to 370°F. Fry 6 the mozzarella sticks for 5 minutes -- it is important not to overcrowd the air fryer. Repeat with the remaining sticks and serve warm with the marinara for dipping.

Crumbed Chicken Tenderloins (Air Fried)



- Prep: 15 mins
- Cook: 12 mins
- Total: 27 mins
- Servings: 4
- Yield: 8 tenderloins

These beat chicken nuggets any day and the recipe is so simple. I tend to use chicken tenderloins but you can use sliced chicken breasts if easier.

Ingredients

- 1 egg
- ½ cup dry bread crumbs

- 2 tablespoons vegetable oil
- 8 chicken tenderloins

Nutrition Facts

- 253 calories; 11.4 g total fat; 109 mg cholesterol; 171 mg sodium. 9.8 g carbohydrates; 26.2 g protein;

Directions

Step 1: Preheat an air fryer to 350 degrees F (175 degrees C).

Step 2: Whisk egg in a small bowl.

Step 3: Mix bread crumbs and oil together in a second bowl until mixture becomes loose and crumbly.

Step 4: Dip each chicken tenderloin into the bowl of egg; shake off any residual egg. Dip chicken into the crumb mixture, making sure it is evenly and fully covered. Lay chicken tenderloins into the basket of the air fryer. Cook until no longer pink in the center, about 12 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Cook's Note: You can substitute butter for the vegetable oil if desired.

Honey-Sriracha Air Fryer Wings



- Yields: 2 Servings
- Prep Time: 10 Mins
- Total Time: 4 Mins

The perfect combination of spicy and sweet in every bite, with the ease of using an air fryer. Add more sriracha to suit your tastes. I like to serve the extra sauce on the side for dipping.

Ingredients

- 12 fresh chicken wing drumettes
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 1 tablespoon butter
- ¼ cup honey
- 2 teaspoons rice vinegar
- 1 tablespoon sriracha sauce

Directions

Step 1: Preheat an air fryer to 360 degrees F (182 degrees C).

Step 2: Place chicken wings in a bowl and sprinkle with salt and garlic powder, tossing to coat.

Step 3: Place wings in the air fryer basket. Set timer for 25 minutes and cook wings, shaking basket every 7 to 8 minutes. When timer ends, turn air fryer off and let wings stand in the basket for 5 minutes more.

Step 4: Meanwhile, melt butter in a small saucepan over medium heat. Whisk honey, rice vinegar, and sriracha sauce into butter and bring to a boil. Reduce heat and simmer sauce over medium-low heat for 8 to 10 minutes, whisking occasionally. Turn off heat and set aside; sauce will thicken as it cools.

Step 5: Toss cooked wings and sauce together in a bowl. Reserve extra sauce to serve alongside wings.

Nutrition Facts

- 586 calories; 32.6 g total fat; 131 mg cholesterol; 1055 mg sodium. 36.2 g carbohydrates; 37.4 g protein;

Snacks and Cookies

Parmesan "Fried" Tortellini



- Yields: 6 Servings
- Prep Time: 5 Mins

- Total Time: 25 Mins

Tortellini lovers will flip for these crunchy, "fried" bites. Be warned: they're EXTREMELY addictive, and best served with marinara. Pares well with a red wine mule. ❖❖

Ingredients

- 1 (9-oz.) package cheese tortellini
- 1 c. Panko breadcrumbs
- 1/3 c. freshly grated Parmesan
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1/2 tsp. crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 1 c. all-purpose flour
- 2 large eggs
- Marinara, for serving

Nutrition

445KCAL | FAT: 26G | SATURATED FAT: 18G | CHOLESTEROL: 77MG
| SODIUM: 546MG | POTASSIUM: 187MG | CARBOHYDRATES: 40G |
FIBER: 3G | SUGAR: 3G | PROTEIN: 13G | VITAMIN A: 335% |
VITAMIN C: 2.9% | CALCIUM: 152% | IRON: 3%

Directions

In a large pot of boiling salted water, cook tortellini according to package instructions until al dente. Drain.

In a shallow bowl, mix together Panko, Parmesan, oregano, garlic powder, and red pepper flakes. Season with salt and pepper. In another shallow bowl, beat eggs, and in a third shallow bowl, add flour.

Coat tortellini in flour, then dredge in eggs, then in Panko mixture. Continue until all tortellini are coated.

Place in air fryer and fry at 370° until crispy, 10 minutes.

Serve with marinara.

Air Fryer Brownies



- Yields: 2 Servings
- Prep Time: 5 Mins
- Total Time: 35 Mins

Everyone loves a good fudgy brownie. This air fryer version "bakes" in half the time of a usual brownie, so it's safe to say we're hooked. Though you could slice it into squares, we prefer to go straight in with spoons. Don't forget a big scoop of vanilla ice cream!

Ingredients

- 1/2 c. granulated sugar

- 1/3 c. cocoa powder
- 1/4 c. all-purpose flour
- 1/4 tsp. baking powder
- Pinch kosher salt
- 1/4 c. butter, melted and cooled slightly
- 1 large egg

Nutritional Information

- Calories 238
- Fat 4g
- Satfat 2g
- Unsatfat 1g
- Protein 5g
- Carbohydrate 46g
- Fiber 1g
- Sugars 22g
- Added sugars 21g
- Sodium 74mg
- Calcium 2% DV
- Potassium 1% DV

Directions

Grease a 6" round cake pan with cooking spray. In a medium bowl, whisk to combine sugar, cocoa powder, flour, baking powder, and salt.

In a small bowl, whisk melted butter and egg until combined. Add wet ingredients to dry ingredients and stir until combined.

Transfer brownie batter to prepared cake pan and smooth top. Cook in air fryer at 350° for 16-18 minutes. Let cool 10 minutes before slicing.

Air-Fried Breakfast Bombs



- Active Time: 20 Mins
- Total Time: 25 Mins
- Yield: Serves 2 (serving size: 2 bombs)

If you're only using your air fryer to whip up awesome party snacks, you're missing out. Pull it out in the morning to make these hearty breakfast bombs filled with bacon, egg, and cheese.

Whole-wheat pizza dough encases the savory filling in a nice fiber-packed crust. Substitute regular pizza dough if you can't track down whole-wheat dough. Like it spicy? Add a dash or two of hot sauce to the filling before baking. In a rush? These palm-sized "bombs" make a great on-the-go breakfast.

Ingredients

- 3 center-cut bacon slices
- 3 large eggs, lightly beaten
- 1 ounce
- 1/3-less-fat cream cheese, softened
- 1 tablespoon chopped fresh chives
- 4 ounces fresh prepared whole-wheat pizza dough

- Cooking spray

Nutritional Information

- Calories 305
- Fat 15g
- Saturated fat 5g
- Unsaturated fat 8g
- Protein 19g
- Carbohydrate 26g
- Fiber 2g
- Sugars 1g
- Added sugars 0g
- Sodium 548mg
- Calcium 5% DV
- Potassium 2% DV

How to Make It

Step 1: Cook bacon in a medium skillet over medium until very crisp, about 10 minutes. Remove bacon from pan; crumble. Add eggs to bacon drippings in pan; cook, stirring often, until almost set but still loose, about 1 minute. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon.

Step 2: Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 5-inch circle. Place one-fourth of egg mixture in center of each dough circle. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams.

Step 3: Place dough purses in single layer in air fryer basket; coat well with cooking spray. Cook at 350°F until golden brown, 5 to 6 minutes, checking after 4 minutes.

Buttermilk Banana Cake



Looking for a banana cake that is low FODMAP and luscious? Look no further than our versatile Low FODMAP Buttermilk Banana Cake.

Wondering if bananas are low FODMAP? Rest assured that they are – even ripe ones, which is what you need for this recipe. It all comes down to serving size, so stick to our serving size guidelines, which are based on current Monash University recommendations.

This recipe can be baked in two 8-inch (20 cm) round pans, as seen in the image above, or a 13 by 9-inch (33 cm by 23 cm) pan, for a snack-cake style cake that you can cut into casual squares.

We like this banana cake frosted, plain or even served with just a dusting of confectioners' sugar. (See Tips at end of recipe for the 13 by 9-inch (33 cm by 23 cm) variation)

Baked into rounds you can see it in all its stacked and layered glory as a base for our Salted Caramel Banana Cake. Yeah, you read that right. It is a perfect birthday cake for any banana lover – whether they are following the low FODMAP diet or not!

This Low FODMAP Buttermilk Banana Cake is perfect as a basis for our Salted caramel Banana Cake, but turn to it anytime you need a sweet, moist banana cake.

Low FODMAP Serving Size Info: Makes two, 8-inch (20 cm) round cakes (12 servings) or one, 13 by 9-inch (33 cm by 23 cm) oblong cake (24 servings)

- Makes: 24 servings
- Prep Time: 10 minutes
- Cook Time: 35 minutes
- Total Time: 45 minutes

Ingredients:

- 1/3 cup (75 ml) lactose-free whole milk, at room temperature
- 1 teaspoon lemon juice
- 1 3/4 cups (254 g) low FODMAP, gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Gluten-Free Baking Flour such as Bob's Red Mill 1 to 1 Gluten-Free Baking Flour
- 1 1/2 teaspoons baking powder; use gluten-free of following a gluten-free diet
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup (1 stick; 113 g) unsalted butter, at room temperature, cut into small pieces
- 1 1/3 cups (269 g) sugar
- 1 teaspoon vanilla extract
- 2 large eggs, at room temperature
- 3 medium-sized ultra-ripe bananas, fork mashed
- 1/2 cup (50 g) lightly toasted pecans, cooled and chopped

Preparation:

Position the rack in the middle of oven. Preheat oven to 350° F/180°C. Coat the insides of two 8-inch by 2-inch (20 cm by 5 cm) round cake pans with nonstick spray, line bottoms with parchment rounds, then spray parchment paper; set aside

Add the lemon juice to the milk in its measuring cup. Stir together and let sit

until thickened, about 5 minutes. Meanwhile whisk together the flour, baking powder, baking soda and salt in a medium bowl to aerate and combine; set aside.

In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add the sugar gradually and beat until very light and fluffy, about 3 minutes, scraping down the bowl once or twice. Beat in vanilla.

Beat in the eggs one at a time, scraping down after each addition, allowing each egg to be absorbed before continuing.

Lightly whisk together the mashed banana and soured milk. Add the flour mixture in four additions, alternating with the banana mixture and pecans. Begin and end with the flour mixture and beat briefly until smooth. Divide batter evenly in pans.

Bake for about 30 to 35 minutes or until a toothpick shows a few moist crumbs clinging. The cake will have just begun to come away from the sides of the pan. Cool on rack for 10 minutes. Unmold, peel off parchment, and place directly on rack to cool completely. The cakes are now ready to fill and frost. Alternatively, place layers on cardboard rounds and double wrap in plastic wrap; store at room temperature if assembling within 24 hours or slip into zip-top bags and freeze for up to a month.

Tips

For a 13 by 9-inch (33 cm by 23 cm) pan, proceed as follows: Coat the inside of a 13 by 9-inch (33 cm by 23 cm) pan with nonstick spray. If you want to unmold the cake at the end, line the bottom of the pan with parchment paper and spray parchment. Make the batter as directed and scrape into pan and level it gently. Bake for about 35 minutes or until a toothpick shows a few moist crumbs clinging. The cake will have just begun to come away from the sides of the pan. Cool on rack for 10 minutes, then unmold and peel off parchment, if this is your approach. Otherwise, let cake cool in pan. The cake can be left plain or can be frosted, in or out of the pan.

Nutrition

Calories: 160kcal | Carbohydrates: 26g | Protein: 2g | Fat: 6g | Sodium: 86mg | Fiber: 1g | Sugar: 15g | Vitamin C: 0.1mg

Easy Chocolate Cake



This Easy Low FODMAP Chocolate Cake just happens to be vegan. You would never guess that there are no eggs or dairy.

There are instructions for 8 and 9-inch (20 cm and 23 cm) rounds as well as a 13 by 9-inch (33 cm by 23 cm) pan and cupcakes!

This Cake Is A Basic

We turn to this cake when we want a low FODMAP chocolate layer cake – whether you want to fill and frost it with a simple confectioners’ sugar based Vanilla Frosting, whipped cream or Italian Meringue Buttercream.

This Easy Low FODMAP Chocolate Cake is the cake to turn to when you want a basic chocolate cake - for birthdays or anytime. AND it is vegan, too!

Low FODMAP Serving Size Info: Makes: either two 8-inch or 9-inch (20 cm or 23 cm) cake layers; a 13 by 9-inch (33 cm x 23 cm) pan; or 24 cupcakes. Serving size depends on which frosting or buttercream you use. As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.

- Makes: 24 servings
- Prep Time: 10 minutes
- Cook Time: 35 minutes
- Total Time: 45 minutes

Ingredients:

- 2 $\frac{3}{4}$ cups (399 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Baking Flour
- 2 cups (396 g) sugar
- $\frac{2}{3}$ cup (56 g) sifted natural cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups (480 ml) room-temperature water
- $\frac{2}{3}$ cup (165 ml) neutral vegetable oil, such as canola, rice bran or sunflower
- 2 tablespoons apple cider or distilled white vinegar
- 1 tablespoon vanilla extract

Preparation:

Position a rack in the center of your oven. Preheat the oven to 350°F/180°C. Coat two 8- or 9-inch (20 or 23 cm) round cake pans with nonstick spray, line the bottoms with parchment rounds, then spray the parchment. (see Tips below if using the suggested alternative pans).

Whisk together flour, sugar, cocoa, baking soda and salt in a large bowl.

Whisk together water, oil, vinegar and vanilla in medium bowl.

Pour wet over dry and whisk until combined and smooth. Divide batter evenly in prepared pans. Firmly tap bottom of pan on work surface to dislodge any bubbles.

Bake for about 25 to 35 minutes or until a toothpick shows a few moist crumbs. Cool pan on rack for 15 minutes. Unmold the cake onto rack, peel off parchment and cool completely. Cake is ready to fill and frost.

Alternatively, place layer on cardboard round and double wrap in plastic wrap; store at room temperature and assemble within 24 hours.

Tips: If using a 13 by 9-inch (33 cm by 23 cm) pan, coat with nonstick spray and line the bottom with parchment (if unmolding after); bake for 30 to 35

minutes and allow to cool in the pan on a wire rack, then unmold if desired. If making cupcakes, line 24 cupcake wells with fluted paper liners and fill each two-thirds full with the batter, then bake for about 20 minutes. Allow the pan to cool on a wire rack for 5 minutes, then unmold the cupcakes directly onto the rack to cool.

If You Can Tolerate

Fructans: If you passed the Fructan Wheat Challenge, you could use unbleached all-purpose flour instead of the low FODMAP gluten-free flour (in which case the cake will no longer be gluten-free). Use weight equivalents for the most accurate results with this substitution and not volume measures.

Nutrition

Calories: 196kcal | Carbohydrates: 35g | Protein: 1g | Fat: 6g | Sodium: 188mg | Fiber: 1g | Sugar: 20g

Crumb Crust



In the world of baking a crumb crust, either in a tart pan or a pie plate, is a commonly called-for component. Now that you are following the low FODMAP diet you can still have a dessert featuring a crumb crust, as long as you follow this recipe for a Low FODMAP Crumb Crust.

Crumbs & Butter

This recipe, at its most basic, is comprised of cookie crumbs and butter. Well, if you want to get technical, we use graham crackers a lot, but they are more cookie than cracker. As long as the “cookie” is low FODMAP, you are good to go.

Butter is naturally low enough in lactose that it is low FODMAP.

Some recipes might suggest the addition of sugar to the mixture or even other additions, like spices or nuts, as in our version supporting our Low FODMAP Cinnamon Pecan Truffle Ganache Tart.

But the technique is the same. You begin by grinding up the cookies (and any other dry ingredients like nuts) as finely as possible. You could whack them

with a mallet inside a plastic bag, but I prefer using a food processor fitted with a metal blade.

Just pulverize those suckers.

Then, you stir the ground mixture together with the melted butter and pat it into the waiting tart pan, tart ring or pie plate. Voila! A simple crumb crust.

Most recipes that use a crumb crust will call for it to be pre-baked, either completely or partially. The directions below are for a fully baked crust. Follow individual directions in specific recipes as described.

This Low FODMAP Crumb Crust will become one of your favorite basic low FODMAP recipes.

- Makes: 10 Servings
- Prep Time: 5 minutes
- Cook Time: 8 minutes
- Total Time: 13 minutes

Ingredients:

- 2 cups (9 ounces/ 255 g) of low FODMAP cookies
- 6 tablespoons, (85 g) unsalted butter, melted

Preparation:

Preheat oven to 375°F/190°C. Coat a 10-inch (25 cm) loose-bottomed, fluted tart pan or a 9-inch (23 cm) pie plate with nonstick spray. Place pan or pie plate on a parchment lined half-sheet baking pan and set aside.

Crumble the cookies (of choice) directly into a food processor fitted with a metal blade. Pulse on and off, then process until evenly and finely ground. Pulse in melted butter, pulsing on and off until evenly moistened and beginning to clump.

Pour the crust mixture into your prepared pan and press very evenly across bottom and along sides. I like to use a flat-bottomed measuring cup or glass to help press the crumbs into as even a layer as possible.

Bake for about 10 minutes or until dry and just beginning to color a light golden brown. Cool on rack.

Tips: While you could crush cookies in a plastic bag with a mallet or rolling pin (if you have to), I find that you will consistently produce the even, fine texture that you want from the food processor fitted with metal blade.

Nutrition

Calories: 160kcal | Carbohydrates: 18g | Protein: 2g | Fat: 8g | Fiber: 1g |
Sugar: 3g

Triple herb overnight rolls



Every day is a good day for a dinner roll, but these herbed rolls are perfect for spring. The light and airy dough is made with fresh rosemary, sage, and thyme to add bursts of flavor. Even better, your dinner companions will never know they're gluten-free.

Growing up, rolls were always a big part of our meal. Yes, the turkey, the ham, the mashed potatoes, or green bean casserole was supposed to be more central than the dinner rolls. Yet everyone had their favorite bread roll and it often set the atmosphere for the rest of the meal.

This is a special recipe for me – it makes me feel closer to my mom, my best friend, who's one of the warmest most generous people I've ever known. Sometimes food is strange and wonderful like that with the connections and emotions that are attached to it. I sincerely hope your family enjoys them as much as mine has.

- Prep time: 20 mins
- Cook time: 30 mins
- Total time: 50 mins
- Yields/Serves: 12

Ingredients

- 1¼ cups milk
- 2 tablespoons butter

- 1 packet yeast
- 1½ tablespoons sugar
- 1 cup tapioca flour
- ¾ cup brown rice flour
- ¾ cup potato starch
- 2 teaspoons baking powder
- 2 teaspoons xanthan gum
- 2 teaspoons salt
- 1 tablespoon each: fresh chopped rosemary, thyme, and sage
- 1 tablespoon olive oil
- 2 large eggs

Instructions

Generously grease and rice flour a muffin tin.

Combine milk and butter in microwaveable measuring cup. Microwave until mixture reaches 110-120 degrees (takes 1:10 in my microwave). In mixing bowl combine yeast and sugar. Whisk in heated milk mixture. Set aside while it proofs.

In small bowl combine tapioca flour, brown rice flour, potato starch, baking powder, xanthan gum, salt, and herbs.

Once yeast is proofed (about 10 minutes), mix in olive oil and eggs on low speed. Slowly beat in flour mixture. Beat on high speed for at least 1½ minutes until very well combined.

Spoon dough into muffin cups, ¾ full. Wet your finger tips and gently smooth the top of each one. Dip kitchen scissors in tapioca flour then snip the dough in each muffin cup in half, then in half again so you have quarters.

Brush tops with a small amount of olive oil (to keep the plastic wrap from sticking) then cover loosely with plastic wrap. Refrigerate overnight or at least 8 hours.

When ready to bake, remove rolls from fridge and sit on counter while the oven preheats to 350 degrees. Bake 28-35 minutes until tops are a deep golden brown; brush tops with melted butter if desired. Cool in pan 5 minutes until you're able to handle them, then turn out onto a wire rack to finish cooling.

Notes: The dough can be left to rise in the fridge for up to 24 hours before baking.

Nutritional Info

- Calories: 170%
- Total Fat: 5 g 8.39%
- Saturated Fat: 3 g 12.93%
- Trans Fat: 0 g %
- Cholesterol: 24 mg 7.92%
- Sodium: 553 mg 23.05%
- Calcium: 82 mg 8.23%
- Potassium: 89 mg 2.55%
- Magnesium: 0 mg 0%
- Iron: 0 mg 0.89%
- Zinc: 0 mg 0%
- Total Carbohydrate: 28 g%
- Dietary Fiber: 1 g 2.79%
- Sugar: 8 g
- Protein: 3 g

Gluten-free cranberry blueberry mini gallettes



Easier than pie, these personal gallettes are heaven. The flaky, buttery crust is the perfect combination with the tart berries. Dessert doesn't get much better than this... unless you add a dollop of whipped cream.

Sure, we should count our blessings every day as some would say, not just the holidays. But I appreciate their power in making us all pause a bit, to reflect on why we're so fortunate to be right where we are. To spend extra time together, to love a little harder.

Cranberry Blueberry Mini Galettes {gluten-free} Cranberry Blueberry Mini Galettes. The gluten-free crust is one of all butter, flaky and light, yet holds the cranberries and blueberries inside. These two fruits are the perfect match for each other, a combination of tart and sweet in each bite.

- Yield: 9 MINI GALETTES
- Prep Time: 30 MINUTES
- Cook Time: 25 MINUTES
- Additional Time: 40 MINUTES
- Total Time: 1 HOUR 35 MINUTES

Treat yourself to a single serve pie with these mini blueberry galettes!

Ingredients

- 50 grams superfine brown rice flour, plus more for dusting
- 90 grams oat flour
- 40 grams tapioca starch
- 1 tablespoon organic cane sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 stick (8 tablespoons or 110 g) cold unsalted butter, cut into 1/2-inch cubes
- 1 egg yolk
- 5 tablespoons ice cold water
- cranberry-blueberry filling:
- 1 (8 ounce) bag Cascadian Farm organic Mountain Peak frozen blueberries
- 1 1/4 cups fresh cranberries
- 1 1/2 tablespoons tapioca starch (or cornstarch)
- 1/3 cup organic cane sugar
- 1 1/2 tablespoons fresh lemon juice
- for top of crust:
- 1 egg yolk, beaten
- Turbinado sugar for dusting

Instructions

Combine the first six ingredients in a food processor. Pulse once or twice to combine. Add the diced butter and pulse until you end up with small pieces of butter that are visible throughout the flour.

In a small bowl, whisk together the egg yolk and 3 tablespoons ice water. Add it to the dough and pulse until it comes together. Add 2 more tablespoons ice water.

Turn the dough onto a work surface, knead it a couple of times, and form a disk. Wrap in plastic wrap, flatten it, and refrigerate for at least 40 minutes.

Preheat the oven to 400 degrees F. Mix together the filling ingredients in a large bowl, coating completely, and let sit. Then, generously flour your surface, and grab about 2 tablespoons dough. Roll out each dough ball into 4

to 5 inch wide circles, about 1/8 inch thick. Transfer to a parchment lined baking pan. Then, add 3 tablespoons fruit mixture to the middle of the dough. Fold the edges up and pinch together where possible.

Brush the edges with egg yolk, and sprinkle with turbinado sugar. Repeat.

Bake for 22 to 24 minutes, until bubbling and golden brown. Remove from oven and let stand for 15 minutes before serving

Nutrition Information:

Calories: 551 Total Fat: 39g Saturated FAT: 16g Trans Fat: 1g Unsaturated Fat: 20g cholesterol: 65mg sodium: 275mg carbohydrates: 44g fiber: 9g sugar: 11g protein: 11g

Collard green spring rolls



Make veggie wraps without pesky wrappers or added carbs. These veggie wraps are stuffed with tofu for a boost of protein. The sauce recipe calls for sunflower seed butter, but you can use your favorite seed or nut butter.

Next comes an array of super fresh, filling ingredients like firm tofu, basil, red pepper, cabbage, carrot, and bean sprout. Roll it up into a spring roll shape – you got this – and then it’s onto the sauce.

The dipping sauce is nut-free (!) because it’s based with sunflower seed butter. If you’d rather, peanut, almond, and cashew butter work well here, too. Look at that saucy goodness.

Spring rolls with a twist! Veggies + tofu wrapped in collard greens and served with a spicy-sweet sunbutter dipping sauce. A satisfying and healthy plant-based snack or side.

- Prep Time: 30 Minutes
- Total Time: 30 Minutes
- Servings: 12 (Rolls)

Ingredients

US Customary - Metric

SPRING ROLLS

- 10 ounces extra-firm tofu* (optional to brush with tamari + roll in sesame seeds)
- 1 bundle collard greens (~11-12 large collards per bundle)
- 1 small red bell pepper (thinly sliced vertically)
- 1 1/2 cups bean sprouts
- 1 cup packed basil
- 1 cup finely sliced red (purple) cabbage
- 3 medium whole carrots (peeled and very finely chopped // I used my mandolin with the medium blade teeth)

SAUCE

- 1/3 cup creamy unsalted sunflower seed butter
- 1 1/2 -2 Tbsp tamari (or soy sauce if not GF)
- 2-3 Tbsp maple syrup (to taste)
- 1/2 medium lime, juiced (yields ~2 Tbsp or 30 ml as original recipe is written)
- 1/2 tsp chili garlic sauce (or 1 thai red chili minced // or 1/4 tsp red pepper flake // amounts as original recipe is written)
- Hot water (to thin)

Instructions

Start by wrapping your tofu in a clean, absorbent towel and setting something heavy on top (such as a cast-iron skillet) to drain the excess liquid.

In the meantime, prep the collard greens by chopping the stems off and using a small, sharp knife to slightly shave/trim down the thickness of the stems at the base of the leaf. This isn't a necessary step, but it will allow it to fold/roll more easily.

Next, prep vegetables and slice the tofu in long, rectangular cubes. Arrange on a tray or cutting board (see photo).

Prepare dipping sauce by adding sunflower seed butter, tamari, maple syrup, lime juice, and chili garlic sauce to a small mixing bowl and whisking to combine. Add enough warm water to thin into a thick but pourable sauce. Taste and adjust flavor as needed, adding more lime juice for acidity, chili garlic sauce for heat, maple syrup for sweetness, or tamari for saltiness.

Next, lay a collard green down on a flat surface, and near the stem, layer on

basil, tofu, red pepper, cabbage, bean sprout, and carrot (see photo). Use your hands to fold the collard green over once so the fillings are secured inside, and then tuck in the sides of the collard green and continue rolling until you have a loose spring roll. Lay seam-side down on a serving platter and continue until all fillings are used - about 11-12 rolls (amount as original recipe is written // adjust if altering batch size).

To serve, I sliced my rolls in half and arranged them in a serving bowl with the dipping sauce (see photo). But you can also just leave them whole!

These keep extremely well in the refrigerator up to 3 days, and the sauce will keep for up to 5-7 days (stored covered, separately in the fridge).

Notes

*Pro tip! If you want to add more flavor to your tofu, after pressing and slicing, brush with tamari or soy sauce and roll in sesame seeds.

Nutrition Per Serving

Calories: 95 Fat: 5g Saturated fat: 1g Sodium: 172mg Carbohydrates: 9.7g
Fiber: 2.6g Sugar: 3.9g Protein: 6g

California roll sushi bowls



California Roll in layered bowl form! These are the simplified way to enjoy all the flavors of a California Roll in a fraction of the time! You get a hearty bowl of sushi rice layered together with so many delicious flavors and textures. Who could resist?

California roll ingredients layered bowl, including sushi rice, crab, nori, carrots, cucumber, avocado, spicy mayo and sesame seeds.

California Rolls the Quick and Easy Way!

How could you go wrong with deconstructed sushi piled high in a bowl (minus the raw fish in this version, so I guess many would say not real sushi but still sushi to me)? It's destined to be a new go-to weeknight recipe for you!

It's so easy, just chop everything up and toss it together then serve it individual bowls. No meticulous cutting and rolling just slice it, dice it, dress it and boom! Dinner (or lunch) is served.

California roll ingredients layered in a single serve turquoise bowl with chopsticks. Ingredients include sushi rice, crab, nori, carrots, cucumber, avocado, spicy mayo and sesame seeds.

All the flavors of the traditional California Roll in a simplified deconstructed version! Seasoned sushi recipe is layered together with crab, nori, fresh veggies and sriracha mayo for one crave-able bowl you'll want to make again and again!

- Servings: 5
- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes

Ingredients

- 2 cups dry California Calrose Sushi Rice
- 5 Tbsp rice vinegar , divided
- 2 Tbsp granulated sugar
- 1/2 tsp salt
- 1/4 cup light mayonnaise
- 1 1/2 Tbsp sriracha
- 1/4 cup low-sodium soy sauce
- 10 oz imitation crab or lump crabmeat , torn or chopped into small bite size pieces
- 1 1/2 cups diced English cucumber
- 3/4 cup roughly chopped matchstick carrots
- 1 nori sheet , chopped or crumbled into small pieces (add more if you'd like)
- 1 1/2 Tbsp chopped pickled sushi ginger
- 1 large avocado , peeled and diced
- Black and toasted sesame seeds , for garnish

Instructions

Place rice in a fine mesh strainer and rinse under cold water until water runs clear (it will take about 2 minutes of rinsing). Tap bottom of strainer with palm of your hand until water no longer falls from strainer (it should be well drained). Transfer rice to a medium saucepan along with 2 1/4 cups water. Bring mixture to a full boil then reduce heat to low, cover with lid and simmer 15 minutes. Remove from heat, keep covered and let rest 15 minutes.

Meanwhile, in a small saucepan combine 4 Tbsp of the vinegar with the sugar and salt. Heat over medium heat, cook and whisk until sugar has

dissolved. Remove from heat, let cool while rice is resting then pour vinegar mixture over rice and toss to evenly coat.

In a small mixing bowl whisk together mayonnaise with sriracha. Thin with 1 1/2 tsp of water if desired. Transfer to a sandwich size resealable bag. Set aside.

In a small mixing bowl whisk together soy sauce and remaining 1 Tbsp vinegar, set aside. In a large mixing bowl gently toss together crab meat, cucumber, carrots, nori, ginger and avocado. Divide prepared rice among 4 or 5 bowls. Top with crab mixture then spoon soy sauce mixture over top of each serving. Cut a small tip from one corner of the resealable bag holding the sriracha mixture, drizzle over each serving. Serve immediately.

Nutrition Facts

- Calories 465
- Calories from Fat 72
- Fat 8g 12%
- Saturated Fat 1g 6%
- Cholesterol 8mg 3%
- Sodium 1185mg 52%
- Potassium 400mg 11%
- Carbohydrates 84g 28%
- Fiber 6g 25%
- Sugar 9g 10%
- Protein 10g 20%
- Vitamin A 3325IU 67%
- Vitamin C 9.3mg 11%
- Calcium 26mg 3%
- Iron 1.8mg 10%

Soft, gluten-free tapioca wraps



Most store-bought gluten-free wraps are less flexible than the cardboard they're packed with. Make your own soft wrap that won't break the moment you try to bend it. This recipe uses tapioca flour to get the perfect texture, plus a touch of low-FODMAP cheese for flavor. Substitute lactose-free milk if necessary.

These easy, cheesy grain free soft tapioca wraps are made with simple gluten free pantry ingredients—plus they stay flexible even when they're cold and freeze beautifully.

These easy, cheesy grain free soft tapioca wraps are made with simple gluten free pantry ingredients—plus they stay flexible even when they're cold and freeze beautifully.

Wherever they go, these soft gluten free wraps made from tapioca flour in the style of Brazilian cheese bread are the star of the show. They're soft and flexible, and are simply. not. going. to. break.

The wraps can be made long ahead of time, and so can the dough if you want to roll them out and make them fresh. To make the dough ahead of time, just wrap it tightly in plastic wrap when raw, and store it in the refrigerator for a week, or in the freezer for even longer. The dough rolls out simply and easily, too.

These easy, cheesy grain free soft tapioca wraps are made with simple gluten free pantry ingredients—plus they stay flexible even when they're cold and freeze beautifully.

A new, simpler method

Now, to make these wraps, I just load up the food processor with the grated cheeses, egg, salt, oil, and tapioca starch/flour, and add about 1/4 cup of the milk. Process until it begins to combine, and stream in about another 1/4 cup of milk. Stop right when the dough is smooth.

Not only does this method make everything simpler and easier, but it allows you to modify the amount of moisture based upon the type of cheese you use.

If you use pre-shredded cheeses, which I recommend, they're a bit drier and you'll need a bit more moisture. If you use freshly grated cheeses, you'll need a bit less.

These easy, cheesy grain free soft tapioca wraps are made with simple gluten free pantry ingredients—plus they stay flexible even when they're cold and freeze beautifully.

What if I make the dough too dry? Too wet?

If you add a little bit more milk than you should, you can simply wrap the dough tightly in plastic wrap and chill it in the refrigerator until it's firmer. Working with the dough when it's cold, you'll find it much easier to handle.

If you add way too much milk, you may want to simply double the other ingredients (cheeses, oil, egg, tapioca starch/flour) and process while adding more milk very, very slowly. That's the only way to rescue dough that has had way too much liquid added.

You'll know that your dough is too dry if it crumbles at all when you try to knead it. If it breaks off in shards, it probably also needs some more moisture. Just add it slowly through the open shoot of your food processor and allow it to process fully.

- Prep time: 15 minutes
- Cook time: >10 minutes
- Yield: 8 to 9 wraps

Ingredients

- 7 ounces low-moisture part-skim mozzarella cheese, grated (pre-grated cheese works best)
- 2 ounces Parmigiano-Reggiano cheese, grated (pre-grated cheese works best)
- 1 egg (50 g, weighed out of shell), at room temperature
- 1/4 teaspoon kosher salt
- 3 tablespoons (42 g) canola oil
- 2 1/2 cups (300 g) tapioca starch/flour, plus more for sprinkling*
- 4 to 6 fluid ounces milk

Directions

Add all ingredients except milk to food processor in the order listed, then add about 1/4 cup milk. Process the mixture with chute open for about 2 minutes. Add more milk very slowly until the mixture just comes together, for a total of at least 1/2 cup (4 ounces), but no more than 6 ounces. If you've used freshly grated cheeses, you'll need less milk. Process for at least another minute. The dough will be quite thick, but should not be dry. Scrape the dough out of the food processor onto a flat surface, and divide it into two equal parts. You should be able to knead it with your hands. If you think you may have added too much milk, try wrapping the dough in plastic wrap and chilling it until firmer.

Once the dough has chilled, heat a 10-inch cast iron skillet over medium heat (or a nonstick skillet over low heat). Working with one piece of dough at a time, place it on a flat surface lightly sprinkled with tapioca flour. Sprinkle the dough lightly with more tapioca flour. With a sharp knife or bench scraper, divide the dough into 4 equal pieces, about 3 ounces each. Knead and roll each piece into a round, and then roll into a circle about 7-inches in diameter. Move the dough often, sprinkling it with tapioca flour when necessary to prevent it from sticking. For a perfect circle, cut out a 6-inch round using a metal cake cutter or the lid of a metal pot approximately the same size in diameter. Roll the dough out a bit thinner, into about a 7-inch circle.

Carefully place the first circle of dough onto the hot skillet and allow it to cook until the underside is cooked and the wrap can be lifted easily with a wide spatula (about 45 seconds). Flip the wrap over and press down evenly

with the spatula to sear the other side. Cook until the underside is set (about another 30 seconds). Remove from the skillet and cover with a moist tea towel. Repeat with the remaining 3 pieces of dough, and then with the other half of dough. Gather and reroll all scraps, and you should be able to get one more full wrap out of the recipe.

Serve the wraps immediately, or wrap them tightly in plastic wrap and store in the refrigerator for up to 1 week (or in the freezer, wrapped in a freezer-safe container, for longer). When you are ready to use a previously refrigerated wrap, warm in a hot cast iron skillet for a few second until the wrap has become pliable again (about 30 seconds).

Nutrition Facts

- Calories 270
- Calories From Fat 90
- Total Fat 10g 15%
- Saturated Fat 35g 175%
- Cholesterol 40mg 13%
- Sodium 270mg 11%
- Potassium 75mg 2%
- Total Carbohydrates 38g 13%
- Dietary Fiber 0g 0%
- Sugars 2g
- Protein 8g 16%
- Vitamin A 4%
- Vitamin C 0%
- Calcium 25%
- Iron 2%

Gluten-free baked vanilla spice sprinkle donuts



Baking instead of frying makes these healthy, right? You don't have to lust after your coworkers' donuts anymore. These gluten-free vanilla donuts will hit the spot and thrill your inner child with a thick glaze and colorful sprinkles.

Baking instead of frying makes these healthy, right? You don't have to lust after your coworkers' donuts anymore. These gluten-free vanilla donuts will hit the spot and thrill your inner child with a thick glaze and colorful sprinkles.

- Makes: 14 doughnuts
- Prep Time: 10 Minutes
- Cook Time: 20 Minutes
- Total Time: 30 Minutes

Ingredients

For the doughnuts:

- 2 1/3 cups all purpose gluten-free flour (I used Cup 4 Cup)
- 1/3 cup blanched almond flour
- 1 cup coconut sugar
- 1 1/2 teaspoons gluten-free baking powder

- 1/4 teaspoon baking soda
- 1 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup almond milk, or other milk of your choice
- 1/2 cup full fat plain yogurt
- 2 large eggs
- 1/2 cup unsalted butter, melted
- 1 teaspoon vanilla extract
- Rainbow sprinkles, or other sprinkles of your choice

For the glaze:

- 1/4 cup almond milk, or other milk of your choice
- 2 teaspoons gluten-free vanilla extract
- 2 cups powdered sugar

Instructions

Preheat the oven to 425°F. Spray a doughnut pan with nonstick cooking spray and set aside.

Combine the gluten-free flour, almond flour, baking powder, baking soda, coconut sugar, salt, and spices into a large mixing bowl. Whisk together until completely combined.

In a separate mixing bowl, add the almond milk, yogurt, and eggs. Whisk until smooth. Add in the melted butter and vanilla extract. Whisk again until smooth.

Pour the wet ingredients into the dry ingredients, and stir until they are fully combined and there are no dry spots. The batter will be thick and sticky.

Using a couple of clean spoons, spoon the batter into the greased doughnut pan until they are filled 3/4 of the way. Since the batter is so sticky, you might have to use the back of the spoon to smooth it out a bit once it's in the mold.

Bake for 10 to 12 minutes. The doughnuts will be a lovely golden-brown. Allow to cool on a wire rack before glazing.

To make the glaze, add the almond milk, vanilla extract and powdered sugar

into a bowl. Use a hand mixer to blend together until a glaze forms.

Once the doughnuts are cooled, dip them into the glaze and then dip the glazed doughnut into a shallow dish of the sprinkles of your choice. The sprinkles will stick to the glaze. Allow the glazed and sprinkled doughnuts to sit for at least five minutes before serving. Enjoy!

Recipe Notes: If you're not gluten-free, but still want to make this recipe, simply sub in regular flour instead of gluten-free flour.

Nutrition information:

- Calories 286
- Fat 9.8 g (15.1%)
- Saturated 4.7 g (23.7%)
- Carbs 48.3 g (16.1%)
- Fiber 2.6 g (10.4%)
- Sugars 31.9 g
- Protein 4.1 g (8.3%)
- Sodium 176.0 mg (7.3%)

Baked Brie with Cranberries



This Low FODMAP Baked Brie with Cranberries is the perfect party appetizer – it's easy, delicious and everyone loves it.

As with all foods while watching the low FODMAP diet, we do need to pay attention to serving sizes. Brie is very high in fat, which can be an IBS trigger for some, so know your limits.

Making Cranberry Sauce

This simple cranberry sauce has a little orange and a little rosemary, which are lovely complements to the rich cheese and tangy berries. The roasted slivered almonds are optional, but a nice addition and add crunch.

There are many different qualities of Brie. You don't need the best-of-the-best for this recipe. I buy Brie for this recipe in the supermarket and don't bother with a fancy cheese shop.

You need a 1-pound (455 g) Brie, but this size Brie will come in a variety of widths, as some are thicker and some are thinner.

Our Low FODMAP Baked Brie with Cranberries can be made in about 15 minutes and is the perfect party appetizer!

- Makes: 16 servings
- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Total Time: 20 minutes

Ingredients:

- 1 pound (455 g) Brie, preferably 6-inches (15 cm) across, at room temperature
- 1 heaping cup (115 g) fresh or frozen cranberries
- 4 1/2 tablespoons (about 55 g) sugar
- 4 1/2 tablespoons (about 65 ml) water
- Large strip of orange zest, about 2-inches by 1-inch/5 cm by 2.5 cm
- 1/4 teaspoon fresh rosemary, chopped
- 1 tablespoon toasted slivered almonds, optional
- Sugared rosemary sprigs optional (see Tips)

Preparation:

Position rack in middle of oven. Preheat oven to 375°F/190°C. Line a rimmed half-sheet pan with parchment paper and coat with nonstick spray.

Place Brie on pan and bake for about 10 to 15 minutes or until you can feel that it is very soft and molten inside when you gently touch the top. Your finger will depress a bit and there will be a good amount of give.

Meanwhile, combine the cranberries, sugar, water, orange zest and chopped 1/4 teaspoon of chopped rosemary in a saucepan. Bring to a simmer over medium heat, stirring often, and simmer for about 6 to 8 minutes or until half of the berries have popped.

As soon as the cheese is done, use a supportive, broad spatula to transfer the cheese to a display plate. Top with sauce, sprinkle with almonds, if using, and embellish with sugared rosemary, if using. Serve with low FODMAP crackers or baguette.

Tips: To coat the fresh rosemary sprigs with sugar, simply dip the sprigs in beaten egg white and coat with superfine sugar; shake off excess.

Nutrition

Calories: 112kcal | Carbohydrates: 5g | Protein: 6g | Fat: 8g | Sodium: 1mg |
Fiber: 1g | Sugar: 4g

Air Fryer Kalorik Maxx Copy Cat Texas Road House Rattlesnake Bites



Air Fryer Kalorik Maxx Copy Cat Texas Road House Rattlesnake Bites are a tasty appetizer that carries a nice kick of flavor. Pepperjack cheese, cream cheese, and jalapeno.

If you are looking for the perfect appetizer, these rattlesnake bites are where it is at! The crunchy coating on the back gives you a nice crunch as you bite into these cheesy bites. Air Fryer Kalorik Maxx Copy Cat Texas Road House Rattlesnake Bites

Are These Rattlesnake Bites Spicy

Yes, these rattlesnake bites do carry a little spice to them. You can tame them down by seeding out the jalapenos, and you could swap pepper jack cheese with mozzarella to tame the heat. They would still taste amazing with a few tweaks.

How To Serve Up These Rattlesnake Bites

You are welcome to eat them plain or pair with any of your favorite dippers. I even think these could be a tasty pairing with a bbq sauce.

Can You Freeze Leftover Rattlesnake Bites

Yes, I think these would freeze up nicely. You could whip up leftover rattlesnakes bites and freeze them. Then when you want to eat them you can reheat in the Air Fryer or even in the oven.

Do Rattlesnake Bites Store Well

These bites are best when served fresh. Like anything that is fried or air fried I should say is best fresh. They will lose a crispy texture to the bites if you store them in the fridge.

You can reheat in the microwave or toss them back into the air fryer for a few minutes to warm them up. I find that they are best when fresh but if you reheat them up in air fryer or oven they have the best flavor.

- Yield: 24
- Prep Time: 10 Minutes
- Cook Time: 10 Minutes
- Total Time: 20 Minutes

Air Fryer Copy Cat Texas Road House Rattlesnake Bites are a tasty appetizer that carries a nice kick of flavor. Pepperjack cheese, cream cheese, and jalapeno.

Ingredients

- 8 oz Pepper Jack Cheese
- 4 oz Cream Cheese
- 4 oz monterary jack
- 4 oz chopped Jalepenos
- 1/2 cup flour
- 2 eggs
- 1 cup bread crumbs

- 1/2 tsp cayenne pepper (optional)

Instructions

1. Mix together cheeses, and Jalapenos until smooth
2. Press into 1" balls
3. Place in freezer for 30 minutes
4. Prepare a breading station
5. Mix together flour and pepper
6. whisk eggs in a separate bowl
7. Place bread crumbs in another bowl
8. Preheat air fryer to 350
9. coat each ball with flour, egg, then bread crumbs.
10. Continue working each one until all are coated
11. Place in a single layer in your air fryer
12. Spray with cooking oil
13. Cook until golden brown about 5-7 minutes

Nutrition Information:

Calories: 173 Total Fat: 10g Saturated Fat: 6g Trans Fat: 0g Unsaturated Fat: 4g Cholesterol: 57mg Sodium: 221mg Carbohydrates: 12g Fiber: 1g Sugar: 1g Protein: 8g

Cheddar Cheese Crackers



These are quick to make and as addictive as a Cheez-It! Seriously. Better even because they are so buttery, cheesy – and low FODMAP.

You can leave out the cayenne if you like, but it adds a bit of zip and zing without making these too spicy. Use a ruler or something long with a straight edge to help you cut out all the tiny square crackers. Just like commercially prepared cheesy crackers, we like these as orange-colored as possible, which calls for orange cheddar cheese.

You could use white cheddar if you like, but we think the crackers are much better with their orange color, just beckoning us to crunch into them.

These Low FODMAP Cheddar Cheese Crackers are easy to make and yet elegant enough to be a host gift. They taste like the orange cheeze crackers that you can buy, only these are even better because they are low FODMAP!

Low FODMAP Serving Size Info: Makes about 6 dozen 1-inch (2.5 cm) crackers; 24 servings; serving size 3 crackers

- Makes: 24 Servings
- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Chilling: 1 hour
- Total Time: 1 hour 25 minutes

Ingredients:

- Pound (455 g) sharp or extra-sharp cheddar, (we like orange colored cheddar)
- 1 cup (113 g; 2 sticks) unsalted butter, at room temperature, cut into pieces
- 1 large egg yolk
- 2 teaspoons Dijon mustard
- 2 teaspoons salt
- ¼ teaspoon cayenne
- 1 3/4 cups (254 g) all-purpose gluten-free low FODMAP flour, such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour, plus additional for dusting

Preparation:

Grate cheese in food processor using grater disc (either coarse or fine). Switch to multi-purpose blade. Add butter and yolk and process until smooth. Add remaining ingredients and pulse until just combined. Scrape soft dough onto large piece of plastic, wrap well, flatten slightly and refrigerate at least 1 hour or overnight.

Position racks in upper and lower thirds of oven and preheat oven to 350°F (180°C). Line 2 baking sheet pans with parchment paper.

Roll out dough on lightly floured surface to 1/8-inch (3 mm) thickness. If the dough is giving you any problems, simply roll out in-between two pieces of parchment. Cut the rolled out dough into a grid to create small, 1-inch (2.5 cm) square crackers. Place on prepared pans evenly spaced apart.

Bake for about 12 to 15 min; adjust time for different sized crackers. The

crackers should be a little puffed, beginning to color and there might be a little cheese and butter oozing out and bubbling slightly along the bottom edges.

Cool pan completely on rack. Crackers may be stored for up to 4 days at room temperature in airtight containers.

Tips:

This dough freezes well. Consider rolling the dough into logs about 2-inches (5 cm) in diameter, then wrap logs in plastic wrap and then place in heavy zip-top bags. Freeze for up to 1 month. Defrost in refrigerator overnight. Slice into 1/8-inch (3 mm) rounds and bake as suggested above. Watch the timing.

Flavored crackers: roll the logs in your choice of herbs and/or spices, such as thyme, rosemary or black pepper or in sesame seeds or poppy seeds. Slice and bake as described above.

Nutrition

Calories: 183kcal | Carbohydrates: 9g | Protein: 5g | Fat: 14g | Saturated Fat: 1g | Sodium: 314mg | Fiber: 1g | Sugar: 1g | Vitamin A: 9IU

Air Fryer Home Fries



Air Fryer Home Fries is my go-to for breakfast these days. If you are looking for an easy home fries recipe. Home Fries in Air Fryer is quick, easy, and absolutely delicious. Crispy and tender potatoes, peppers, all cooked together for one incredible side for breakfast or main dish.

Now don't box in these breakfast potatoes just for breakfast. You can make these for lunch or dinner as well! Crispy breakfast potatoes are always welcome in our home. Give these Air Fryer or Ninja Foodi home fries a try today.

Home fries are known by so many names. Southern style home fries, breakfast potatoes, crispy potatoes, and the list goes on. However you decide to name this dish, it will win over anyone. If you love potatoes, this recipe is going to be outstanding.

Home Fries pair with almost anything! So do breakfast items, lunch, or dinner. The sky is the limits on how to pair your savory breakfast potatoes!

Best Potatoes To Use For Home Fries Recipe

Russet potatoes are the best for home fries. Russets offer a firmer texture and will hold up well when being cooked. A crispy outside with a tender center. I tried to cut my potatoes around 1/2" to 3/4" cubes. I used my Mandoline Slicer for cutting! It saved so much time, and I got uniform sized potatoes.

You want uniform potato slices, so they cook evenly. Without it, some potatoes will be overcooked while others might still need to be cooked longer.

What Is The Difference Between Home Fries and Hashbrowns

The difference between home fries and hashbrowns is how they are prepared. Home fries often are paired with onions and peppers and are cubed potatoes. Hashbrowns are shaved potatoes. The texture is different, but both are made in a skillet.

How To Reheat Home Fries

We rarely have leftovers! They are so good it is incredibly hard to resist. If you happen to have some leftover home fries toss them in the microwave for a quick warm up.

OR opt to warm them up in the oven. Spread them out on a sheet pan and season with salt and pepper. Then bake at 350 degrees for 10-15 minutes or

until they are warmed. This will give you a crispier texture where microwaving will soften them up.

Can I Use Frozen Cubed Potatoes For Home Fries Recipe

If you are in a bind, feel free to grab frozen cubed potatoes. Then slice up some peppers and onions if you want and toss in with your cubed potatoes along with some salt and pepper and seasoning.

Give this Air Fryer home fries recipe a try today and let me know how you like it!

- Yield: 1 Cup
- Prep Time: 5 Minutes
- Cook Time: 25 Minutes
- Total Time: 30 Minutes

Air Fryer Home Fries is my go-to for breakfast these days. I paired with an over easy egg and a side of bacon, and it was glorious.

Ingredients

- 6 large russet potatoes cubed
- 2 peppers
- 1 onion
- 1 tbsp pepper
- 1 tbsp salt
- 3 tbsp olive oil

Instructions

- Dice Potatoes into 1" cubes (I used the Mandoline)
- Dice Peppers into small cubed pieces
- Dice Onion
- Mix Olive Oil, Salt, Pepper, Peppers, Onions, and Potatoes In a large bowl
- Place in the Ninja Foodi on Air Crisp Set at 400 degrees for 25 minutes.

- Stir every five minutes.
- Serve with eggs, and bacon.

Nutrition Information:

Calories: 278 Total Fat: 5g saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 4g
Cholesterol: 0mg Sodium: 905mg Carbohydrates: 52g Fiber: 6g Sugar: 4g
Protein: 6g

Air Fryer Kalorik Maxx Fried Pickles Texas Road House Copy Cat



Air Fryer Kalorik Maxx Fried Pickles Texas Road House Copy Cat is one of my favorites! This is a Texas Road House Copycat Fried Pickle recipe. To make it even better it is made right in the air fryer.

Serve it as an appetizer as you root on your favorite team on Sunday night football or a side dish paired next to a juicy hamburger. No matter how you serve up these gems, they are dynamite in flavor.

Love dipping Air Fryer Kalorik Maxx fried pickles in ranch or even jalapeno ranch if you enjoy some heat factor. This air fryer recipe gives you that crispy outside just as it was fried in grease.

What Are Air Fryer Fried Pickles Texas Road House Copy Cat

Fried pickles are battered and then fried in grease or in this case, air fried. The hot air circulates around the hamburger sliced pickles and gives it a crispy texture. Just a spritz of oil to help the batter crisp up is all you need. A healthier version of fried pickles.

What Are The Best Pickles For Air Fryer Fried Pickles Texas Road House Copy Cat

We like using hamburger slices for making fried pickles. Now we have had them using spears and they were outstanding as well. I find that using hamburger slices when being made in the air fryer the slices you can fit more. But, feel free to use whatever you want.

You can eat your fried pickles plain or opt to add in a sauce or two for dipping.

Tips For Making Air Fryer Kalorik Maxx Fried Pickles

Make sure to dry your pickles so the excess juice comes off. You can set them on a paper towel to help drain off the juice. This is what will help to ensure the coating sticks to the pickles.

When you layout your pickles in the air fryer ensure that you leave space between each pickle. If they are touching they will be soggy in those areas.

Make sure to check your pickles to make sure they don't overcook. I say this because depending on what model you use of an air fryer you might find it cooks a little different. Plus all pickle slices are not always the same size.

How To Store Leftover Fried Pickles

Air Fried pickles are best when served fresh. You will find the crust becomes a bit soggy. If you want to try saving some, place in an airtight container and

store in the fridge for up to two days. Eat cold or warm them up in the microwave or oven for a reheat.

So what are you waiting for? This might be your next favorite appetizer or snack food.

- Yield: 1
- Prep Time: 10 Minutes
- Cook Time: 15 Minutes
- Total Time: 25 Minutes

Air Fryer Fried Pickles are one of my favorites! This is a Texas Road House Copycat Fried Pickle recipe. To make it even better it is made right in the air fryer.

Ingredients

- 2 Cups sliced dill pickles
- 1 Cup flour
- 1 tbs garlic powder
- 1 tbs Cajun spice
- 1/2 tbs cayenne pepper
- Olive Oil or cooking spray

Instructions

1. Mix together flour and spices
2. Preheat air fryer to 400
3. Coat sliced pickles with flour mixture
4. place in a single layer in your air fryer
5. Spray with a cooking spray or olive oil
6. Cook on 400 for 10 minutes then flip them over
7. Continue cooking for an additional 5 minutes

Notes: Use any of your favorite dipping sauces we used southwest ranch.

Nutrition Information:

Calories: 66 Total Fat: 2g Saturated Fat: 0g Trans Fat: 0g Unsaturated Fat: 1g
Cholesterol: 0mg Sodium: 567mg Carbohydrates: 11g Fiber: 1g Sugar: 0g
Protein: 2g

The Ultimate Air Fryer Kalorik Maxx Big Mac



Love the classic Big Mac you get at McDonald's? Then you will love my version of The Ultimate Air Fryer Kalorik Maxx Big Mac. Layers of flour tortillas that are smothered in a Big Mac sauce, ground beef, and more. You get all the incredible flavors of a Big Mac in a whole new way.

Best of all this recipe is easy, and you don't even have to leave home or order takeout. Layers of flavor and cheese that are calling your name!

What Type of Shells Do You Use For Big Mac Recipe

It offers a tender and flavorful layer base without being overpowering. I think if you used corn shells it might be too much. But you are welcome to use what you feel is best for you.

What Is The Sauce on A Big Mac

It is similar to a thousand island dressing. If you don't want to make a homemade sauce you can buy Thousand Island dressing to use instead. I do recommend buying quality dressing if you do this, as it will stand out a lot in the recipe.

Do I Have to Add Onions to Big Mac Recipe

No, if you are not a fan of onions you can leave them off. It will vary the flavor slightly but will still be tasty without the onions if you prefer. Or you can skip the pickles if you are not a fan. With this recipe, you will find it is versatile.

What To Serve With Air Fryer Kalorik Maxx Big Mac Recipe

You could serve some french fries with your dish, add a green salad to lighten up the dish, or even some salty plain chips. Feel free to pair with whatever you find fits, or just eat it alone and call it a meal in one.

How to Store Leftover Air Fryer Kalorik Maxx Big Mac Recipe

You can place leftovers in an airtight container and store for up to three days in the refrigerator. This recipe is best when served fresh, and if you don't plan to eat it all, leave the lettuce off or it will wilt. If you put the lettuce all over your Big Mac tortilla recipe, you will then shorten the life span of this dish.

If you are craving the savory and tangy flavors of a Big Mac, whip up this Air Fryer Kalorik Maxx recipe and let me know what you think! I am a huge fan, and will be making this recipe often.

- Yield: 1
- Prep Time: 10 Minutes
- Cook Time: 6 Minutes
- Total Time: 16 Minutes

Love the classic Big Mac you get at McDonald's? Then you will love my version of The Ultimate Air Fryer Kalorik Maxx Big Mac. Layers of flour tortillas that are smothered in a Big Mac sauce, ground beef, and more. You

get all the incredible flavors of a Big Mac in a whole new way.

Ingredients

- 1 pound ground beef
- 1 onion chopped
- (6) 8" tortilla shells
- 8 oz shredded american cheese
- 2 tbs sesame seeds
- Sliced Dill pickles
- Shredded lettuce
- Special Sauce
- 1/2 Cup Mayonaise
- 1/4 cup French Dressing
- 1/2 cup Dill Relish

Instructions

- Place pot on saute
- Add Ground Beef and chopped onion
- Cook until beef is no longer pink
- Remove and drain grease
- Meanwhile, Mix in a separate bowl mix together mayo, french dressing, and relish.
- Use a springform pan or fat daddio pan begin layering big mac
- Add a tortilla shell on the bottom
- Top with ground beef, cheese, pickle, and special sauce
- Continue layers (I had 3 layers) Top layer cheese only
- Add one cup water to the Kalorik Maxx
- Place springform pan on a trivet in the instant pot
- Cook on manual high pressure for 4 minutes
- Do a Quick Release.
- Sprinkle top with sesame seeds (optional)
- Place Crisper lid on the Kalorik Maxx
- Cook on Air Crisp 400 degrees for 2 minutes or until the top is just golden brown

- Garnish with lettuce and serve.

Notes: You do not need to remove the water from the pot prior to using the air crisp lid. If you don't have a crisper lid simply place in the broiler for 2-3 minutes until top is golden brown

Nutrition Information:

Calories: 548 Total Fat: 40g Saturated Fat: 13g Trans Fat: 1g Unsaturated Fat: 23g Cholesterol: 98mg Sodium: 1007mg Carbohydrates: 20g Fiber: 3g Sugar: 5g Protein: 27g

Crostata & Tart Crust



Foolproof Tart Crust – Low FODMAP & Gluten-Free

If you love pies and tarts, this Crostata & Tart Crust is a must-learn recipe. It is very similar to our All-Butter Pie Crust but the ingredients vary slightly and the technique for making it is different.

It is worked a little more than our pie crust and I do prefer to make this in a food processor.

You can make this by hand or with stand mixer; acquaint yourself with those directions in our All-Butter Pie Crust, and then use the visual cues given here for our Crostata & Tart Crust.

Xanthan Gum Makes a Difference

People have a lot of questions about gums, particularly xanthan and guar gum and you can read more about them in our article, [Are Xanthan Gum and Guar Gum Low FODMAP?](#)

The short story is that they are low FODMAP, but some people do

experience digestive upset upon ingesting.

The issue is that the flexibility needed for a freeform crostata and tarts that are unmolded from their pans is best provided by xanthan gum in a gluten-free crust recipe. Do not leave it out or you will most likely have a crumbly mess on your hands.

Roll or Pat – Your Choice

This dough is very easy to work with, which means that it rolls out like a dream. You do have an option though. Let's say you don't have a rolling pin around – or you are just too lazy to get it out of the drawer.

You can simply pat this crust into a tart pan. Easy peasy.

Pat in Crostata & Tart Crust

When you roll it out, the edges end up having a neater, crisper look (see below). But really, they are both useful techniques to know.

Crostata & Tart crust, rolled and in fluted tart pan

Variations

In addition to having a choice as to how to get the dough in your pan, you also have choices with add-ins. A little lemon or orange zest are nice additions but one of my all-time faves is poppy seeds.

They are low FODMAP in 2 Australian tablespoon amounts, which equals 24 g. A tablespoon or even a little more added to the dough creates a crunchy variation that we particularly like with lemon curd and berries.

Crostata & Tart Crust - poppy seed variation, raw in pan

And The Crostata Approach?

You can see this crust in action in our Rhubarb Raspberry Crostata. The crust is simply rolled out, a filling is placed in the middle, the edges are casually and partially folded over the filling and the crostata is baked on a sheet pan.

- Makes: 12 Servings
- Prep Time: 10 minutes
- Total Time: 10 minutes

Ingredients:

- 1 large egg, cold
- 3 tablespoons ice water
- 1/4 teaspoon cider vinegar
- 1 1/4 cups Bob's Red Mill Gluten-Free 1 to 1 Baking Flour
- 1 1/2 teaspoons sugar
- 1/2 (Scant) teaspoon xanthan gum (see Tips)
- 1/4 teaspoon salt
- 1/2 cup (1 stick; 113 g) cold unsalted butter, cut into small pieces

Preparation:

Position rack in center of oven. Preheat oven to 375°F/190°C. Coat the inside of a 9 to 10-inch (23 cm to 25 cm) loose-bottom fluted tart pan with nonstick spray; set aside. Whisk together the cold egg, ice water and cider vinegar and keep in fridge until needed.

Place the flour, sugar, xanthan gum and salt in the bowl of a food processor fitted with the metal blade attachment and pulse to combine. Add the butter and pulse on and off until the butter is cut into very tiny pieces; the mixture should ultimately be a consistent meal texture, like coarse corn meal.

Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened, then process on "ON" until dough begins to form in a ball above the blade. (This is more processing than you do with the All-Butter Pie Crust).

Empty dough onto work surface and use hands to bring together into a ball. It should be very smooth, hold together well and not be sticky at all. Proceed as directed in individual recipes. There is no need to chill the dough. If you want to partially or completely bake the crust, proceed as follows.

Use fingers and palms to evenly press the dough into your prepared pan, taking care to create an even layer on the bottom and sides. Prick in a few places with a fork. Line with aluminum foil and pie weights and bake for about 10 minutes or until the crust is just beginning to dry out. Remove foil and weights and continue to bake to desired doneness. For partially baked, leave the dough with a little rawness and resistance. To full bake, keep

baking until light golden brown. Cool pan on rack.

Tips: Recipe may be doubled if made in larger food processors (at least 11 cup size).

Nutrition

Calories: 130kcal | Carbohydrates: 13g | Protein: 1g | Fat: 8g | Sodium: 55mg
| Fiber: 1g | Sugar: 1g

Meringue Nests



We love meringue, and Meringue Nests are a classic!

The combination of whipped egg whites and sugar can form the basis for Italian and Swiss meringue buttercream, top pies, become a component in many traditional patisserie recipes or baked until crisp into cookies or meringue nests (or shells, as they are sometimes labeled).

These Meringue Nests can act as vessels for everything from sorbet, fresh fruit, ice cream (lactose-free), whipped cream or you can see how we used them in our Meringue Nests with Yogurt Lemon Curd & Berries.

They are easy to make and can be made several days ahead, if and only if you store in an absolute airtight container. Any humidity will wreak havoc with these.

Form & Function

As described, the function of these Meringue Nests is to hold some sort of yummy low FODMAP filling, but their look (form) can vary.

You can use two spoons to dollop them out onto your prepared pan, as seen below, or they can be piped with a star tip, as seen in the two images, up top.

Are You a Chocolate Fanatic?

If you want to make the chocolate speckled ones as seen above, simply fold in 1 ounce (30 g) of grated unsweetened chocolate into the finished meringue before you pipe (or spread) out the individual nests.

The chocolate speckled (freckled?) versions are incredible filled with a little whipped cream and fresh strawberries.

These meringue nests are fat-free and perfect for holding low FODMAP sorbet, ice cream for fresh fruit. Make sure to store airtight to shield from humidity.

- Makes: 10 Servings
- Prep Time: 10 minutes
- Cook Time: 2 hours
- Total Time: 2 hours 10 minutes

Ingredients:

- 4 large egg whites, at room temperature
- 1/2 teaspoon cream of tartar
- 1 cup (198 g) superfine sugar (see Tips)

Preparation:

Preheat oven to 200°F (95°C). Line a baking sheet pan with parchment and trace 10, 2 1/2-inch (6 cm) circles onto paper. Flip paper over.

In a clean, grease-free bowl whip egg whites with balloon whisk attachment of stand mixer on low speed until frothy. Add cream of tartar and continue beating, turning speed to high, until soft peaks form. Add sugar gradually and beat until meringue is stiff and glossy. (If using a hand-held mixer, simply beat longer and use visual cues).

Scoop into a pastry bag fitted with a large open star tip such as a Wilton 1M or 4B. Starting in the center of a traced circle, start piping concentric circles until the outline is filled. Then, along the outside edge of the circle, pipe a ring above the first, making a sidewall of meringue. Alternatively, simple

scoop out with 2 spoons, creating nests and use spoons to make a well in the center of each nest.

Bake for about 2 hours or until completely dry and crisp to the touch, rotating pan front to back once during baking. Cool pan on wire rack. Store shells in a dry place for up to a week.

Tips

The piped nests seen in the top image were made with organic cane sugar, which has a slightly beige color. The ones shaped with a spoon were made with white granulated sugar.

This recipe can be easily doubled for a larger number of people; just make sure you have another baking sheet pan.

Nutrition

Calories: 84kcal | Carbohydrates: 20g | Protein: 1g | Fat: 1g | Sodium: 1mg | Potassium: 25mg | Sugar: 20g

Air Fryer Breakfast Pizza



Looking for something simple but yet tasty for breakfast? Try my Air Fryer Breakfast Pizza recipe. This is such an easy throw together breakfast pizza that will win your kids and spouse over. A light and flaky crust, loaded with cheese, eggs, and can't forget sausage.

Air Fryer Breakfast Pizza

Simple ingredients are all you need for one savory and filling breakfast option! We have made this for years in the oven, and now I converted it to air frying. Doesn't heat the house, takes minimal time to cook up.

Can I Use Bacon Instead of Sausage for Breakfast Pizza

Of course. You are welcome to use whatever type of meat you would like. We prefer ground sausage in our home, but there is nothing wrong with bacon. Just cook up your meat and crumble and then pile on. Or if you are feeling lucky do a mix of sausage and bacon!

What Type of Cheese Do You Use for Breakfast Pizza

Shredded mozzarella, cheddar, or even sharp cheese all work great. It all depends on the flavor factor you want. Or mix and match and do a variety of cheeses for more depth in flavor.

Can I Add Other Ingredients To My Breakfast Pizza

Sure. Add on some diced veggies, variety of meat, change out the cheese flavors, and create a custom pizza to fit you and your family. Just make sure not to overload the pizza with toppings or it could become a mess when you go to slice and serve.

How To Serve Air Fryer Breakfast Pizza

You can serve it as is, or slice up and top with green onions. Pair with a side of gravy for dipping, or do a bowl of fruit for a lighter option. Make this recipe and pair and serve how you will. It is flavorful enough it doesn't need anything else in my opinion.

How To Store Leftover Breakfast Pizza

If you find you don't eat all the breakfast pizza up right away, just allow it to cool on the counter. Then transfer to an airtight container or sealable bag and store in the fridge for up to three days.

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Best Way To Reheat Breakfast Pizza

Pizza can get a little rubbery or soft on the dough portion once has been chilled. One way I find that works are laying out the pizza slices on a baking dish and heating in the oven at 325 degrees for 5 minutes or until it is warmed through. It helps to preserve that crunchier crust.

Can I Double This Air Fryer Recipe

Depending on the size of your air fryer will answer this. You can double this recipe but it will need to be batch cooked. More than likely all the pizza can not fit at once to cook in your air fryer. So after the first pizza is done, transfer to the oven and set at 200 degrees. Let it just stay warm as the other one bakes, so you have fresh pizza to serve everyone when it is ready.

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 15 Minutes
- Total Time: 20 Minutes

Looking for something simple but yet tasty for breakfast? Try my Air Fryer Breakfast Pizza recipe. This is such an easy throw together breakfast pizza that will win your kids and spouse over. A light and flaky crust, loaded with cheese, eggs, and can't forget sausage.

Ingredients

- Crescent Dough
- 3 scrambled eggs
- crumbled sausage
- 1/2 chopped pepper
- 1/2 cup cheddar cheese
- 1/2 cup mozzarella cheese

Instructions

- Spray Pan with oil,
- Spread dough in the bottom of a Fat daddio or springform pan
- Place in the air fryer on 350 for 5 minutes or until top is slightly

brown

- Remove from the air fryer
- Top with Eggs, sausage, peppers, and cheese Or use your favorite toppings.
- Place in the air fryer for an additional 5-10 minutes or until top is golden brown.

Notes: You can use any toppings you wish

Nutrition Information:

Calories: 250 Total Fat: 19g Saturated Fat: 9g Trans Fat: 0g Unsaturated Fat: 9g Cholesterol: 167mg Sodium: 424mg Carbohydrates: 5g Fiber: 0g Sugar: 2g Protein: 14g

Air Fryer Cherry and Cream Cheese Danish



Air Fryer Cherry and Cream Cheese Danish are a fantastic way to jump-start the day. Light, flaky, and bursting with sweet cherry and cream cheese flavor. Add that drizzle of icing on top, and this is a dream come true.

The Air Fryer is great at giving you that fried texture, but it is also incredible at making danishes. With just four ingredients and a little prep, you can make homemade cream cheese cherry danishes at home.

Yes. If you would before a mix of fruit or just don't like cherries, reach for any other pie filling. Lemon pie filling, peaches, apple, blueberry, etc. Grab a pie filling you enjoy and use that in replace of the cherry. Or grab a variety and make a ton of flavors to serve up your family and friends.

How Do You Make Homemade Icing

Take 1/2 cup of powdered sugar, and then slowly add in 1-3 tablespoons of milk. Do one tablespoon at a time stirring until you reach the thick consistency you want. If you add too much milk, then add in more powdered

sugar to thicken it. Just repeat the steps until you get a thick and creamy icing.

If you are not a fan of icing, you can leave topping the cherry danishes with icing if you prefer.

How Many Can You Make At Once

Depending on the size of your Air Fryer will depend on how many you can make at once. The key is to leave space in between each danish. You do not want them to touch, or they will not cook evenly. Batch cook your cherry danishes so that they all have room to bake with the option of air circulating all around the danishes.

How to Store Leftover Cherry Cream Cheese Danishes

These danishes will need to be stored in the fridge. Because of the fruit topping and cream cheese, they would go bad rather fast if sat out at room temperature. Just allow your danishes to fully cool and then place in an airtight container.

Store in the fridge for 4-5 days. Eat cold or pop in the microwave for a quick reheat if you prefer.

Can I Use Homemade Cherry Filling

Of course. You don't have to use canned filling. If you have some homemade fruit filling you prefer, go for it. I loved reaching for the canned as it saves time and still gives me a tasty treat. But do whatever works best with the supplies you have on hand.

Give this danish recipe a try today. I think you will love this Air Fryer danish version!

- Yield: 10
- Prep Time: 10 Minutes
- Cook Time: 20 Minutes
- Total Time: 30 Minutes

Air Fryer Cherry and Cream Cheese Danishes are a fantastic way to jump-

start the day. Light, flaky, and bursting with sweet cherry and cream cheese flavor. Add that drizzle of icing on top, and this is a dream come true.

Ingredients

- Pillsbury Crescent Rolls Dough
- 8 oz Cream Cheese (I used Whipped)
- 16 oz can Cherry Pie Filling (or your favorite filling)
- Icing

Instructions

1. Pre-Heat your air fryer to 350
2. Roll out your triangle crescent dough
3. Roll the very top one time over.
4. Air Fryer Cherry and Cream Cheese Danish
5. Pinch the edges together, so it forms a circle with a bottom like pictured
6. Air Fryer Cherry and Cream Cheese Danish
7. Fill each roll with a spoonful of cream cheese. (I used Whipped)
8. Air Fryer Cherry and Cream Cheese Danish
9. Top each with a spoonful of cherry pie filling
10. Air Fryer Cherry and Cream Cheese Danish
11. Place in your air fryer on a rack
12. Cook on bake at 390 for ten minutes.
13. The top will be golden brown.
14. Place foil over the top of the tray cook for an additional 10 minutes.
15. Remove and drizzle with icing.

Nutrition Information:

Calories: 260 Total Fat: 15g Saturated Fat: 7gtrans Fat: 0g Unsaturated Fat: 6g Cholesterol: 25mg Sodium: 192mg Carbohydrates: 29g Fiber: 1g Sugar: 4g Protein: 2g

Kalorik Maxx Air Fryer Bacon Maple Brie



Air Fryer Kalorik Maxx Bacon Maple Brie is out of this world. This is a sweet and savory appetizer that will truly win over a crowd.

You have the Salty from the bacon, sweet from the maple syrup and then cheesy Brie in every bite.

This is a fantastic holiday appetizer that will truly be a show stopper. It is elegant, delicious and best of all so easy to make for your family and guests.

Should You Cut The Rind Off Brie Before Baking

It is completely safe to eat the rind of Brie. That is totally up to you if you want to take it off or leave it.

Many say the rind is what helps add flavor to the Brie so it is up to you on how you prepare your cheese. For us, we left it on.

How Do You Cut Rind off Brie

If you want to remove the white moldy rind what you do is wrap your Brie tightly in plastic wrap. Place in the freezer for 30-45 minutes. Remove and unwrap, and then with a sharp knife cut the top and bottom layer of rind. Then carefully slice the edges away.

What Is Brie Served With

I used a puff pastry for this that you cover the Brie with and bake up. When you go to eat you use the pastry around it to pull up cheese and toppings.

You could pair more things like crackers, sliced baguettes, and more next to it to catch the extra melted cheese.

Can I Bake This Maple Bacon Brie In Oven

If you don't have an Kalorik Maxx you can cook this in the oven. Just preheat to 350 degrees and cook until the puff pastry is golden brown and cooked through!

What If I Don't Have Puff Pastry

If you don't have or like puff pastry you could improvise with crescent rolls. Just press them together to form one big square and use that to wrap just as you would the puff pastry.

What is The Best Bacon To Use With Brie

Any plain bacon will work. You chop it up and cook it before you place it on top of the appetizer. You don't want to buy say a peppered bacon, just stick to regular bacon.

How to Store Leftover Bacon Maple Brie

If you are lucky enough to have leftovers then store them in an airtight container in the fridge. The leftovers will store 2-3 days.

You can eat it chilled or opt to warm up in a microwave or oven.

Can I Make This Brie Appetizer Ahead of Time

You will want to cook this right before you plan to serve. You could precook the bacon and store it in a bag in the fridge. Then mix with syrup to top the pastry. But this Brie appetizer is best served fresh from being cooked, fully cooking and reheating is not recommended.

- Yield: 1
- Prep Time: 10 Minutes
- Cook Time: 15 Minutes
- Total Time: 25 Minutes

Air Fryer Kalorik Maxx Crisp Bacon Maple Brie is our of this world. This is a sweet and savory appetizer that will truly win over a crowd.

Ingredients

- 8 oz Brie
- 1 Pastry Puff Shell
- 6 slices cooked bacon
- 1/4 cup maple syrup
- 1/4 cup chopped peacans
- 1 egg
- 1 tbsp water

Instructions

1. Mix together bacon and maple syrup
2. Roll out pastry shell and add place brie on top of it
3. Half of the bacon and maple syrup on top of the brie
4. Fold edges of pastry shell over the brie
5. Mix together egg and water
6. Brush over the top of the pastry shell
7. Place in the basket shelf in the Kalorik Maxx
8. Place Air Fryer on Air Crisp on 350
9. cook for 15 minutes or until the top is brown
10. Remove and serve

Nutrition Information:

Calories: 167 Total Fat: 11g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 5g Cholesterol: 44mg Sodium: 247mg Carbohydrates: 11g Fiber: 1g Sugar: 5g protein: 8g

Air Fryer Kalorik Maxx Popeye's Copy Cat Red Beans and Rice



Air Fryer Popeye's Copy Cat Red Beans and Rice is bursting with flavor! Creamy, flavorful, and the right amount of Cajun spice to kick it up a notch.

If you enjoy Popeyes than take this Copycat red beans and rice at home to pair with dinner tonight! Pair with some fried chicken and dive in!

Does Popeyes Red Beans and Rice Have Pork In It

The actual recipe does not have meat in it but does use pork fat. Liquid smoke is what is used to help give it that meaty flavor without having the meat in it.

You will find many copycat recipes do feature a ham bone or ham in it. This helps to achieve its classic flavor. It isn't wrong to add meat, so feel free to do so if you want some heartier beans.

What Is The Difference Between Red Beans and Kidney Beans

Red beans and kidney beans get people confused often. Red beans are smaller in size compared to a kidney bean. But they can be swapped out in many recipes as the flavor they showcase is very similar.

What Sides Go With Red Beans and Rice

- Cornbread | Sweet or savory cornbread is up to you! Both will work great for pairing next to your red beans and rice.
- Collard Greens | A classic side to go right next to your red beans. Add in some bacon and dive in and enjoy the southern classic flavors.
- Vegetable | Cook up your favorite vegetable side and pair next to your beans. Green beans, broccoli, etc.

How Can I Thicken My Red Beans and Rice

If you find your beans are not thick enough to meet your standards, this is an easy fix. Simply add to 2 tablespoons of cornstarch to 2 tablespoons of water, and then mix it up until thin. Then pour into the red beans and rice and stir, while it is still piping hot (or even boiling). This will thicken your beans without affecting the flavor. You can repeat if need be.

Best Way To Store Leftover Popeyes Copycat Red Beans and Rice

Grab an airtight container and store it in your fridge. These beans and rice need to be refrigerated or they will go bad. Store for 3-5 days in the fridge. Reheat in microwave for a quick reheat or opt to warm them up on the stove. If you do the stovetop stir often, to prevent burning. If your beans are too thick add in a splash of stock or water.

- Yield: 10
- Prep Time: 5 Minutes
- Cook Time: 1 Hour 30 Minutes
- Additional Time: 30 Minutes
- Total Time: 2 Hours 5 Minutes

Air Fryer Popeye's Copy Cat Red Beans and Rice is bursting with flavor! Creamy, flavorful, and the right amount of Cajun spice to kick it up a notch.

Ingredients

- 2 tbs olive oil
- 2 cloves garlic
- 1 Onion Chopped
- Dry Red Beans 16 oz
- 2 tbs Liquid Smoke
- 2 tbs Slap Yo Mama Seasoning or cajun seasoning
- 1 tbs cayenne pepper
- 1 tbs chili powder
- 1 tbs red pepper flakes
- 2 Cups Cooked Rice
- 6 Cups Chicken or ham broth

Instructions

1. Place Pot on Saute
2. Add Olive Oil, garlic, and onions
3. Add dry beans,
4. Add broth, Liquid Smoke, and Seasonings
5. Stir
6. Place on Manual High Pressure for 90 Minutes
7. Do a natural release for 20 minutes
8. Serve over rice

Nutrition Information:

Calories: 317 Total Fat: 14g Saturated Fat: 3g Trans Fat: 0g Unsaturated Fat: 9g Cholesterol: 76mg Sodium: 1373mg Carbohydrates: 22g Fiber: 4g Sugar: 1g Protein: 25g

Kalorik Maxx Air Fryer Crispy Zucchini Fritters



Zucchini Fritters are made right in your air fryer. Pair with a creamy dip or sprinkle with salt and sink your teeth into these tasty fritters!

If you enjoy zucchini you have to try this zucchini fritters recipe. They are crisp on the outside and tender on the inside.

Don't even get me started on the flavor factor. They are incredible. Serve as a side dish to dinner or appetizer as you entertain.

Yes, you will find your fritters to have a nice and crispy outside. So it will give you the texture of a fried fritter but it is heated with hot air that circulates around the zucchini giving it that incredible texture.

You can serve it as an appetizer or side dish. Pair with a chicken or beef dinner and dive in. Or reach for a ranch sauce or creamy sour cream-based sauce for dipping. Or sprinkle with hot sauce for a heat factor twist.

Do Zucchini Fritters Store Well

Anything that is air fried to a crispy texture will leave you with a less impressive reheat. These fritters are best when served fresh and warm.

You can store them in the fridge for 3-5 days. You can reheat in microwave, oven or even in a skillet on the stove. All methods will leave you with a softer outside texture than the first night.

The flavor is really good still and we enjoy eating them leftover. Just know the texture will be different.

Feel free to take the time to peel them or shred with peels on. Both methods work and you will notice only a slight difference if the skin is left on.

Can I Make Zucchini Fritters in The Air Fryer Kalorik Maxx

Yes! You will use the crisper lid on your Air Fryer then follow the directions below for cooking it. You will love that it works just like an air fryer.

The only difference is depending on your air fryer model you might find the storage of each machine is a bit different.

Do Zucchini Fritters Freeze

If you want to prep these and freeze for later you can. Or cook and then freeze them once they cool. Thaw in the fridge the night before you want to eat or toss them in air fryer frozen to reheat.

You will find if you pre-cooked the fritters they can overcook a bit if you reheat in the air fryer.

Give this easy air fryer zucchini recipe a try. Let me know how you liked it and what you dipped them in!

- Yield: 8
- Prep Time: 5 Minutes
- Cook Time: 15 Minutes
- Total Time: 20 Minutes

Zucchini Fritters that are made right in your air fryer. Pair with a creamy dip

or sprinkle with salt and sink your teeth into these tasty fritters!

Ingredients

- 2 Zucchini's
- 1 cup shredded cheddar
- 1 egg
- 1/2 cup flour
- 2 tbs chives
- 1 tsp salt
- 1 tsp pepper

Instructions

1. Shred Zucchini's and squeeze out excess water with a cheesecloth
2. Add zucchini, egg, flour, chives, salt, and pepper to a bowl.
3. Mix together.
4. Make eight patties with the mixture
5. Optional (place in the freezer for 5-10 minutes) to keep the form
6. Place air fryer on 350
7. Put zucchini patties in the air fryer for 5 minutes
8. Flip over the patty for an additional 5-10 minutes or until brown.

Nutrition Information:

Calories: 104 Total Fat: 6g Saturated Fat: 3g Trans Fat: 0g Unsaturated Fat: 2g Cholesterol: 37mg Sodium: 394mg Carbohydrates: 8g Fiber: 1g Sugar: 1g Protein: 6g

Kalorik Maxx Air Fryer Reuben Fritters



Love a classic Reuben sandwich? Then you will do backflips over this ultimate Air Fryer Reuben Fritters recipe. I used leftover corned beef, Sauerkraut, and Swiss cheese. And we can't forget about the classic dressing for the ultimate flavor combination.

If you have leftover corned beef, you will love this recipe. Or if you are like me, you use these Reuben fritters as an excuse to make corned beef.

Air Fryer Reuben Fritters are literally an amazing air fryer appetizer or even a tasty lunch. They were pretty fantastic with the crispy outside and savory filling on the inside.

They toast up to a nice beautiful while also leaving a fantastic crunchy coating on the outside. You are more than welcome to use regular bread crumbs if you want.

Yes, you sure can. If you would prefer to deep fry, you are more than

welcome to. But feel free to fry up in a pot if you would prefer.

So if you don't have corned beef on hand, you could also swap with shredded ham or even beef. I love corned beef but feel free to improvise on the meat if you want to make these now.

You can go simple or get creative on what you want to dip your fritters in. Have fun with these fritters. Serve up for a dinner, appetizer, or finger food for your next event.

- Yield: 12
- Prep Time: 30 Minutes
- Cook Time: 15 Minutes
- Total Time: 45 Minutes

Love a classic Reuben sandwich? Then you will do backflips over this ultimate Air Fryer Reuben Fritters recipe. I used leftover corned beef, Sauerkraut, and swiss cheese. And we can't forget about the classic dressing for the ultimate flavor combination.

Ingredients

- 1/2 pound corned beef
- 1/2 Pound swiss cheese
- 4 oz Cream Cheese
- 1/2 cup panko bread crumbs
- 1/2 cup regular bread crumbs
- 2 eggs
- 1 cup flour
- 1/2 tsp garlic powder
- Olive Oil spray

Instructions

1. Mix together cream cheese, leftover corned beef, and swiss cheese.
2. Roll into 1" balls

3. Place in freezer for 20 minutes
4. while waiting for balls mix together flour and garlic powder
5. whisk eggs
6. mix together bread crumbs
7. Now Dip each ball in flour, egg, then bread crumbs
8. continue until each ball is well coated
9. Preheat air fryer to 390
10. Place in a single layer and spray with olive oil
11. Cook for 10 minutes and flip over, cook for an additional 5 minutes.

Nutrition Information:

Calories: 752 Total Fat: 46g Saturated Fat: 21g Trans Fat: 1g Unsaturated Fat: 19g Cholesterol: 230mg Sodium: 981mg Carbohydrates: 46g Fiber: 2g Sugar: 3g Protein: 37g

Kalorik Maxx Air Fryer Mcdonald's Copy Cat Egg McMuffin



Looking to make your favorite breakfast sandwich at home? Grab your air fryer and whip up the best air fryer copycat Egg McMuffin!

The perfect breakfast sandwich made right in your air fryer. Get that toasty English muffin topped with meat, egg and cheese!

If you are looking for new recipes to make in your air fryer you have to give this a try! It's crazy simple and you will love the finished product!

Yes, you sure can! Just make sure you precook you're biscuits as the biscuit will take longer to cook. You can cook your biscuits in the oven or make them in the air fryer.

You can buy a special mold to hold eggs, use mason jar lids, or ramekins to cook them in. Crack, season with salt and pepper and cook!

Crazy simple and such a tasty way to enjoy breakfast! Plus making your own sandwiches at home will save you tons of money!

If you are planning to make a bunch of sandwiches you can cook up a few, wrap in aluminum foil and place in the oven at 200 degrees.

It will help keep your sandwiches warm as you finish cooking up the rest! I found this to be a great way everyone gets a warm and hot sandwich.

Yes, this is a great recipe for meal prep! Cook sandwiches as directed and then wrap in aluminum foil. Place in an airtight freezer bag or sealable container and place in the freezer.

These breakfast sandwiches will freeze up to three months. Thaw in the fridge the night before for a quick reheat. Or reheat from frozen. I find reheating in the oven the best texture. But you can do microwaves if in a hurry. Just remove foil and heat till warmed through.

- Yield: 2
- Cook Time: 15 Minutes
- Total Time: 15 Minutes

Looking to make your favorite breakfast sandwich at home? Grab your air fryer and whip up the best Kalorik Maxx Air Fryer copycat Egg McMuffin!

Ingredients

- 2 Eggs
- 2 muffins
- 2 slices bacon
- 2 slices cheese

Instructions

1. Preheat air fryer to 400
2. Using 2 rings from the top of a ball mason jar
3. Place foil over the rack
4. spray with cooking oil

5. crack one egg in each jar lid
6. place bacon on the rack
7. cook for 5 minutes and flip the bacon
8. continue cooking for another 5 minutes
9. remove egg
10. Place split muffin in the air fryer and toast for 5 minutes or until brown.
11. Put a slice of cheese on the muffin, egg, and bacon.

Notes: You can also use sausage or a biscuit

Nutrition Information:

Calories: 662 Total Fat: 36g Saturated Fat: 11g Trans Fat: 1g Unsaturated Fat: 23g Cholesterol: 259mg Sodium: 827mg Carbohydrates: 61g Fiber: 1g Sugar: 36g Protein: 22g

Kalorik Maxx Air Fryer Mac And Cheese



This macaroni and cheese recipe combines the best of pressure cooker mac and cheese with air fryer macaroni and cheese by making either an Kalorik Maxx Air Fryer mac and cheese. Yes, the recipe will work for either pressure cooker and air fryer combo and is a really tasty baked macaroni and cheese made all in one pot!

Don't have a Kalorik Maxx? No worries, you can still make this in your Air Fryer and bake it in the oven or in your Instant Vortex, Omni, or other air fryer.

My initial infatuation with the Air Fryer Kalorik Maxx came from wanting to make baked pastas all in one pot. The recipe is nice and creamy for the macaroni and cheese part and nice and crispy on top.

As with any Air Fryer pasta, there are a few tips to follow to assure the best results.

First, avoid having your pasta sit on the bottom of the pot. Ideally pour your liquid in and then pour the pasta in and press it into the liquid instead of

stirring. In this recipe, which does not use a ton of liquid, it is hard to avoid. But no worries, it should come out fine.

Second, normally pasta is cooked for half the time listed on the package minus one minute. In my case, that came to 4 minutes, but check your macaroni or pasta box to make sure, as different brands may vary.

This baked macaroni and cheese is super simple to make. The ingredients are pretty basic and you very well might have them all in the house at any given time.

The topping is made with melted butter and crushed Ritz crackers.

Put your liquid ingredients and butter into the pot. You can use water instead of chicken broth, but I think broth gives the mac and cheese much better flavor. Also, do not substitute milk for the heavy cream. Cream can hold up under pressure, while milk does not fare so well and will curdle.

Pour the pasta in and pressure cook on high pressure for four minutes or as adjusted if your pasta directs a different time. You do not have to use macaroni for this recipe. You can use a different pasta if you like.

Quick release the pressure and stir in the cheeses. You can mix and match as you like. Stir in 2 cups of cheese and reserve a cup to go on top. Stir until the cheese melts. Then add a cup of cheese to the top followed by a Ritz cracker topping made of crushed crackers and melted butter.

You can also use bread crumbs or french fried onion strings instead if you prefer.

If using an air fryer or your oven, transfer the pasta to a pan and bake it at 425 until it browns or air fry at 400.

You can also add various items to your Mac and Cheese to make it more interesting. For example, you could try adding:

- Left over rotisserie chicken
- Left over pot roast
- Canned tuna

- Frozen vegetables (add when cooking the noodles)

Serve your mac and cheese with a salad or vegetables.

And there you have it! Super easy creamy baked macaroni and cheese that is made in one pot and ready super fast with the Kalorik Maxx!

Your family will love it!

- Yield: 6
- Prep Time: 5 Minutes
- Cook Time: 25 Minutes
- Total Time: 30 Minutes

Ingredients

- 2 1/2 c Macaroni
- 2 c Chicken stock
- 1 1/4 c Heavy cream
- 8 T butter
- 2 2/3 cups shredded cheese such as sharp cheddar, pepper jack, or Mexican blend
- 1/3 cup shredded Parmesan cheese
- 1 Sleeve Ritz crackers
- 1/4 t garlic powder
- Salt and pepper to taste

Instructions

Add the chicken stock, 4 T of butter, and heavy cream to the pot

Pour in the macaroni,

Pressure cook on high pressure for four minutes or half the time on the pasta box minus one minute.

Crush a sleeve of Ritz crackers and combine with 4 T melted butter

Quick release the pressure

Stir in 2 cups of cheese until it melts

Top with one 2/3 cups cheese and 1/3 cup Parmesan, followed by the Ritz cracker mix

Put on the air fry or crisp lid and air fry at 400 degrees for 5 minutes or until browned.

Enjoy!

Nutrition Information:

Calories: 675 Total Fat: 56g Saturated Fat: 34g Trans Fat: 2g Unsaturated Fat: 18g Cholesterol: 161mg Sodium: 765mg Carbohydrates: 22g Net Carbohydrates: 0g Fiber: 1g Sugar: 3g Sugar Alcohols: 0g Protein: 22g

Air Fryer Yellow Cake



Everyone Needs A Tender Low FODMAP Yellow Cake!

This tender low FODMAP yellow cake is a standby Basic recipe. Use it for birthdays or anytime you need a good basic low FODMAP yellow cake – just like Nana used to make (only gluten-free and lactose-free!).

Make The Shape You Need

You will find information for making this cake in both either two 8-inch or 9-inch (20 or 23 cm) round pans as well as one 13 by 9-inch (33 by 23 cm) rectangular pan or even cupcakes.

This batter makes 24 cupcakes, by the way.

Layer It Up

This low FODMAP yellow cake makes the perfect layer cake for celebration simple or fancy. The Chocolate Frosting in the images is easy to make, too, by the way!

To Freeze or Not to Freeze

These layers CAN be frozen and most folks think they are just fine once defrosted. So this is one case of maybe not doing what I do! You can choose to freeze, if you like.

Low Fodmap Yellow Cake

- This is the basic low FODMAP Yellow Cake recipe you have been looking for! Perfect for birthday cakes or anytime you need a basic recipe - to make into rounds, a rectangular snack cake or even cupcakes!
- Low FODMAP Serving Size Info: either two 8-inch or 9-inch (20 cm or 23 cm) cake layers; a 13 by 9-inch (33 cm by 23 cm) pan; or 24 cupcakes. Serving size depends on which frosting or buttercream you use. As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.
- Makes: 24 servings
Prep Time: 15 minutes
Cook Time: 25 minutes
Cooling Time 10 minutes
Total Time: 50 minutes
- Author: Dédé Wilson
- INGREDIENTS:
- 2 1/2 cups (363 g) low FODMAP gluten-free flour, such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour
- 2 1/2 teaspoons baking powder; use gluten-free if following a gluten-free diet
- 1/2 teaspoon salt
- 1 cup (226 g/2 sticks) unsalted butter, at room temperature, cut into small pieces
- 1 2/3 cups (527 g) granulated sugar
- 2 teaspoons pure vanilla extract
- 4 large eggs, at room temperature
- 1 cup (240 ml) lactose-free whole milk, at room temperature

Preparation:

Position a rack in the center of your oven. Preheat the oven to 350°F/180°C. Coat two 8- or 9-inch (20 or 23 cm) round cake pans with nonstick spray, line the bottoms with parchment rounds, then spray the parchment. (see Tips below if using the suggested alternative pans).

Whisk together the flour, baking powder, and salt in a medium-size bowl, to aerate and combine; set aside.

Beat the butter in a large bowl, with an electric mixer on medium-high speed, until creamy, for 2 to 3 minutes. Add the granulated sugar gradually and beat until very light and fluffy, for about 3 minutes, scraping down the bowl once or twice. Beat in the vanilla. Beat in the eggs, one at a time, scraping down after each addition, and allowing each egg to be absorbed before continuing. Add the flour mixture in four additions, alternating with the milk.

Begin and end with the flour mixture and beat briefly until smooth. Divide the batter equally among the prepared round pans. (see Tips below if using the suggested alternative pans).

Bake for 25 to 35 minutes, or until a toothpick inserted into the center of the cake shows a few moist crumbs. The two different sized round pans will bake in a very similar time frame. The main difference will be that the larger round pans will form a thinner cake layer.

The cake will have begun to come away from the sides of the pan. Allow the pans to cool on wire racks for 10 minutes. Unmold directly onto the wire racks, peel off the parchment, and allow to cool completely. The cake is now ready to fill and frost. Alternatively, place the layers on clean cardboard and double wrap in plastic wrap; store at room temperature if assembling within 24 hours.

Tips

If using a 13 by 9-inch (33 cm by 23 cm) pan, coat with nonstick spray and line the bottom with parchment (if unmolding after); bake for 30 to 35 minutes and allow to cool in the pan on a wire rack, then unmold if desired. If making cupcakes, line 24 cupcake wells with fluted paper liners and fill each two-thirds full with the batter, then bake for about 20 minutes. Allow the pan to cool on a wire rack for 5 minutes, then unmold the cupcakes directly onto the rack to cool.

If You Can Tolerate

Lactose: If you passed the lactose challenge, you can use regular dairy milk in lieu of the lactose-free milk.

Fructans: If you passed the fructan wheat challenge, you could use

unbleached all-purpose flour instead of the low FODMAP gluten-free flour (in which case the cake will no longer be gluten-free). Use weight equivalents for the most accurate results with this substitution and not volume measures.

Nutrition

Calories: 206kcal | Carbohydrates: 30g | Protein: 2g | Fat: 9g | Sodium: 95mg
| Fiber: 1g | Sugar: 17g

Easy Chocolate Frosting



Chocolaty, rich and creamy. This Easy Low FODMAP Chocolate Frosting is loaded with chocolaty, fudgy flavor with a smooth creamy texture.

This Easy Low FODMAP Chocolate Frosting works in so many applications.

Make it Thicker; Make it Thinner

Like all confectioners' sugar based frostings the texture can be adjusted by adding more confectioners' sugar for a thicker texture, or more lactose-free milk to thin it out.

Apply Frosting Like a Pro

Good cake decorator's turntable and an icing spatula can make the difference between your frosting looking great – or not.

And also whether you have fun applying it!

If you like making cakes and have the room, I highly recommend getting both of these standby tools.

Our Easy Low FODMAP Chocolate Frosting is fabulous on yellow cake, as shown, but also works beautifully with white cakes and chocolate cakes - or cupcakes!

Low FODMAP Servings: Makes enough for at least 12 cupcakes or 1, 8-inch (20 cm) or 9-inch (23 cm) layer cake; 12 servings

- Makes: 12 servings
- Prep Time: 10 minutes
- Total Time: 10 minutes

Ingredients:

- 1/2 cup (1 stick; 113 g) unsalted butter, at room temperature, cut into pieces
- 4 cups (360 g) sifted confectioners' sugar (whisked before measuring; plus extra as needed)
- 4 ounces (115 g) unsweetened chocolate, melted and slightly cooled
- 1 1/2 teaspoons vanilla extract
- 2/3 cup (165 ml) milk (plus extra as needed)

Preparation:

In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add a quarter of the sugar gradually (do this by eye), beating until beginning to combine, about 2 minutes, scraping down the bowl once or twice.

Add remaining confectioners' sugar, melted chocolate, vanilla and milk and beat on high speed until completely smooth and creamy. Keep beating until smooth and satiny! Frosting is now ready to use and is best if used immediately. Adjust texture as needed by adding a bit more confectioners' sugar or milk. Frosting may be refrigerated in an airtight container for 4 days. (Bring to room temperature and re-beat very well after storing).

If you can tolerate

Lactose: If you passed the lactose challenge, you can use regular dairy milk in lieu of the lactose-free milk.

Nutrition

Calories: 253kcal | Carbohydrates: 37g | Protein: 2g | Fat: 13g | Saturated Fat: 3g | Cholesterol: 1mg | Sodium: 8mg | Potassium: 96mg | Fiber: 2g | Sugar: 32g | Vitamin A: 20IU | Calcium: 24mg | Iron: 1.6mg

Air Fryer Pizza Pasta, Kalorik Maxx, Normal Pot, Or Ninja Foodie



This is a great baked pizza pasta casserole recipe that uses both the pressure cooker function of the Air Fryer Kalorik Maxx and the air fryer function to bake the top of the casserole.

The recipe starts by sauteing some Italian sausage, diced onion, and minced garlic. After that, add a selection of standard Italian seasonings. Some pepperoni is then stirred in along with some chicken broth and red wine. You can omit the wine if you wish and replace it with broth.

Next, add the tomato products and lightly stir. But try not to stir them clear to the bottom of the pot. This is to help avoid getting any burn notices. Better to use Italian brand canned tomatoes.

Now it is time to add the pasta. The key with pasta in an Kalorik Maxx or other pressure cooker is to not fully stir it in. You don't want a bunch of it sitting on the bottom the pot. Instead, lightly press the pasta down into the liquid until it is just covered.

Pressure cook pasta based on half of the amount of time listed on the box minus one minute. In my case that was 6 minutes, which is also usually a decent default setting if you do not know how long to cook it. Tip! If you remove pasta from the box to store it in other containers. Put a sticker on the container with the recommend cooking time!

After pressure cooking, do a quick release, open up the pot, and give it a good stir. Then add in about 3 Oz of cheese. Top the cheese with a layer of pepperoni.

Now the magic happens, if you have an Kalorik Maxx, and air fryer. If you don't, no worries, you can also do this step in the oven or a larger air fryer, such as the Instant Omni.

Put on the Kalorik Maxx air fryer lid and set it to air fry at 400 degrees for five minutes. For an air fryer, put it in a pan and air fry for five minutes. In an oven, broil it until it is browned.

Everything comes out crisp and bubbly!

Note: This recipe made a lot! it definitely could feed 6 or even 8 people. You can cut it in half for less or if using a smaller pot. It took up a lot of space in the 8 Qt Kalorik Maxx.

- Yield: 8
- Prep Time: 5 Minutes
- Cook Time: 25 Minutes
- Total Time: 30 Minutes

This Air Fryer Pizza Pasta is an easy to make baked pizza pasta casserole recipe. It can be made in the Kalorik Maxx, Ninja Foodie, or with any pressure cooker and then finished in the oven or air fryer. I made mine with Italian Sausage and Pepperoni.

Ingredients

- 1/2 lb to 1 lb Italian sausage (I used .75 lb)
- 6 oz pepperoni (sliced)
- 1 medium onion
- 2 T minced garlic
- 1/2 t oregano
- 1/2 t basil
- 1/4 t ground black pepper
- 1/2 t salt
- 1/4 t crushed red pepper
- 2 c chicken stock
- 1 c red wine (or substitute chicken stock)
- 1 28 oz can diced Italian tomatoes, whit juice
- 1 28 oz can tomato puree
- 16 oz pasta (I used rigatoni)
- 8 oz shredded Italian or Mozzarella cheese

Instructions

Set the Air Fryer to saute and saute Italian sausage, onion, and garlic until the sausage is browned.

Add the spices and stir well.

Air Fryer And Kalorik Maxx Spicy Sausage Pasta



This Air Fryer spicy sausage pasta recipe has long been one of all time favorites and now I am updating it to add direction to make it an Air Fryer Kalorik Maxx pasta recipe.

The recipe originally was a one-pan, stove-top recipe, but it adapts quite well to the Instant pot. It adapts even better to the Kalorik Maxx because you can crisp the top right in the Air Fryer!

Why make this spicy sausage pasta in the Kalorik Maxx instead of on the stove? Well, sometimes you might not want to heat up the stove, or perhaps you do not have a stove available. Or, maybe you just want to use your Air Fryer!

If you do not have a Kalorik Maxx and don't want to use an oven or don't have one, you can skip this step. Sometimes folks just don't want to heat up the kitchen. It still tastes good with the top not browned.

The ingredients for this recipe are simple. Be sure to get Rotel over plain diced tomatoes because that is what gives this recipe its spice.

WHAT IS ROTEL?

Rotel is a brand of canned tomatoes that include fire roasted green chiles that are simmered with the tomatoes. It is awesome for adding to recipes to provide a bit of spicy kick.

Start off by dicing some onions. Next, slice the sausage. On saute mode, cook the onions, garlic and sausage until the onions are soft and the sausage starts to brown a bit.

Then, add your pasta, cream, and broth. Spicy sausage pasta in the Kalorik Maxx. Pressure cook for five minutes and then use quick release. A few tips for cooking pasta in the Kalorik Maxx: a good rule of thumb for pasta is to cook for half the time listed on the package minus one minute.

Also, if you have any issue with foam coming out during quick release, use a long handled spoon or tongs and pulse the lever back and forth from seal to vent. The starch in pastas will sometimes foam.

When done, stir in the cheese and allow it to melt. If not baking, stir it all in. If baking, or using the Kalorik Maxx, stir in half of the cheese.

For baking, transfer to a baking pan, and put the other half of cheese on top. If using the Kalorik Maxx or a Mealthy Lid, put the remainder of top in the Air Fryer.

Broil until the cheese browns and then enjoy!

If you prefer to make this spicy sausage pasta on the stovetop, simply use a covered skillet instead of the Kalorik Maxx and simmer for the amount of time listed on your pasta package.

So, there you have it! Air Fryer Spicy Sausage Pasta.

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 25 Minutes
- Total Time: 30 Minutes

Ingredients

- 1 tbsp olive oil
- 1 lb smoked sausage, sliced
- 1/2 large onion, diced
- 2 cloves garlic, minced or 1 T prepared minced garlic
- 2 cups chicken broth
- 1 (10 oz) can Ro-Tel tomatoes and green chiles, Mild
- 1/2 cup heavy cream
- 8 oz penne pasta
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup shredded Monterrey Jack cheese

Instructions

Add olive oil, onion, garlic, and sausage to Air Fryer

On Saute mode cook until the onions are soft and the sausage begins to lightly brown, about 5 minutes

Add the chicken broth, tomatoes, cream, pasta, salt and pepper and stir

Cook on high pressure for 5 minutes or for 1/2 of the time listed on the pasta package minus one minute.

Use quick release

Stir in half of the cheese (if baking) or all of the cheese (if not baking)

If baking: Transfer to a baking pan, add the other half of the cheese on top, and broil until the cheese is browned, about 5 minutes

If Using the Kalorik Maxx or Mealthy Lid, add the remaining cheese on top and air fry at 400 for 4-5 minutes until browned

Enjoy!

Nutrition information:

Calories: 484 Total Fat: 38g Saturated Fat: 16g Trans Fat: 1g Unsaturated Fat: 18g Cholesterol: 90mg Sodium: 1251mg Carbohydrates: 17g Net

Carbohydrates: 0g Fiber: 1g Sugar: 3g Sugar Alcohols: 0g Protein: 18g

Kalorik Maxx Air Fryer Yogurt Recipe



Kalorik Maxx Yogurt? Not only is it easy—it'll add a new spark to your love affair with yogurt! Just press the right buttons, peek at it now and then, and you've made amazing yogurt.

You don't need an Air Fryer to make yogurt—but an Air Fryer is an ace yogurt maker.

WHY MAKE YOGURT WITH AN AIR FRYER?

Yogurt technically isn't cooked. It's incubated—which means it's held at a constant warm temperature (between 110 and 116°F). This encourages desirable, heat-happy bacteria to be fruitful and multiply.

An Air Fryer's programming keeps the temperature right in that target zone, eliminating a bunch of potential issues—like stringy yogurt caused by too-warm temperatures.

For the yogurt to incubate and set, it can take anywhere from 4 to 12 hours. Since there's so much variability the first time you do it, I recommend starting your initial batch in the morning on a day when you'll be around the house most of the time. Once you have a good routine going, you can leave the house while your yogurt incubates or make it overnight.

This variability is because there are so many factors at work with fermentation. The fresher and more active your starter is, the less time it takes (usually). The first time you use a dry heirloom starter, it often takes longer.

From milk carton to breakfast bowl, it technically takes anywhere from 12 to 24 hours. This includes chilling your finished yogurt and then draining it, if you like. If it seems excessive, remember: this process is 99% hands-off.

- Yield: about 6 1/2 cups of yogurt
- Prep time: 5 minutes
- Total time: 4 to 12 hours, plus chilling time

For your yogurt culture, you can use either store-bought plain yogurt with active cultures, a freeze-dried heirloom starter, or yogurt from a previous batch of homemade yogurt.

If you are using freeze-dried heirloom starter for the first time, read the directions that came with it. Instead of adding 2 tablespoons of yogurt, you'll add the entire packet of freeze-dried starter in step 3.

Ingredients

- 1/2 gallon pasteurized milk (we like organic whole cow's milk)
- 2 tablespoons yogurt culture (see Recipe Notes)

Method

Boil the milk in the Air Fryer: Pour the milk into the Air Fryer's insert. Lock on the lid. It does not matter if the steam vent is open or closed. Press the "Yogurt" button, then press "Adjust" so the digital readout says "Boil."

After this, on some Air Fryer models, you'll need to press the "start" button. Eventually it will bring the milk to 180° F (this kills off undesirable

microorganisms). It usually takes about 30 minutes.

When it's done, the Air Fryer will beep and its readout will say “Yogt.”

Optional: For thicker yogurt, remove the lid, press YOGURT, then press ADJUST so the digital readout again says “boil.” Start a timer for 5 minutes; once the time is up, proceed with the recipe below. This cooks the milk a little longer and leads to thicker yogurt.

Pressure Cooker Yogurt boil the milk How to Make Yogurt in the Pressure Cooker set to boil

Cool the milk: Right after the Air Fryer beeps, turn it off and lift out the insert of hot milk. Put the thermometer in the milk and wait until it's 116° F. This can take as long as an hour.

To speed down the cooling, set the insert of hot milk in a bath of ice water and stir the milk; the temperature will drop in about 5 minutes. (If it dips below 110°F, pop the insert back in the cooker, press “Yogurt,” then “Adjust” and monitor the thermometer until it's back in the right zone. Remove the insert from the cooker.)

Remove the thermometer. There will be a film of coagulated milk on the surface of the milk; carefully lift this off with a spoon and discard (this film won't ruin your yogurt, but it creates a distracting texture once it's finished).

Temper the starter: Put the starter in a medium bowl and add about 1/2 cup of the warm milk. Whisk until smooth, then pour into the insert of milk and whisk to combine.

Incubate the yogurt: Set the insert of milk back in the Air Fryer, lock on the lid (once again, the steam vent may be open or closed), and press YOGURT. If the readout does not say “8:00,” add time using the + button until it does.

The Air Fryer will incubate your yogurt for 8 hours before switching itself off (the display will read “Yogt” once the 8-hour default programming is complete). You can use the +/- button to adjust the incubation time.

Note that, when incubating yogurt, the timer counts up (when pressure

cooking with your Air Fryer, the readout counts down). So, when readout says “2:45,” it’s been incubating for 2 hours and 45 minutes.

Check your yogurt: Start checking on your yogurt after 4 hours. As the yogurt incubates, you don’t want to jostle the Kalorik Maxx too much—it can keep the yogurt from setting well.

It can take anywhere from under 4 to over 12 hours for your yogurt to set. A lot of it has to do with how active the cultures in your starter are—fresher starter takes a lot less time to incubate. Be patient and don’t lose hope!

Open the lid carefully when you peek; a lot of condensation forms around the gasket and you want to minimize it dripping back onto the yogurt.

The yogurt is set when it jiggles all as one unit if you carefully nudge the insert, and it does not run if you tip the pot a bit. You may see some clear liquid (the whey) floating on the surface and at the edges.

Cool the yogurt to room temperature without stirring: Once your yogurt is set, gently lift the insert from the cooker. Pouring it out or stirring at this point can make your yogurt runny, which you don’t want. You can set the insert on a rack to help it cool faster, but don’t pop it right in the fridge, since rapid temperature changes can also thin your yogurt. Once it’s at room temp (about 2 hours), set it in the refrigerator.

Chill at least 6 hours. The yogurt might seem lumpy after it's been chilled, but a vigorous whisking will smooth it out. At this point, you may strain it or transfer it to sterile containers (I like quart glass jars).

Store the yogurt: The yogurt should be good for up to two weeks. As it sits in your refrigerator, it will get tangier and lose some of its body.

Nutrition Information:

Calories: 108 Total Fat: 5g saturated Fat: 3g trans Fat: 0g Unsaturated Fat: 2g
Cholesterol: 17mg Sodium: 80mg Carbohydrates: 9g Fiber: 0g Sugar: 9g
Protein: 6g

Super Easy Air Fryer Apple Crisp



This apple crisp can be made in 15 minutes with the Kalorik Maxx! It is super easy and super tasty, especially if you serve it with vanilla ice cream. Yum!

Note: To make this recipe vegan, make with a non-dairy butter substitute such as margarine and do not serve with dairy ice cream.

For best results, be sure to peel your apples and chop them into rather small pieces. You don't even need any special spring form pans or such for this. Everything just goes into the Kalorik Maxx and then after 8 minutes of pressure it is done. Beats 30-40 minutes in the oven any day!

You can use oatmeal on top, or substitute granola if you desire.

Here is how to make air fryer Granola if you want to use that.

If you have an Air Fryer Kalorik Maxx, you can also crisp the top of this nicely after pressure cooking. Simply put the air fryer lid on and air fry for about 3-5 minutes at 400. Then you have Air Fryer Kalorik Maxx apple crisp!

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 8 Minutes
- Total Time: 13 Minutes

Super easy Air Fryer Apple Crisp that is ready in 15 minutes!

Ingredients

- 5 medium sized apples, peeled and chopped into bite-sized peices
- 1/2 tsp nutmeg
- 2 tsp cinnamon
- 1/2 cup water
- 1 tbsp maple syrup
- 4 tbsp butter (melted)
- 3/4 cup old fashioned rolled oats (such as Quaker Oatmeal)
- 1/4 cup brown sugar
- 1/4 cup flour
- 1/2 tsp salt

Instructions

Place apple pieces in the bottom of the Air Fryer.

Sprinkle with the cinnamon and nutmeg.

Pout the water and maple syrup on top.

In a small bowl, mix together the melted butter, oats, flour, brown sugar and salt.

Drop the mixture by the spoonful on top of the apples.

Attach the lid to the pot and using the manual setting, and cook on high pressure for 8 minutes.

Use a natural release.

Let sit for 2-3 minutes to allow the sauce to thicken.

Serve warm with vanilla or cinnamon ice cream.

Nutrition Information:

Calories: 367 Total Fat: 13g Saturated Fat: 8g Trans Fat: 0g Unsaturated Fat: 4g Cholesterol: 31mg Sodium: 390mg Carbohydrates: 63g Net Carbohydrates: 0g Fiber: 8g Sugar: 38g Sugar Alcohols: 0g Protein: 4g

Air Fryer Kalorik Maxx Cranberry Sauce



The holiday season is approaching fast, consider making Air Fryer Cranberry Sauce for your family this year. This is such an easy and quick way to make that classic cranberry sauce everyone looks for!

Cranberry sauce is a favorite. Pile on turkey or ham, or slather on a roll. This is a dish that is so effortless to make thanks to the Kalorik Maxx!

Is Cranberry Sauce Served Warm or Cold

This is up to you. In most homes, cranberry sauce is served cold, but some homes love it warm. This is a great recipe to make a day in advance to prep for your feast and store in the fridge!

But if you enjoy it warm, feel free to serve it fresh when your meal is ready.

How to Thicken Cranberry Sauce

Your Air Fryer Cranberry Sauce will thicken as it stands. You can add a tiny bit of sugar to make it thicker but it's really not needed.

How to Store Cranberry Sauce

Allow your sauce to cool then transfer to an airtight container. This will store for up to a week in the refrigerator.

Just make sure when your sauce is out to be served you don't leave it for more than two hours at a time. The reason being is when it hits the two-hour mark bacteria can grow at a rapid pace, causing you to potentially get sick. So toss back in the refrigerator for at least 30 minutes and then re-serve the dish if need be.

Can You Freeze Cranberry Sauce

Absolutely cranberry sauce freezes beautifully. Allow the sauce to fully cool then place in a freezer bag or airtight container.

If you are using a freezer bag try to get all the air out you can. Then store in the freezer for up to three months.

Then when ready to thaw, simply place in the refrigerator the night before you plan to serve it. This way it has time to thaw.

Or if you want to serve warm, pour in a pan on stove and heat on low stirring often. Taste to see if the flavor is still good or sometimes you need to add a touch more sugar. This recipe is crazy simple.

- Yield: 8
- Cook Time: 1 Minute
- Total Time: 1 Minute

The holiday season is approaching fast, consider making Air Fryer Cranberry Sauce for your family this year. This is such an easy and quick way to make that classic cranberry sauce everyone looks for!

Ingredients

- 24 oz fresh cranberries

- 1 cup orange juice
- 1/4 cup honey
- 1/2 cup sugar
- 1 cinnamon stick

Instructions

1. Pour berries in the Kalorik Maxx
2. Add Juice, honey, sugar, cinnamon stick
3. Place on manual high pressure for 1 minute
4. do a quick release
5. Place pot on saute
6. Mash with a potato masher or a blender
7. Chil and serve

Nutrition Information:

Calories: 134 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Unsaturated Fat: 0g Cholesterol: 0mg Sodium: 3mg Carbohydrates: 35g Fiber: 3g Sugar: 27g Protein: 1g

Air Fryer Kalorik Maxx Stuffed Pepper Soup



Air Fryer Stuffed Pepper Soup is bursting with all those amazing stuffed pepper flavors. Ground beef, savory and rich broth, peppers in every bite, rice and more.

If you love stuffed peppers like our house, then you will swoon over this soup. It is a great recipe for fall and winter to warm yourself up, and less prep than a traditional stuffed pepper recipe.

Step out of the box, and try some new soup recipes for fall and winter: this recipe is crazy simple, quick to make for those busy weeknights, and super affordable.

Deconstructed stuffed peppers in soup form. The same ingredients of stuffed pepper, plus a few more to give it a brothy texture so you can enjoy as a soup.

Can I Add Pre-Cooked Rice Into The Soup

You can add in pre-cooked rice if you have some on hand you want to use up. What I suggest in this is once the soup is done, stir in the pre-cooked rice. If you add it in when you go to pressure cook, it can overcook the rice and make it mushy. So stir it in at the end and let it warm up then serve.

What Type of Rice Do You Use for Stuffed Pepper Soup

I used long grain rice. Now if you swap out a different type of rice it will need an adjusted cook time. Brown rice takes longer than long-grain white rice. So take account into that.

Can I Swap Meat In Air Fryer Stuffed Pepper Soup

Yes. You can use ground pork, ground beef, turkey, or even chicken. Each meat will, of course, offer a different flavor to the dish, but you are welcome to use any of the ground meats. Just make sure to properly cook the meat, and then follow the next steps in preparing the soup.

What To Serve With Stuffed Pepper Soup

Generally, we eat this soup alone. But pair with a salad, cornbread, dinner roll, or even a vegetable side dish. It is what I like to call a meal in one, where it is filling and tasty enough you don't have to serve up other sides.

Can You Freeze Stuffed Pepper Soup

Yes. You are welcome to freeze the soup if you don't plan to eat it all. Simply let the soup cool down and then transfer into a container or freezer bag. If you do a container leave room at the top for it to expand as it freezes. Then store in the freezer for up to three months. Thaw in the fridge the night before you plan to warm it up.

Best Way To Reheat Stuffed Pepper Soup

You can do a quick reheat in the microwave. Or if you are heating up a larger amount I find warming on the stovetop or even slow cooker works great as well. Just heat on low until it is fully warmed through.

- Yield: 1

- Prep Time: 5 Minutes
- Cook Time: 12 Minutes
- Total Time: 17 Minutes

Air Fryer Stuffed Pepper Soup is bursting with all those amazing stuffed pepper flavors. Ground beef, savory and rich broth, peppers in every bite, rice and more.

Ingredients

- 1 pound ground beef
- 1 chopped onion
- salt and pepper
- 1 cup uncooked rice
- 4 cups beef broth
- 28 oz diced tomatoes
- 4 large peppers chopped
- 1 tbs Italian seasonings
- 1 tbs garlic powder

Instructions

1. Place the Kalorik Maxx on saute
2. add ground beef and cook until no longer pink
3. Add chopped onion
4. Add salt and pepper
5. Add Seasonings
6. Add uncooked rice
7. Add Beef Broth and Tomatoes
8. Add in chopped peppers
9. Cook on manual high pressure for 10 minutes
10. Do a quick release
11. Serve

Nutrition Information:

Calories: 392 Total Fat: 14g Saturated Fat: 5g Trans Fat: 1g Unsaturated Fat:

7g Cholesterol: 67mg Sodium: 869mg Carbohydrates: 39g Fiber: 4g Sugar:
7g Protein: 27g

Air Fryer Kalorik Maxx Beef Stroganoff



In just 4-minutes you can have this savory Air Fryer Beef Stroganoff ready to serve your family. This is a no-fuss dish that is so simple to make. You have tender pieces of steak, a creamy sauce, and perfectly cooked egg noodles. Serve alone or on top creamy mashed potatoes. Hands down this will be the tastiest and easiest beef stroganoff recipe you will find.

The beauty of the Air Fryer is it cooks your meals super fast but also it helps get the meat nice and tender. Have you ever had stroganoff with really chewy meat? It's not that enjoyable, so I created this recipe for tender meat when the timer goes off. The electric pressure cooker really cooks the dish quick but also in the process helps tenderize the meat. I love meat that is extremely tender, I don't want to feel like I have a wad of gum in my mouth. The other perk of your IP is it really helps blend all the flavors together and gives you that savory dish your dreaming of.

Beef Stroganoff is a traditional dish that uses mushrooms, and beef that is sautéed in a savory sauce. There are many versions of how you can make this

comfort dish. This Air Fryer beef stroganoff takes four minutes. That's less time than it will take us to sit down and eat it! This dish is worth making

Can you Freeze Beef Stroganoff

If you plan to freeze a portion of this instant pot beef stroganoff, then hold putting in the sour cream in the portion you want to freeze. If you do it will curdle a little during the reheating process. Just add sour cream to the portion you plan to serve and save the rest. Then reheat on the stove or instant pot and at the end toss in the sour cream.

- Yield: 6
- Prep Time: 2 Minutes
- Cook Time: 4 Minutes
- Total Time: 6 Minutes

In just 4-minutes you can have this savory Air Fryer Beef Stroganoff with tender pieces of steak, a creamy sauce, and perfectly cooked egg noodles.

Ingredients

- 1 pound thin steak
- 1 small onion
- 8 oz sliced mushrooms
- 16 oz egg noodles
- 4 cups beef broth
- 16 oz sour cream
- 4 tbs butter
- 1 tbs salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tbs corn starch
- 2 tbs water

Instructions

- Place IP on saute add butter onion and steak until butter is melted.
- Add Seasonings and mushrooms
- Pour in broth egg noodles.
- Place IP On manual high pressure for 4 minutes.
- Do a quick release. Place on saute.
- Stir in sour cream.
- Make a cornstarch slurry with water and corn starch and pour in.
- Continue cooking about 2-3 minutes or until thickened
- Serve and enjoy

Nutrition Information:

Calories: 570 Total Fat: 38g Saturated Fat: 19g Trans Fat: 1g Unsaturated Fat: 14g Cholesterol: 160mg Sodium: 1782mg Carbohydrates: 29g Fiber: 2g Sugar: 4g Protein: 28g

Air Fryer French Onion Soup



Air Fryer French Onion Soup gives you all those classic flavors in this French onion soup recipe. Beefy broth, onions, and cheese. Kalorik Maxx French Onion Soup is so easy to make!

If you are looking for a crowd-pleasing soup or something to warm your bones after a chilly day, this recipe is it!

Whip this up any day of the week in a hurry. The pressure cooker gives it that low and slow simmered taste you want.

Why Is It Called French Onion Soup

This version of Onion Soup dates back to the 18th century in France. Before then Onion soups have been around longer than anyone can remember.

They call it Onion Soup because the main ingredient is onions. French because it came from France.

You need to caramelize the onions to add depth and flavor to the soup. This step is what gives French Onion Soup that rich and savory flavor.

It takes time to caramelize onions but you can skip this step and just add all your onions to the Air Fryer. You will not get that deep flavor like at Panera's or restaurants. Most of my soup recipes are a dump and go but for this Air Fryer French Onion Soup, it makes a huge difference to make your onions ahead of time. You can caramelize your onions on saute in the instant pot or do them right on the stovetop.

Can I Swap Beef Broth For Chicken Broth in French Onion Soup

Yes and no. Beef broth is one of the stars of this soup, and it would completely transform the flavor. If you swap with chicken broth make sure to keep in mind it will change the overall flavor of the soup.

Do I need to use Wine in French Onion Soup?

Yes, you will need to use wine to get the deep flavor of french onion soup. You can use cooking wine.

How to Make French Onion Soup Vegetarian

If you want a vegetarian soup then swap beef broth with a vegetarian broth. It will then give you that vegetarian recipe you are wanting.

What Type Of Cheese Can I Top Air Fryer Onion Soup With

Grated Parmesan, Swiss, Gruyere, provolone are all great options. I have even mixed provolone and Swiss together and then at the end before serving added extra Parmesan. For this recipe, I did use Gruyere.

What Is Best Served With French Onion Soup

Many love serving seafood, Hard Crusty bread, or steak next to French Onion Soup. But if you want to skip meat, reach for a side of vegetables, salad, or a bowl of pasta.

What Wine Goes With French Onion Soup

A sweet and savory soup that generally is paired with crusty bread. This soup

is paired normally with a drier red wine!

How To Store Leftover Onion Soup

If you have leftover soup simply transfer to an airtight container and store in the fridge. This soup will last 4-5 days in the fridge.

To Reheat simply warm in microwave or stove. If you want the added cheese on top. Once it is warmed make sure ramekins are oven safe and top with cheese and broil in the oven. It will taste even better than night one as the flavors blend more.

Yes. If you want to extend the shelf life of this soup simply freeze it. I recommend freezing the soup without cheese on top.

Allow soup to cool down and then transfer it into an airtight container, that is freezer friendly. Or reach for a freezer bag to save less space. This soup can store up to six months when frozen properly.

- Yield: 6
- Cook Time: 5 Minutes
- Prep Time: 5 Minutes
- Total Time: 10 Minutes

Air Fryer French Onion Soup gives you all those classic flavors in this French onion soup recipe. Beefy broth, onions, and cheese. Kalorik Maxx French Onion Soup is so easy to make!

Ingredients

- 5 large sweet onions
- 1/2 cup red wine
- 5 tbs butter
- 1 tbsp olive oil
- 5 cups beef broth
- 1 bay leaf
- 1 sprig thyme
- 1 cup Gruyere cheese

Instructions

You can caramelize the onions on the stovetop first in the Kalorik Maxx on saute.

- Melt butter and mix with olive oil
- add onions.
- Cook on medium to low heat stirring often for 10-15 minutes.
- Add 1 tbsp sugar
- Continue cooking on low for 30 minutes or until onions are golden brown.

To make the Soup:

- Add Caramelized onions to your instant pot.
- Stir in Broth and wine
- Add bay leaf and thyme
- Cook on manual high pressure for 5 minutes.
- do a quick release
- Turn your oven on broil
- In oven-safe bowls add onion soup.
- Add a slice of a Baggett Top with cheese
- Place in broiler until cheese melts about 2-3 minutes.

Nutrition Information:

Calories: 306 Total Fat: 19g Saturated Fat: 10g Trans Fat: 0g Unsaturated Fat: 7g Cholesterol: 47mg Sodium: 986mg Carbohydrates: 22g Fiber: 3g Sugar: 14g Protein: 11g

Air Fryer Creamy Tomato Soup



Skip the can and make a homemade Air Fryer Creamy Tomato Soup today! Nothing beats homemade tomato soup. This is a creamy tomato soup recipe, that is rich and savory.

The Air Fryer version of tomato soup offers a very hands-off approach, with minimal work on my part. Then in a fraction of the time as traditional cooking routes, you have your homemade soup ready to serve up your family.

What Makes This Creamy Tomato Soup Stand Out From Other Recipes

One simple ingredient, that can take a soup from good to grand. Heavy cream, that is the key. It offers such a rich and creamy texture to the soup that you can't resist.

You can actually use canned tomatoes or fresh diced tomatoes for this recipe. If you use fresh make sure they are ripe and flavorful, or you can end up with

a rather bland soup. This is a fantastic way to use up the leftover tomatoes from your garden. But, canned work just as good. Most canned tomatoes are preserved at the peak of freshness, which is great for this soup.

Once the soup is done you will stir in your heavy cream and grab an emulsion blender. This is going to help break up any chunks of tomatoes in the soup and give you that silky smooth texture. You can do it just a little for some chunks left, or blend it away until it is silky smooth. This step is all about preference in the texture of your Air Fryer Creamy Tomato Soup.

What To Do If Tomato Soup is Tart

Sometimes you will see that tomato soup can become tart. I find the cream helps to level out the tart factor. If you still find it is too tart add in a small amount of sugar and stir. Then taste to see how you like it. I just add like 1/2 teaspoon to a bowl and stir. A little goes a long way.

Can You Freeze Kalorik Maxx Creamy Tomato Soup

You can freeze tomato soup. Place in a freezer bag or container. If you use a storage container leave room for the soup to expand as it freezes.

If you want you can leave the heavy cream out and freeze some and then once you warm it up stir in the heavy cream. If you do freeze with the heavy cream in it, grab a whisk and give it a good mix to help incorporate the soup. Then warm up on the stove or in the microwave.

Give this homemade tomato soup recipe a try today!

- Yield: 10
- Prep Time: 5 Minutes
- Cook Time: 5 Minutes
- Total Time: 10 Minutes

Skip the can and make a homemade Air Fryer Creamy Tomato Soup today! Nothing beats homemade tomato soup. This is a creamy tomato soup recipe, that is rich and savory.

Ingredients

- 28 oz can plum tomatoes
- 3 cups chicken broth
- 1 cup heavy cream
- 1 carrot chopped
- 2 celery stalks chopped
- 1 chopped onion
- 4 cloves garlic
- 2 tbs butter

Instructions

- Place Air Fryer On Saute
- Melt butter
- add onions, garlic, celery and carrots
- saute for 2-3 minutes.
- Add Tomatoes and chicken broth
- Cook on manual high pressure for 5 minutes
- Do a quick release
- Use an immersion blender and blend until creamy and smooth
- Stir in heavy cream
- Serve

Nutrition Information:

Calories: 129 Total Fat: 11g Saturated Fat: 7g Trans Fat: 0g Unsaturated Fat: 3g Cholesterol: 34mg Sodium: 316mg Carbohydrates: 6g Fiber: 1g Sugar: 4g Protein: 2g

Crispy Toasted Sesame Tofu in an Air Fryer



- Active Time: 15 Mins
- Total Time: 1 Hour 15 Mins
- Yield: Serves 4 (serving size: 3/4 cup tofu, 3/4 cup rice)

Tossed in a tangy dressing rich with the flavors of honey, toasted sesame oil, and soy sauce, these crispy cubes of tofu make a hearty supper served over brown rice.

The secret to getting tofu nice and crisp is two-fold: First, drain, dry, and press it to remove excess moisture; second, cook it in batches, and turn the cubes during cooking to ensure all sides have a chance to get crunchy.

Ingredients

- 2 (14-oz.) pkg. extra-firm tofu, drained and cut into 1-inch cubes

- Cooking spray
- 1/4 cup fresh orange juice (from 1 orange)
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon plus
- 1 tsp. honey
- 1 tablespoon plus
- 1 tsp. toasted sesame oil
- 1 teaspoon rice vinegar
- 1/2 teaspoon cornstarch
- 2 pkg. boil-in-bag brown rice (such as Uncle Bens)
- 1/2 teaspoon kosher salt
- 2 tablespoons chopped scallions
- 1 tablespoon toasted sesame seeds

Nutritional Information

- Calories 445
- Fat 20g
- Saturated fat 3g
- Unsaturated fat 15g
- Protein 23g
- Carbohydrate 46g
- Fiber 3g
- Sugars 8g
- Added sugars 6g
- Sodium 541mg
- Calcium 17% DV
- Potassium 3% DV

How to Make It

Step 1: Preheat oven 200°F.

Step 2: Place tofu on a plate lined with several layers of paper towels; cover with additional paper towels and a second plate. Place a weight on top. Let stand 30 minutes. Coat tofu with cooking spray.

Step 3: Place half of the tofu in single layer in air fryer basket, and cook at 375°F until crispy and golden brown, about 15 minutes, turning tofu cubes over halfway through cooking. Keep warm in preheated oven while cooking

remaining tofu.

Step 4: Meanwhile, whisk together orange juice, soy sauce, honey, sesame oil, rice vinegar, and cornstarch in a small saucepan over high. Bring to a boil, whisking constantly, until sauce thickens, 2 to 3 minutes. Remove from heat; set aside.

Step 5: Prepare rice according to package directions. Stir in salt.

Step 6: Toss tofu with soy sauce mixture. Divide rice among 4 bowls; top with tofu. Sprinkle with scallions and sesame seeds.

Air Fryer Doughnuts



- Active Time: 35 Mins
- Total Time: 2 Hours 20 Mins
- Yield: Serves 8 (serving size: 1 doughnut)

If you're craving doughnuts without the guilt, these yeast-risen rings deliver the same sweet, tender, and crackly sugar glazed goodness thanks to your air fryer.

Pro tip: After the doughnuts have risen, use the parchment paper to help gently transfer them into the air fryer. Use two forks to lower them into the glaze for maximum coverage.

Ingredients

- 1/4 cup warm water, warmed (100F to 110F)
- 1 teaspoon active dry yeast
- 1/4 cup , plus 1/2 tsp. granulated sugar, divided
- 2 cups (about 8 1/2 oz.) all-purpose flour

- 1/4 teaspoon kosher salt 1/4 cup whole milk, at room temperature
- 2 tablespoons unsalted butter, melted
- 1 large egg, beaten
- 1 cup (about 4 oz.) powdered sugar
- 4 teaspoons tap water

Nutritional Information

- Calories 238
- Fat 4g
- Satfat 2g
- Unsatfat 1g
- Protein 5g
- Carbohydrate 46g
- Fiber 1g
- Sugars 22g
- Added sugars 21g
- Sodium 74mg
- Calcium 2% DV
- Potassium 1% DV

How to Make It

Step 1: Stir together water, yeast, and 1/2 teaspoon of the granulated sugar in a small bowl; let stand until foamy, about 5 minutes. Combine flour, salt, and remaining 1/4 cup granulated sugar in a medium bowl. Add yeast mixture, milk, butter, and egg; stir with a wooden spoon until a soft dough comes together. Turn dough out onto a lightly floured surface and knead until smooth, 1 to 2 minutes. Transfer dough to a lightly greased bowl. Cover and let rise in a warm place until doubled in volume, about 1 hour.

Step 2: Turn dough out onto a lightly floured surface. Gently roll to 1/4-inch thickness. Cut out 8 doughnuts using a 3-inch round cutter and a 1-inch round cutter to remove center. Place doughnuts and doughnuts holes on a lightly floured surface. Cover loosely with plastic wrap and let stand until doubled in volume, about 30 minutes.

Step 3: Place 2 doughnuts and 2 doughnuts holes in single layer in air fryer basket, and cook at 350°F until golden brown, 4 to 5 minutes. Repeat with

remaining doughnuts and holes.

Step 4: Whisk together powdered sugar and tap water in a medium bowl until smooth. Dip doughnuts and doughnut holes in glaze; place on a wire rack set over a rimmed baking sheet to allow excess glaze to drip off. Let stand until glaze hardens, about 10 minutes.

Air Fryer Banana Bread



- Active Time: 15 Mins
- Time: 45 Mins
- Yield: Yield: serves 8 (1 slice)

Brimming with great, traditional banana flavor, have a slice of this banana bread with a cup of tea for breakfast, or enjoy it as an afternoon snack with a small smear of butter and/or a side of fruit. Somehow, by the power of air fryer magic, the moist, dense texture of this banana bread is wonderful! We suggest you toast the walnuts before using them in the recipe to deepen their flavor. Take note, though, the top of the bread will get a little darker than if you were to cook a banana bread in the oven due to the heating element being right above the bread.

Ingredients

- 3/4 cup (3 oz.) white-whole wheat flour
- 1 teaspoon cinnamon
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon Baking soda
- 2 medium (12 oz. total) ripe bananas, mashed (about 3/4 cup)
- 2 large eggs, lightly beaten
- 1/2 cup granulated sugar
- 1/3 cup plain nonfat yogurt
- 2 tablespoons vegetable oil
- 1 teaspoon Vanilla extract
- 2 tablespoons (3/4 oz.) toasted walnuts, roughly chopped
- Cooking spray

Nutritional Information

- Calories 180
- Fat 6g
- Satisfat 1g
- Unsatisfat 5g
- Protein 4g
- Carbohydrate 29g
- Fiber 2g
- Sugars 17g
- Added sugars 13g
- Sodium 184mg
- Calcium 3% DV
- Potassium 4% DV

How to Make It

Step 1: Line the bottom of a 6-inch round cake pan with parchment paper; lightly coat pan with cooking spray. Whisk together flour, cinnamon, salt and baking soda in a medium bowl; set aside.

Step 2: In separate medium bowl, whisk together mashed bananas, eggs, sugar, yogurt, oil and vanilla. Gently stir wet ingredients into flour mixture until well combined. Pour batter into prepared pan and sprinkle with walnuts.

Step 3: Heat a 5.3-qt air fryer to 310°F and then place pan in air fryer and cook until browned and a wooden pick inserted in the middle comes out

clean, 30 to 35 minutes, turning pan halfway through cook time. Transfer bread to a wire rack to cool in pan for 15 minutes before turning out and slicing.

Healthier Strawberry "Pop Tarts"



- Active Time: 25 Mins
- Total Time: 2 Hours
- Yield: Serves 6 (serving size: 1 tart)

These adorable air fryer delights check all the nostalgia boxes, from afternoons spent with your sister's Easy Bake Oven to Saturday mornings eating piping hot pop tarts fresh from the toaster oven.

Our grown-up air fryer version wraps all that goodness into a healthier package, featuring a quick microwave jam with nice chunks of strawberries. Lemon juice cuts the sweetness of the glaze, and the sprinkles—well, they're just plain fun.

Ingredients

- 8 ounces quartered strawberries (about 1 3/4 cups)
- 1/4 cup granulated sugar
- 1/2 (14.1-oz.) pkg. refrigerated piecrusts Cooking spray
- 1/2 cup (about 2 oz.) powdered sugar
- 1 1/2 teaspoons fresh lemon juice (from 1 lemon)
- 1/2 ounce rainbow candy sprinkles (about 1 Tbsp.)

Nutritional Information

- Calories 229
- Fat 9g
- Satfat 4g
- Unsatfat 3g
- Protein 2g
- Carbohydrate 39g
- Fiber 1g
- Sugars 22g
- Added sugars 20g
- Sodium 174mg
- Calcium 1% DV
- Potassium 1% DV

How to Make It

Step 1: Stir together strawberries and granulated sugar in medium microwavable bowl. Let stand 15 minutes, stirring occasionally. Microwave on HIGH until shiny and reduced, about 10 minutes, stirring halfway through cooking. Cool completely, about 30 minutes.

Step 2: Roll pie crust into a 12-inch circle on a lightly floured surface. Cut dough into 12 (2 1/2- x 3-inch) rectangles, rerolling scraps, if needed. Spoon about 2 teaspoons strawberry mixture into center of 6 of the dough rectangles, leaving a 1/2-inch border. Brush edges of filled dough rectangles with water; top with remaining dough rectangles, pressing edges with a fork to seal. Coat tarts well with cooking spray.

Step 3: Place 3 tarts in single layer in air fryer basket, and cook at 350°F until golden brown, about 10 minutes. Repeat with remaining tarts. Place on a wire rack to cool completely, about 30 minutes.

Step 4: Whisk together powdered sugar and lemon juice in a small bowl until

smooth. Spoon glaze over cooled tarts, and sprinkle evenly with candy sprinkles.

Lighten up Empanadas in an Air Fryer



- Active Time: 30 Mins
- Total Time: 45 Mins
- Yield: Serves 2 (serving size: 4 empanadas)

Traditional meat-filled empanadas can be a double-whammy of fat and calories due to ground beef and a trip to the deep fryer; This air fryer twist is even healthier thanks to the addition of mushrooms, which lighten the filling while keeping it nice and moist. We love the buttery flavor of Castelvetrano olives, but you can use any green olives you have on hand. These handheld snacks are great for tailgating, or serve them over greens for a hearty supper.

Ingredients

- 1 tablespoon olive oil 3 ounces (85/15) lean ground beef

- 1/4 cup finely chopped white onion
- 3 ounces finely chopped cremini mushrooms
- 2 teaspoons finely chopped garlic
- 6 pitted green olives, chopped
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/2 cup chopped tomatoes
- 8 square gyoza wrappers
- 1 large egg, lightly beaten

Nutritional Information

- Calories 343
- Fat 19g
- Satfat 5g
- Unsatfat 12g
- Protein 17g
- Carbohydrate 25g
- Fiber 2g
- Sugars 3g
- Added sugars 0g
- Sodium 605mg
- Calcium 6% DV
- Potassium 12% DV

How to Make It

Step 1: Heat oil in a medium skillet over medium-high. Add beef and onion; cook, stirring to crumble, until starting to brown, 3 minutes. Add mushrooms; cook, stirring occasionally, until mushrooms are starting to brown, 6 minutes. Add garlic, olives, paprika, cumin, and cinnamon; cook until mushrooms are very tender and have released most of their liquid, 3 minutes. Stir in tomatoes, and cook 1 minute, stirring occasionally. Transfer filling to a bowl, and let cool 5 minutes.

Step 2: Arrange 4 gyoza wrappers on work surface. Place about 1 1/2 tablespoons filling in center of each wrapper. Brush edges of wrappers with egg; fold wrappers over, pinching edges to seal. Repeat process with remaining wrappers and filling.

Step 3: Place 4 empanadas in single layer in air fryer basket, and cook at 400°F until nicely browned, 7 minutes. Repeat with remaining empanadas.

Perfect Peach Hand Pies in an Air Fryer



- Active Time: 20 Mins
- Total Time: 1 Hour
- Yield: Serves 8 (serving size: 1 pie)

Perfectly flaky pies from your air fryer? You bet! Store-bought piecrust is a smart shortcut; it bakes up nice and flaky in the air fryer.

Naturally, fresh peaches will make the best filling, but you can use thawed frozen peaches if the fresh kind aren't in season. Don't toss out the leftover peach juice—simmer it down in a small saucepan until thickened for a fantastic ice cream topper.

Ingredients

- 2 (5-oz.) fresh peaches, peeled and chopped
- 1 tablespoon fresh lemon juice (from 1 lemon)
- 3 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon table salt
- 1 teaspoon cornstarch
- 1 (14.1-oz.) pkg. refrigerated piecrusts Cooking spray

Nutritional Information

- Calories 314
- Fat 16g
- Saturated fat 7g
- Unsaturated fat 7g
- Protein 3g
- Carbohydrate 43g
- Fiber 1g
- Sugars 10g
- Added sugars 6g
- Sodium 347mg
- Calcium 0% DV
- Potassium 2% DV

How to Make It

Step 1: Stir together peaches, lemon juice, sugar, vanilla, and salt in a medium bowl. Let stand 15 minutes, stirring occasionally. Drain peaches, reserving 1 tablespoon liquid. Whisk cornstarch into reserved liquid; stir into drained peaches.

Step 2: Cut piecrusts into 8 (4-inch) circles. Place about 1 tablespoon filling in center of each circle. Brush edges of dough with water; fold dough over filling to form half-moons. Crimp edges with a fork to seal; cut 3 small slits in top of pies. Coat pies well with cooking spray.

Step 3: Place 3 pies in single layer in air fryer basket, and cook at 350°F until golden brown, 12 to 14 minutes. Repeat with remaining pies.

Air-Fried Calzones



- Active Time: 15 Mins
- Total Time: 27 Mins
- Yield: Serves 2 (serving size: 2 calzones)

Welcome to Calzone Making 101. Don't worry—you'll ace this course. The trick to perfect calzones is to resist the urge to overfill them.

Stick to the recipe below so that you can crimp and seal your calzones properly. You'll also need to flip them once during cooking so that both sides get perfectly browned and crunchy. We love whole-wheat pizza dough for the fiber boost it offers, but regular pizza dough will work just fine. Serve these cheesy guys with a side of marinara for dipping.

Ingredients

- 1 teaspoon olive oil
- 1/4 cup finely chopped red onion (from 1 small onion)
- 3 ounces baby spinach leaves (about 3 cups)
- 1/3 cup lower-sodium marinara sauce
- 2 ounces shredded rotisserie chicken breast (about 1/3 cup)
- 6 ounces fresh prepared whole-wheat pizza dough
- 1 1/2 ounces pre-shredded part-skim mozzarella cheese (about 6 Tbsp.)
- Cooking spray

Nutritional Information

- Calories 348
- Fat 12g
- Saturated fat 3g
- Unsaturated fat 7g
- Protein 21g
- Carbohydrate 44g
- Fiber 5g
- Sugars 3g
- Added sugars 0g
- Sodium 710mg
- Calcium 21% DV
- Potassium 3% DV

How to Make It

Step 1: Heat oil in a medium nonstick skillet over medium-high. Add onion, and cook, stirring occasionally, until tender, 2 minutes. Add spinach; cover and cook until wilted, 1 1/2 minutes. Remove pan from heat; stir in marinara sauce and chicken.

Step 2: Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 6-inch circle. Place one-fourth of the spinach mixture over half of each dough circle. Top each with one-fourth of the cheese. Fold dough over filling to form half-moons, crimping edges to seal. Coat calzones well with cooking spray.

Step 3: Place calzones in air fryer basket, and cook at 325°F until dough is golden brown, 12 minutes, turning calzones over after 8 minutes.

Whole-Wheat Pizzas in an Air Fryer



- Active Time: 10 Mins
- Total Time: 15 Mins
- Yield: Serves 2 (serving size: 1 pizza)

In addition to delivering crispy delights, your air fryer makes a pretty awesome countertop pizza oven. Thanks to it and this deliciously simple recipe, Friday pizza night just got epically easier.

Whole-wheat pitas make a great fiber-forward crust, baking up nice and crisp. Opt for roma tomatoes; their smaller size makes them a good fit for these personal pizzas. Swap out toppings to customize your pizzas; since these cook in just 5 minutes, you can prep the next one while the first is baking.

Ingredients

- 1/4 cup lower-sodium marinara sauce
- 2 whole-wheat pita rounds
- 1 cup baby spinach leaves (1 oz.)
- 1 small plum tomato, cut into 8 slices
- 1 small garlic clove, thinly sliced
- 1 ounce pre-shredded part-skim mozzarella cheese (about 1/4 cup)
- 1/4 ounce shaved Parmigiano-Reggiano cheese (about 1 Tbsp.)

Nutritional Information

- Calories 229
- Fat 5g
- Saturated Fat 2g
- Unsaturated Fat 2g
- Protein 11g
- Carbohydrate 37g
- Fiber 5g
- Sugars 4g
- Added sugars 0g
- Sodium 510mg
- Calcium 18% DV
- Potassium 4% DV

How to Make It

Step 1: Spread marinara sauce evenly over 1 side of each pita bread. Top with half each of the spinach leaves, tomato slices, garlic, and cheeses.

Step 2

Place 1 pita in air fryer basket, and cook at 350°F until cheese is melted and pita is crisp, 4 to 5 minutes. Repeat with remaining pita.

Easy Air-Fried Cinnamon Apple Chips With Almond Yogurt Dip



- Active Time: 10 Mins
- Total Time: 25 Mins
- Yield: Serves 4 (serving size: 6 to 8 apple chips, about 1 tbsp. dip)

On the hunt for a treat that satisfies your sweet tooth without busting your diet? Pack these cinnamon-laced apple chips in your lunch bag.

Apples deliver natural sweetness and a handsome amount of fiber, making them a smart choice for any diet, and the air fryer transforms them into something altogether more delicious, thanks to its signature move—adding fat-free crunch. Cutting almond butter with low-fat Greek yogurt adds protein to the dipping sauce, as well as extra creaminess.

Ingredients

- 1 (8-oz.) apple (such as Fuji or Honeycrisp)
- 1 teaspoon ground cinnamon
- 2 teaspoons canola oil Cooking spray
- 1/4 cup plain 1% low-fat Greek yogurt
- 1 tablespoon almond butter
- 1 teaspoon honey

Nutritional Information

- Calories 104
- Fat 3
- Saturated fat 1g
- Unsaturated fat 2g
- Protein 1g
- Carbohydrate 17g
- Fiber 3g
- Sugars 4g
- Added sugars 0g
- Sodium 187mg
- Calcium 3% DV
- Potassium 6% DV

How to Make It

Step 1: Thinly slice apple on a mandoline. Place slices in a bowl with cinnamon and oil; toss to coat evenly.

Step 2: Coat air fryer basket well with cooking spray. Place 7 to 8 apple slices in single layer in basket, and cook at 375°F for 12 minutes, turning the slices every 4 minutes and rearranging slices to flatten them, as they will move during the cooking process. Slices will not be completely crisped, but will continue to crisp upon cooling. Repeat with remaining apple slices.

Step 3: While apple slices cook, stir together yogurt, almond butter, and honey in a small bowl until smooth. To serve, place 6 to 8 apple slices on each plate with a small dollop of dipping sauce.

Double-Glazed Air-Fried Cinnamon Biscuit Bites



- Active Time: 25 Mins
- Total Time: 40 Mins
- Yield: Serves 8 (serving size: 2 bites)

This scrumptious cross between cinnamon rolls and biscuits is easier than either and stars a simple, no-yeast dough that requires no rising and bakes up into tender, fluffy bites in a matter of minutes. It's like an adult-version easy bake oven!

You can jazz up the glaze any way you like—we tried swapping out the water for lemon juice and adding a little lemon zest, and loved it. Resist the urge to crowd the basket; these little guys need to bake in batches so they don't stick together.

Ingredients

- 2/3 cup (about 2 7/8 oz.) all-purpose flour
- 2/3 cup (about 2 2/3 oz.) whole-wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 4 tablespoons cold salted butter, cut into small pieces
- 1/3 cup whole milk Cooking spray
- 2 cups (about 8 oz.) powdered sugar
- 3 tablespoons water

Nutritional Information

- Calories 325
- Fat 7g
- Satfat 4g
- Unsatfat 3g
- Protein 8g
- Carbohydrate 60g
- Fiber 5g
- Sugars 18g
- Added sugars 17g
- Sodium 67mg
- Calcium 10% DV
- Potassium 4% DV

How to Make It

Step 1: Whisk together flours, granulated sugar, baking powder, cinnamon, and salt in a medium bowl. Add butter; cut into mixture using 2 knives or a pastry cutter until butter is well combined with flour and mixture resembles coarse cornmeal. Add milk, and stir together until dough forms a ball. Place dough on a floured surface, and knead until dough is smooth and forms a cohesive ball, about 30 seconds. Cut dough into 16 equal pieces. Gently roll each piece into a smooth ball.

Step 2: Coat air fryer basket well with cooking spray. Place 8 balls in basket, leaving room between each; spray donut balls with cooking spray. Cook at 350°F until browned and puffed, 10 to 12 minutes. Gently remove donut balls from basket, and place on a wire rack over foil. Let cool 5 minutes. Repeat

with remaining donut balls.

Step 3: Whisk together powdered sugar and water in a medium bowl until smooth. Gently spoon half of the glaze over donut balls. Let cool 5 minutes; glaze again, allowing excess to drip off.

Air Fryer Spanakopita Bites



- Active Time: 25 Mins
- Total Time: 45 Mins
- Yield: Serves 8 (serving size: 2 spanakopita bites)

Is there anything your air fryer can't do? Soup, probably. It would be terrible at soup.

But it can rock out these super-crunchy spanakopita bites! These savory Greek phyllo pastries are filled with spinach and salty cheeses with just a little hit of lemon and heat. Classic spanakopita calls for brushing the phyllo with butter; this version calls for olive oil, which adds even more Greek flavor. Filled with nutrient-rich spinach, these crispy treats make an excellent party dish or appetizer.

Ingredients

- 1 (10-oz.) pkg. baby spinach leaves

- 2 tablespoons water
- 1/4 cup 1% low-fat cottage cheese
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 tablespoons finely grated Parmesan cheese
- 1 large egg white 1 teaspoon lemon zest (from 1 lemon)
- 1 teaspoon dried oregano 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 4 (13- x 18-inch) sheets frozen phyllo dough, thawed
- 1 tablespoon olive oil Cooking spray

Nutritional Information

- Calories 82
- Fat 4g
- Satfat 1g
- Unsatfat 2g
- Protein 4g
- Carbohydrate 7g
- Fiber 1g
- Sugars 0g
- Added sugars 0g
- Sodium 232mg
- Calcium 8% DV
- Potassium 0% DV

How to Make It

Step 1: Place spinach and water in a large pot; cook over high, stirring often, until wilted, 5 minutes. Drain spinach; cool about 10 minutes. Press firmly with a paper towel to remove as much moisture as possible.

Step 2: Stir together spinach, cottage cheese, feta cheese, Parmesan cheese, egg white, zest, oregano, black pepper, salt, and cayenne pepper in medium bowl until well blended.

Step 3: Place 1 phyllo sheet on work surface. Brush lightly with oil using a pastry brush. Top with a second sheet of phyllo; brush with oil. Continue layering to form a stack of 4 oiled sheets. Working from the long side, cut the stack of phyllo sheets into 8 (2 1/4-inch wide) strips. Cut the strips in half,

crosswise, to form 16 (2 1/4-inch wide) strips. Spoon about 1 tablespoon filling onto 1 short end of each strip. Fold one corner over the filling to create a triangle; continue folding back and forth to the end of the strip, creating a triangle-shaped phyllo packet.

Step 4: Lightly coat air fryer basket with cooking spray. Place 8 packets, seam side down, in the basket; lightly spray the tops. Cook at 375°F until phyllo is deep golden brown and crispy, 12 minutes, turning packets over halfway through cooking. Repeat with remaining phyllo packets. Serve warm or at room temperature.

Crispy Air-Fried Onion Rings With Comeback Sauce



- Active Time: 15 Mins
- Total Time: 55 Mins
- Yield: Serves 4 (serving size: 6 to 7 onion rings, 2 tbsp. sauce)

Ah, onion rings—the ultimate deep-fried indulgence.

Thanks to your air fryer, you can rescue this crunchy favorite from the realm of diet banishment and invite it back to your plate. These rings of allium awesomeness come out of the air fryer boasting a superbly crispy coating without any heavy greasiness.

And if you've ever had comeback sauce, you know its tangy and sweet flavor is the perfect pairing with the crunchy, savory onion.

Ingredients

- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 1 teaspoon smoked paprika
- 1/2 teaspoon kosher salt, divided
- 1 large egg
- 1 tablespoon water
- 1 cup whole-wheat panko (Japanese-style breadcrumbs)
- 1 (10-oz.) sweet onion, cut into 1/2-in.-thick rounds and separated into rings
- Cooking spray
- 1/4 cup plain
- 1% low-fat Greek yogurt
- 2 tablespoons canola mayonnaise
- 1 tablespoon ketchup
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika

Nutritional Information

- Calories 174
- Fat 5g
- Saturated fat 1g
- Unsaturated fat 3g
- Protein 7g
- Carbohydrate 25g
- Fiber 3g
- Sugars 5g
- Added sugars 0g
- Sodium 414mg
- Calcium 4% DV
- Potassium 3% DV

How to Make It

Step 1: Stir together flour, smoked paprika, and 1/4 teaspoon of the salt in a shallow dish. Lightly beat egg and water in a second shallow dish. Stir together panko and remaining 1/4 teaspoon salt in a third shallow dish.

Dredge onion rings in flour mixture, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko mixture, pressing to adhere. Coat both sides of onion rings well with cooking spray.

Step 2: Place onion rings in single layer in air fryer basket, and cook in batches at 375°F until golden brown and crispy on both sides, 10 minutes, turning onion rings over halfway through cooking. Cover to keep warm while cooking remaining onion rings.

Step 3: Meanwhile, stir together yogurt, mayonnaise, ketchup, mustard, garlic powder, and paprika in a small bowl until smooth. To serve, place 6 to 7 onion rings on each plate with 2 tablespoons sauce.

Air-Fried Pork Dumplings With Dipping Sauce



- Active Time: 30 Mins
- Total Time: 1 Hour
- Yield: Serves 6 (serving size: 3 dumplings, 2 tsp. dipping sauce)

Asian dumplings are an amazing appetizer—the perfect combination of crispy and chewy. No surprise here: Your air fryer can rock this recipe like a champ.

Pork and ginger are the star flavors in these savory little bites, along with quick stir-fried bok choy. These easy-to-assemble appetizers make a great family cooking project—just stuff, seal, and air-fry your way to homemade takeout goodness. Look for thin dumpling wrappers at Asian grocery stores; regular egg roll wrappers will work in a pinch.

Ingredients

- 1 teaspoon canola oil
- 4 cups chopped bok choy (about 12 oz.)
- 1 tablespoon chopped fresh ginger
- 1 tablespoon chopped garlic (3 garlic cloves)
- 4 ounces ground pork
- 1/4 teaspoon crushed red pepper
- 18 (3 1/2-inch-square) dumpling wrappers or wonton wrappers
- Cooking spray
- 2 tablespoons rice vinegar
- 2 teaspoons lower-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon packed light brown sugar
- 1 tablespoon finely chopped scallions

Nutritional Information

- Calories 140
- Fat 5g
- Satfat 2g
- Unsatfat 3g
- Protein 7g
- Carbohydrate 16g
- Fiber 1g
- Sugars 1g
- Added sugars 0g
- Sodium 244mg
- Calcium 7% DV
- Potassium 5% DV

How to Make It

Step 1: Heat canola oil in a large nonstick skillet over medium-high. Add bok choy, and cook, stirring often, until wilted and mostly dry, 6 to 8 minutes. Add ginger and garlic; cook, stirring constantly, 1 minute. Transfer bok choy mixture to a plate to cool 5 minutes. Pat the mixture dry with a paper towel.

Step 2: Stir together ground pork, bok choy mixture, and crushed red pepper in a medium bowl.

Step 3: Place a dumpling wrapper on work surface, and spoon about 1 tablespoon filling in center of wrapper. Using a pastry brush or your fingers, lightly moisten the edges of the wrapper with water. Fold the wrapper over to make a half-moon shape, pressing edges to seal. Repeat process with remaining wrappers and filling.

Step 4: Lightly coat air fryer basket with cooking spray. Place 6 dumplings in basket, leaving room between each; lightly spray the dumplings with cooking spray. Cook at 375°F until lightly browned, 12 minutes, turning dumplings over halfway through cooking. Repeat with remaining dumplings, keeping cooked dumplings warm.

Step 5: Meanwhile, stir together rice vinegar, soy sauce, sesame oil, brown sugar, and scallions in a small bowl until sugar is dissolved. To serve, place 3 dumplings on each plate with 2 teaspoons sauce.

Classic Fish and Chips With an Air Fryer



- Active Time: 15 Mins
- Total Time: 45 Mins
- Yield: Serves 4 (serving size: 1 fish fillet, 4 potato wedges)

Classic pub fare like fish and chips can be a real grease-fest, but not when your air fryer's invited to the party.

We love the extra-crispy factor of these spiralized potato fries; if you don't have a spiralizer or can't find pre-spiralized potatoes at your grocery store, simply cut 2 (10-oz.) potatoes into 8 wedges each, and prepare and cook as directed in step one, cooking about 25 minutes, turning once. Don't skip the rich and tangy malt vinegar on the side; it brings a lot of flavor without the added calories and fat of tartar sauce.

Ingredients

- 2 (10-oz.) russet potatoes, scrubbed
- Cooking spray
- 1 1/4 teaspoons kosher salt, divided
- 1 cup (about 4 1/4 oz.) all-purpose flour
- 2 large eggs
- 2 tablespoons water
- 1 cup whole-wheat panko (Japanese-style breadcrumbs)
- 4 (6-oz.) skinless tilapia fillets
- 1/2 cup malt vinegar

Nutritional Information

- Calories 415
- Fat 7g
- Saturated fat 2g
- Unsaturated fat 3g
- Protein 44g
- Carbohydrate 46g
- Fiber 4g
- Sugars 2g
- Added sugars 0g
- Sodium 754mg
- Calcium 5% DV
- Potassium 24% DV

How to Make It

Step 1: Cut potatoes into spirals on a spiralizer, using manufacturer's instructions. In batches, place in a single layer in air fryer basket; spray with cooking spray, tossing to be sure that they are coated completely. Cook at 375°F until golden brown and crispy on the outside, 10 minutes, turning halfway through cooking. Remove potatoes from basket, and cover to keep warm. When all potatoes are cooked, sprinkle evenly with 1/4 teaspoon salt.

Step 2: While potatoes cook, stir together flour and 1/2 teaspoon of the salt in a shallow dish. Lightly whisk together eggs and water in a second shallow dish. Stir together panko and remaining 1/2 teaspoon salt in a third shallow dish. Cut each fish fillet lengthwise into 2 long strips. Dredge in flour mixture, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko mixture, pressing to adhere. Coat fish on both sides with

cooking spray.

Step 3: Place fish in a single layer in air fryer basket, and cook in batches at 375°F until golden brown, 10 minutes, turning fish over halfway through cooking.

Step 4: To serve, place 2 pieces of fish and equal portions potato spirals on each plate with 2 tablespoons malt vinegar for dipping.

Shrimp Spring Rolls With Sweet Chili Sauce



- Active Time: 20 Mins
- Total Time: 35 Mins
- Yield: Serves 4 (serving size: 2 spring rolls, 2 tbsp. sauce)

Crunch is the name of the game with these shrimp- and veggie-packed spring rolls.

Fresh carrots and cabbage hold their texture nicely in the air fryer, and the shrimp adds a nice fill-you-up factor. Be sure to purchase thin spring roll wrappers (not thicker egg roll wrappers) and brush them with oil before cooking to get the crispiest results.

Ingredients

- 2 1/2 tablespoons sesame oil, divided
- 2 cups pre-shredded cabbage
- 1 cup matchstick carrots
- 1 cup julienne-cut red bell pepper
- 4 ounces peeled, deveined raw shrimp, chopped
- 3/4 cup julienne-cut snow peas
- 1/4 cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 2 teaspoons fish sauce
- 1/4 teaspoon crushed red pepper
- 8 (8-inch-square) spring roll wrappers
- 1/2 cup sweet chili sauce

Nutritional Information

- Calories 180
- Fat 9g
- Saturated fat 1g
- Unsaturated fat 7g
- Protein 7g
- Carbohydrate 19g
- Fiber 3g
- Sugars 5g
- Added sugars 0g
- Sodium 318mg
- Calcium 7% DV
- Potassium 8% DV

How to Make It

Step 1: Heat 1 1/2 teaspoons of the oil in large skillet over high until slightly smoking. Add cabbage, carrots, and bell pepper; cook, stirring constantly until lightly wilted, 1 to 1 1/2 minutes. Spread on a rimmed baking sheet; cool 5 minutes.

Step 2: Place cabbage mixture, shrimp, snow peas, cilantro, lime juice, fish sauce, and crushed red pepper in a large bowl; toss to combine.

Step 3: Place spring roll wrappers on work surface with 1 corner facing you. Spoon 1/4 cup filling in center of each spring roll wrapper, spreading from

left to right into a 3-inch long strip. Fold bottom corner of each wrapper over filling, tucking tip of corner under filling. Fold left and right corners over filling. Lightly brush remaining corner with water; tightly roll filled end toward remaining corner; gently press to seal. Brush spring rolls with remaining 2 tablespoons oil.

Step 4: Place 4 spring rolls in air fryer basket, and cook at 390°F until golden, 6 to 7 minutes, turning spring rolls after 5 minutes. Repeat with remaining spring rolls. Serve with sweet chili sauce.

Air Fryer Chocolate Chip Cookies



- Makes: 30 Cookies
- Active Time: 15 Minutes
- Total Time: 5 minutes

The air fryer is basically a countertop convection oven. The high fan speed and concentrated heat makes the outside of the cookie crispy while keeping the inside gooey. Plus, it doesn't heat up your kitchen, and keeps the mess

contained to a basket or rack, which in most cases is dishwasher-safe. Better yet, if you start keeping cookie dough in your freezer like me, you'll be sitting down to a couple of freshly baked cookies in just five minutes!

When using your air fryer to make cookies, make sure to always line the bottom of the air fryer with foil to help with easy cleanup. You'll also want to line the racks or basket with parchment paper — either buy paper that has holes in it, cut some slits into the paper, or be sure to leave room around it — which will allow for even cooking and air circulation. With these tips, you are on your way to cookie success!

Ingredients

- 2 sticks (1 cup) unsalted butter
- 3/4 cup granulated sugar
- 3/4 cup packed dark brown sugar
- 1 tablespoon vanilla extract
- 2 large eggs
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 2 1/3 cups all-purpose flour
- 2 cups chocolate chunks or chips
- 3/4 cup chopped walnuts
- Cooking spray
- Flaky sea salt, for garnish (optional)

Nutritional Information

- Calories 330
- Fat 17.5 g (26.9%)
- Saturated 8.5 g (42.7%)
- Carbs 42.9 g (14.3%)
- Fiber 1.9 g (7.6%)
- Sugars 28.0 g
- Protein 4.0 g (8.0%)
- Sodium 172.1 mg (7.2%)

Instructions

Place 2 sticks unsalted butter in the bowl of a stand mixer fitted with the

paddle attachment and let sit until softened. (Alternatively, use a large bowl and electric hand mixer.) Add 3/4 cup granulated sugar and 3/4 cup packed dark brown sugar, and beat on medium speed until combined and fluffy, 3 to 4 minutes. Add 1 tablespoon vanilla extract, 2 large eggs, and 1 teaspoon kosher salt, and beat until just combined. Add 1 teaspoon baking soda and 2 1/3 cups all-purpose flour in increments, mixing until just combined.

Add 2 cups chocolate chunks and 3/4 cup chopped walnuts and stir with a rubber spatula until just combined.

Preheat an Instant Vortex Plus 7-in-1 Air Fryer Oven to BAKE at 350°F and set to 5 minutes. Line the air fryer racks with parchment paper, being sure to leave room on all sides for air to flow. Drop 2-tablespoon scoops of the dough onto the racks, spacing them 1-inch apart. Gently flatten each scoop slightly to make a cookie shape. Sprinkle with flaky sea salt, if using. Bake until golden brown, about 5 minutes. Remove the racks from the air fryer and let cool for 3 to 5 minutes to set. Repeat with the remaining dough. Serve warm.

Storage: Leftovers can be stored in an airtight container at room temperature up to 3 days.

Air Fryer Egg Rolls



- Yields: 16 Servings
- Prep Time: 30 Mins
- Total Time: 45 Mins

Avoid frying by cooking these Southwestern egg rolls in an air fryer and achieving the same crispiness!"

Ingredients

- 2 cups frozen corn, thawed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (13.5 ounce) can spinach, drained
- 1 1/2 cups shredded jalapeno Jack cheese
- 1 cup sharp Cheddar cheese, shredded
- 1 (4 ounce) can diced green chiles, drained
- 4 green onions, sliced
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 (16 ounce) package egg roll wrappers
- cooking spray

Directions

Mix corn, beans, spinach, jalapeno Jack cheese, Cheddar cheese, green chiles, green onions, salt, cumin, and chili powder together in a large bowl for the filling.

Lay an egg roll wrapper at an angle. Use your finger to lightly moisten all 4 edges with water. Place about 1/4 cup of the filling in the center of the wrapper. Fold 1 corner over filling and tuck in the sides to form a roll. Repeat with remaining wrappers and mist each egg roll with cooking spray.

Preheat an air fryer to 390 degrees F (199 degrees C). Place egg rolls in the basket, making sure they are not touching; cook in batches if necessary. Fry for 8 minutes; flip and cook until skins are crispy, about 4 minutes more.

Nutrition Facts

- 216 calories; 7.7 g fat; 27 g carbohydrates; 10.6 g protein; 25 mg cholesterol; 628 mg sodium.

Air Fryer Donuts



- Makes: 8 doughnuts
- Active Time: 5 minutes
- Total Time: 10 minutes to 12 minutes

Love donuts, hate deep-frying? Same. Luckily, there's a way to get around that.

If you aren't currently the proud owner of an air fryer, let this be the recipe that convinces you to buy one. With a can of biscuit dough and just the teensiest spray of oil, you can be enjoying warm, flaky donuts in just 10 minutes — no hot oil splatters or deep-fry thermometers in sight. Here's how to do it.

The air fryer uses convection to circulate hot air around whatever you put

inside. To prevent the donuts from sticking, you'll want to spray the air fryer basket with just a bit of oil. Avoid a nonstick cooking spray such as Pam, which can damage the nonstick coating of the basket. Instead, opt for an olive oil or coconut oil spray (which are also both great for spraying onto homemade popcorn).

After cutting small holes out of the center of your biscuits, you'll place them in a single layer in the basket of the air fryer (depending on the size of your fryer, you'll likely need to make the donuts in two rounds), then set to 350°F and cook, flipping once, until golden-brown. Then, go ahead and fry up the donut holes, too!

Ingredients

- 1/2 cup granulated sugar
- 1 tablespoon ground cinnamon
- 1 (16.3-ounce) can flaky large biscuits, such as Pillsbury Grands! Flaky Biscuits
- Olive oil spray or coconut oil spray
- 4 tablespoons unsalted butter, melted

Nutritional Information

- Calories 248
- Fat 12.6 g (19.4%)
- Saturated 5.0 g (24.9%)
- Carbs 31.2 g (10.4%)
- Fiber 1.1 g (4.4%)
- Sugars 11.0 g
- Protein 3.3 g (6.6%)
- Sodium 268.8 mg (11.2%)

Instructions

Line a baking sheet with parchment paper. Combine sugar and cinnamon in a shallow bowl; set aside.

Remove the biscuits from the can, separate them, and place them on the baking sheet. Use a 1-inch round biscuit cutter (or similarly-sized bottle cap) to cut holes out of the center of each biscuit.

Lightly coat an air fryer basket with olive or coconut oil spray (do not use nonstick cooking spray such as Pam, which can damage the coating on the basket).

Place 3 to 4 donuts in a single layer in the air fryer (they should not be touching). Close the air fryer and set to 350°F. Cook, flipping halfway through, until the donuts golden-brown, 5 to 6 minutes total. Transfer donuts place to the baking sheet. Repeat with the remaining biscuits. You can also cook the donut holes — they will take about 3 minutes total.

Brush both sides of the warm donuts with melted butter, place in the cinnamon sugar, and flip to coat both sides. Serve warm.

Air Fryer Churro Bites with Chocolate Dipping Sauce



- Makes: 8 doughnuts
- Active Time: 5 minutes
- Total Time: 10 minutes to 12 minutes

Have you discovered the magic that is the air fryer yet? Here's how it works: By circulating both hot air and oil in a small enclosed space, you can get the flavors of fried foods without actually heating a vat of oil.

Enter: air fryer churro bites. Because the classically fried dessert is made with a *pâte à choux* batter that can either be baked or fried, it's well-suited for the

air-fryer. Here's how to make them, plus an ingenious sour cream chocolate sauce for dipping.

Pâte à choux is a cooked batter that starts with water and butter and involves beating eggs into a boiled flour mixture in order to create a light, airy texture. For pâte à choux desserts like éclairs, this batter is baked until crisp; for churros a similar batter is deep-fried, making for a crunchy outside and soft, creamy interior. Air fryer churros have a texture in between — crisp outside and tender inside.

The trickiest part of this recipe is getting the batter into the air fryer. To get strips like a classic churro stick, you'll need to pipe the batter directly into the air fryer basket, then snip the batter away from the piping bag. If this maneuver gets tricky, chill the batter between batches or skip the stick shape and do rounds instead.

Ingredients

- 1 cup water
- 8 tablespoons (1 stick) unsalted butter, cut into 8 pieces
- 1/2 cup plus 1 tablespoon granulated sugar, divided
- 1 cup all-purpose flour
- 1 teaspoon vanilla extract
- 3 large eggs
- 2 teaspoons ground cinnamon
- 4 ounces finely chopped dark chocolate
- 1/4 cup sour cream or Greek yogurt

Nutritional Information

- Calories 253
- Fat 14.4 g (22.2%)
- Saturated 8.3 g (41.5%)
- Carbs 26.8 g (8.9%)
- Fiber 1.8 g (7.4%)
- Sugars 14.3 g
- Protein 4.3 g (8.5%)
- Sodium 28.6 mg (1.2%)

Instructions

Bring the water, butter, and 1 tablespoon of the sugar to a simmer in a small saucepan over medium-high heat. Add the flour and quickly stir it in with a sturdy wooden spoon. Continue to cook, stirring constantly, until the flour smells toasted and the mixture is thick, about 3 minutes. Transfer to a large bowl.

Using the same wooden spoon, beat the flour mixture until cooled slightly but still warm, about 1 minute of constant stirring. Stir in the vanilla. Stir in the eggs one at a time, making sure each egg is incorporated before adding the next.

Transfer the dough to a piping bag or gallon zip-top bag. Let the dough rest for 1 hour at room temperature. Meanwhile, prepare the cinnamon sugar and chocolate sauce.

Combine the cinnamon and remaining 1/2 cup sugar in large bowl. Microwave the chocolate in a medium microwave-safe mixing bowl in 30-second intervals, stirring between each, until the chocolate is melted, 1 1/2 to 2 minutes. Add the sour cream or yogurt and whisk until smooth. Cover and set aside.

Preheat the air fryer for 10 minutes at 375°F. Pipe the batter directly into the preheated air fryer, making 6 (3-inch) pieces and piping them at least 1/2-inch apart. Air fry until golden-brown, about 10 minutes. Immediately transfer the churros to the bowl of cinnamon sugar and toss to coat. Repeat with air frying the remaining batter. Serve the churros warm with the dipping sauce.

Air Fryer Beignets



- Makes: 9 beignets
- Active Time: 20 minutes
- Total Time: 28 minutes

These beignets use a super simple yogurt and self-rising flour dough and can be made in minutes any day of the week.

Here's the easiest way to armchair travel down to New Orleans: Pull out your air fryer and make these pillowy beignets piled high with powdered sugar quicker than you can say Big Easy. Not only do they come together easily, but there's also no deep frying—meaning less cleanup for you and so you can get right to dunking these treats into a hot cup of coffee.

The air fryer is a big time-saver on its own, but these beignets have a few extra corner-cutters built in so you can be eating fried dough even faster. The first is that they start with self-rising flour. This eliminates the need to keep yeast on hand or wait impatiently through a rising time. Stir the flour into a mixture of Greek yogurt (and vanilla and sugar if you want a little extra flavor), and your beignet dough is ready.

Then, when it's time to form the beignets, use a piece of Bounty paper towels to form the dough into a rectangle. This will keep the mixture off your hands so that you're not scraping dough off every tool handle and cabinet pull in your kitchen when you're done cooking. Later, a few more sheets of Bounty make clean up a cinch. Set the beignets on a sheet of paper towel to absorb any extra oil that might be sticking onto the beignets when they come out of the fryer. And, you can dampen a couple sheets of paper towels to help wipe out the air fryer when you're all done.

Be forewarned: these beignets are best straight out of the fryer, so be ready for your family and friends to be hovering around the kitchen, ready to snag their own New Orleans-inspired treat.

Ingredients

- 1 cup plain Greek yogurt (8 ounces)
- 2 tablespoons granulated sugar (optional)
- 1 teaspoon vanilla extract (optional)
- 1 cup self-rising flour, plus more for the work surface
- Olive oil or coconut oil spray
- 2 tablespoons unsalted butter, melted
- 1/2 cup powdered sugar

Nutritional Information

- Calories 186
- Fat 6.8 g (10.5%)

- Saturated 3.8 g (19.1%)
- Carbs 26.7 g (8.9%)
- Fiber 0.6 g (2.3%)
- Sugars 11.1 g
- Protein 4.9 g (9.7%)
- Sodium 266.9 mg (11.1%)

Instructions

Stir the yogurt, granulated sugar, and vanilla if using together in a medium bowl until combined. Add the flour and stir until all of the flour is moistened and a dough forms.

Turn the dough out onto a floured work surface. Fold the dough over onto itself 2 to 3 times until smooth. Pat into a 4x5-inch (1-inch thick) rectangle, then cut into 9 pieces. Separate the pieces and lightly dust each side with flour until smooth and no longer tacky. Set aside for 15 minutes.

Heat an air fryer to 350°F. Line a large plate with Bounty paper towels; set aside.

Lightly coat the air fryer basket with olive or coconut oil spray (do not use vegetable oil cooking spray, which can damage the coating on the basket). Brush the tops of the beignets with butter. Place 4 to 5 of them butter-side down in a single layer without touching in the air fryer. Brush the tops of the beignets with butter. Close the air fryer and reset to 350°F if needed. Cook on the first side until the edges appear dry and begin to brown and the beignet releases easily from the basket, about 7 minutes. Flip and cook until golden brown on the second side, 6 minutes more.

Transfer to the Bounty paper towel-lined plate and generously dust with powdered sugar. Repeat with frying the remaining beignets. Serve warm, they are best served immediately after frying.

Air Fryer Apple Cider Donuts



- Makes: 18
- Active Time: 25 minutes
- Total Time: 45 minutes

These super delicious cakey donuts are an Autumn New England treat — but you can enjoy them any time of year, and anywhere you are. All you need is a little apple cider, and some baking ingredients. One bite and you're strolling through an orchard, picking apples!

Apple cider donuts are one of fall's greatest pleasures — especially when

eaten still-warm, on a crisp fall day.

If you're missing your favorite apple orchard and need an apple cider donut fix, this recipe is for you. This recipe is also for you if you've ever wanted to try donuts in your Kalorik Maxx Air Fryer, or if you just want your kitchen to smell heavenly for an entire Saturday morning. Here's how to make apple cider donuts in your air fryer.

The mixing method for making the dough is similar to making biscuits (and inspired by our shortcut biscuit dough air fryer donuts). You'll mix together the dry ingredients, work in some grated butter with your fingertips, then stir in the liquid. Then, you'll fold and pat the dough a few times before cutting out the donuts. This method makes donuts that hold up better for air frying — the dough is sturdy enough to set on the perforated racks without slipping through and getting stuck. The cold grated butter gives them that characteristic puff of classic fried donuts.

The liquid in this donut dough is a combination of boiled-down apple cider and milk. Boiling the apple cider helps give these donuts their sweet apple taste, and can be done up to several days in advance. You can also make the doughnut dough the night before — just tightly wrap it in plastic wrap or place in an airtight container, then cut out and fry the donuts in the morning.

Final piece of advice? Don't skimp on the cinnamon-sugar coating. It gives them that fresh-from-the-apple-orchard bite without having to take a long country drive.

Ingredients

For the donuts:

- 2 cups apple cider
- 3 cups all-purpose flour
- 1/2 cup packed light brown sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 8 tablespoons (1 stick) cold unsalted butter
- 1/2 cup cold milk

For shaping and finishing:

- 1/4 cup all-purpose flour
- 8 tablespoons unsalted butter
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon

Nutritional Information

- Calories 318
- Fat 12.4 g (19.1%)
- Saturated 7.7 g (38.4%)
- Carbs 49.1 g (16.4%)
- Fiber 1.1 g (4.3%)
- Sugars 25.8 g
- Protein 3.5 g (6.9%)
- Sodium 173.8 mg (7.2%)

Instructions

Make the dough: Pour 2 cups apple cider into a small saucepan and bring to a boil over medium-high heat. Boil until reduced by half (to 1 cup), 10 to 12 minutes. Err on the side of over-reducing (you can always add a little bit extra apple cider to the reduced amount). Transfer the cider reduction to a heatproof measuring cup and cool completely, about 30 minutes.

Place 3 cups all-purpose flour, 1/2 cup packed light brown sugar, 2 teaspoons baking powder, 1 teaspoon ground cinnamon, 1 teaspoon ground ginger, 1/2 teaspoon baking soda, and 1/2 teaspoon kosher salt in a large bowl and whisk to combine.

Grate 8 tablespoons cold unsalted butter on the large holes of a box grater. Add the grated butter to the flour mixture and use your fingers to incorporate the butter until it is about the texture of small pebbles. Make a well in the center of mixture. Add the 1 cup reduced cider and 1/2 cup cold milk to the well and use a wide spatula to mix the dough together.

Shape the dough: Sprinkle a work surface with a few tablespoons of flour. Place the dough on the flour. Pat the dough into an even layer about 1-inch thick, and sprinkle with more flour. Fold the dough onto itself and pat it down until 1-inch thick. Fold and pat again, repeating about 6 times, until the

dough is slightly springy. Pat the dough into a rough 9x13-inch rectangle about 1/2-inch thick.

Cut donuts out of the dough with a floured donut cutter (or a 3-inch and 1-inch round cutter). You should get about 8 donuts out of the first round of cutting. Transfer the donuts to a baking sheet. Gather the scraps, pat the dough down again, and repeat cutting until you have about 18 donuts. Refrigerate the donuts while you preheat the air fryer to 375°F for about 10 minutes. Meanwhile, prepare the coating.

Melt the remaining 8 tablespoons of butter and place in a medium bowl. Place 1 cup granulated sugar and 1 teaspoon ground cinnamon in a small bowl and whisk together with a fork.

Depending on the size of your air fryer, air fry in batches of 3 to 4 at a time, flipping them halfway through, 12 minutes per batch. Transfer the donuts to a wire rack and load the air fryer with the next batch. Meanwhile, dip the fried donuts first in the butter, and then the cinnamon sugar. Place back on the wire rack. Serve the donuts warm or at room temperature with warm cider for dipping.

Make ahead: The dough can be mixed and folded the night before. Store tightly wrapped in the fridge and bring to room temperature for 30 minutes before punching out the donut shape and air frying.

Storage: These donuts are best made the day they are made, but leftovers keep well for up to 2 days in a tightly sealed container at room temperature.

Antipasto Egg Rolls



- Yields: 12
- Prep Time: 10 Mins
- Total Time: 30 Mins

These egg rolls are the PERFECT appetizer. They're loaded with flavor and surprisingly easy to make. Not a fan of provolone? Swap out for Swiss or any

other cheese you prefer!

Fun fact: To cut down on calories, you can make this recipe in your air fryer! And you don't need any oil. (Though if you brush some on before cooking, your egg rolls will come out a little cracklier.) Just know that most air fryer baskets won't be able to hold a ton of egg rolls, so you'll need to work in more batches will increase your total time. In our air fryer, which fits 3 egg rolls, it takes about 1 hour 10 minutes total time to cook everything off.

Looking for more antipasto apps? These Antipasto Squares are one of our most popular recipes EVER!

Ingredients

- 12 egg roll wrappers
- 12 slices provolone
- 12 slices deli ham
- 36 slices pepperoni
- 1 c. shredded mozzarella
- 1 c. sliced pepperoncini
- Vegetable oil, for frying on stovetop
- 1/4 c. freshly grated Parmesan
- 1 tbsp. Italian dressing, for serving

Nutritional Information

- Calories 82
- Fat 4g
- Satfat 1g
- Unsatfat 2g
- Protein 4g
- Carbohydrate 7g
- Fiber 1g
- Sugars 0g
- Added sugars 0g
- Sodium 232mg
- Calcium 8% DV
- Potassium 0% DV

Directions

Place an egg roll wrapper on a clean surface in a diamond shape place a slice of provolone in the center. Top with one slice of ham, 3 slices of pepperoni, and a large pinch of both mozzarella and pepperoncini. Fold up bottom half and tightly fold in sides. Gently roll, then seal fold with a couple drops of water.

Working in batches, cook egg rolls at 390° until golden, about 12 minutes, flipping halfway through.

Cauliflower Tots



- Yields: 6 Servings
- Prep Time: 10 Mins
- Total Time: 30 Mins

These cheesy nuggets of joy might be better than the real thing. We've

included an oven-baked version as well as an air-fryer version below—both are great, but we're in love with how golden the air fryer version gets!

Ingredients

- Cooking spray
- 4 c. cauliflower florets, steamed (about 1/2 large cauliflower)
- 1 large egg, lightly beaten
- 1 c. shredded cheddar
- 1 c. freshly grated Parmesan
- 2/3 c. panko breadcrumbs
- 2 tbsp. freshly chopped chives
- Kosher salt
- Freshly ground black pepper
- 1/2 c. ketchup
- 2 tbsp. Sriracha

Nutritional Information

- Calories 78
- Fat 0g
- Satfat 0g
- Unsatfat 0g
- Protein 1g
- Carbohydrate 19g
- Fiber 2g
- Sugars 8g
- Added sugars 0g
- Sodium 335mg
- Calcium 1% DV
- Potassium 9% DV

Directions

FOR OVEN

Preheat oven to 375°. Grease a large baking sheet with cooking spray.

In a food processor, pulse steamed cauliflower until riced. Place riced cauliflower on a clean kitchen towel and squeeze to drain water.

Transfer cauliflower to a large bowl with egg, cheddar, Parmesan, Panko, and chives and mix until combined. Season with salt and pepper to taste.

Spoon about 1 tablespoon mixture and roll it into a tater-tot shape with your hands. Place on prepared baking sheet and bake for 15 to 20 minutes, until tots are golden.

Meanwhile, make spicy ketchup: Combine ketchup and Sriracha in a small serving bowl and stir to combine.

Serve warm cauliflower tots with spicy ketchup.

FOR AIR FRYER

In a food processor, pulse steamed cauliflower until riced. Place riced cauliflower on a clean kitchen towel and squeeze to drain water.

Transfer cauliflower to a large bowl with egg, cheddar, Parmesan, Panko, and chives and mix until combined. Season with salt and pepper to taste.

Spoon about 1 tablespoon mixture and roll it into a tater-tot shape with your hands. Working in batches, arrange in basket of air fryer in a single layer and cook at 375° for 10, until tots are golden.

Meanwhile, make spicy ketchup: Combine ketchup and Sriracha in a small serving bowl and stir to combine.

Serve warm cauliflower tots with spicy ketchup.

Homemade Cannoli



- Yields: 20
- Prep Time: 10 Mins
- Total Time: 10 Mins

Italian bakeries have been serving up cannoli forever. The crispy shell and creamy sweet filling are nearly irresistible. Often times, they come with mini chocolate chips or chopped pistachios or dipped in chocolate. No matter what topping you pick, they're a MAJOR treat.

Why is there wine in cannoli shells?

Cannoli dough is usually made with white wine, which might seem a little odd. It includes wine for the same reason some pie crusts will include vinegar or vodka. The alcohol tenderizes the pastry and helps make it extra flaky. Who knew?

What is cannoli filling?

Cannoli filling is always made with ricotta and usually powdered sugar to sweeten it. Filling will usually include mascarpone and whipped cream for a lighter filling. You'll sometimes find orange zest or nutmeg in there for extra flavor.

How do I thicken cannoli filling?

Getting the consistency of the cannoli filling is important. Start by draining your ricotta. Place ricotta in a fine mesh strainer and set strainer over a larger bowl. Let sit in refrigerator for at least an hour, preferably 2. How much liquid drains out will depend on the quality of your ricotta. The higher the quality, the less liquid. Even if just a little strains out, it will help in the long run.

Another important step is letting the filling chill. We like to make our filling first and let it hang out in the refrigerator until we are ready to serve the cannoli. The longer it's in there the better.

How long does cannoli filling last?

You can make your filling up to 2 days in advance! It's a great way to save some time and get ahead.

How do I keep cannoli from getting soggy?

Like most fried things, cannoli are best freshly made. Unfilled shells will last in an airtight container for 1 day, but wait to fill them until ready to serve. Filled cannoli will start to get soggy after about an hour. It makes for a fun "do it yourself" station at a party. Give your guests the filling and plenty of toppings to dip the cannolis in and let them make their own right as they are ready to eat!

Can I air fry cannoli?

YES! If you aren't a fan of frying, the air fryer is a solid option! They crisp

up beautifully without any excess oil.

Ingredients

FOR THE FILLING:

- 1 (16-oz.) container ricotta
- 1/2 c. mascarpone cheese
- 1/2 c. powdered sugar, divided
- 1 c. heavy cream
- 1 tsp. pure vanilla extract
- 1 tsp. orange zest
- 1/4 tsp. kosher salt
- 1/2 c. mini chocolate chips, for garnish

FOR THE SHELLS:

- 2 c. all-purpose flour, plus more for surface
- 1/4 c. granulated sugar
- 1 tsp. kosher salt
- 1/2 tsp. cinnamon
- 4 tbsp. cold butter, cut into cubes
- 6 tbsp. white wine
- 1 large egg
- 1 egg white, for brushing
- Vegetable oil, for frying

Nutritional Information

- Calories 99
- Fat 7g
- Satfat 3g
- Unsatfat 2g
- Protein 7g
- Carbohydrate 26g
- Fiber 4g
- Sugars 3g
- Added sugars 0g
- Sodium 287mg
- Calcium 8% DV

- Potassium 1% DV

Directions

MAKE FILLING:

Drain ricotta by placing it a fine mesh strainer set over a large bowl. Let drain in 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 your hands or pastry cutter until pea-sized. Add wine and egg and mix until a dough forms. Knead a few times in bowl to help dough come together. Pat into a flat circle, then wrap in plastic wrap and refrigerate 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 FRYING:

In a large pot over medium heat, heat about 2" of oil to 360°. Working in batches, add cannoli molds to oil and fry, turning occasionally, until golden, about 4 minutes. Remove from oil and place on a paper towel-lined plate. Let cool slightly.

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.

FOR AIR FRYER:

Working in batches, place molds in basket of air fryer and cook at 350° 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.

Air Fryer Brownies



- Yields: 2 Servings
- Prep Time: 5 Mins
- Total Time: 35 Mins

Everyone loves a good fudgy brownie. This air fryer version "bakes" in half the time of a usual brownie, so it's safe to say we're hooked. Though you could slice it into squares, we prefer to go straight in with spoons. Don't forget a big scoop of vanilla ice cream!

Ingredients

- 1/2 c. granulated sugar

- 1/3 c. cocoa powder
- 1/4 c. all-purpose flour
- 1/4 tsp. baking powder
- Pinch kosher salt
- 1/4 c. butter, melted and cooled slightly
- 1 large egg

Nutritional Information

- Calories 238
- Fat 4g
- Satfat 2g
- Unsatfat 1g
- Protein 5g
- Carbohydrate 46g
- Fiber 1g
- Sugars 22g
- Added sugars 21g
- Sodium 74mg
- Calcium 2% DV
- Potassium 1% DV

Directions

Grease a 6" round cake pan with cooking spray. In a medium bowl, whisk to combine sugar, cocoa powder, flour, baking powder, and salt.

In a small bowl, whisk melted butter and egg until combined. Add wet ingredients to dry ingredients and stir until combined.

Transfer brownie batter to prepared cake pan and smooth top. Cook in air fryer at 350° for 16-18 minutes. Let cool 10 minutes before slicing.

Air Fryer Pizza



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 10 Mins

Making great homemade pizza can be hard, or so we thought. Turns out, we

just hadn't tried making it in an air fryer yet! This super simple recipe yields some of the best pizza to ever come out of our kitchen. The air fryer excels in cooking crust—ours was airy in the center and crunchy on the outside, just like in a true pizza oven! We're beyond hooked, and we think you will be too. Who knew great pizza could be this easy?!

A couple tips:

- ALWAYS build your pizza inside the air fryer basket. Transferring an already-topped uncooked pizza is... very difficult.
- Use two pairs of tongs (or two spatulas) to carefully remove cooked pizza from the basket. It takes a little concentration, but the pay off is big: all the toppings stay on the pizza, instead of the bottom of your air fryer.

Ingredients

- 2 (8-oz.) packages pizza dough
- 1 tbsp. extra virgin olive oil, divided
- 1/3 c. crushed tomatoes
- 1 clove garlic, minced
- 1/2 tsp. oregano
- Kosher salt
- Freshly ground black pepper
- 1/2 (8-oz.) mozzarella ball, cut into 1/4" slices
- Basil leaves, for serving

Nutrition:

- Calories 410
- Total Fat 16g
- Saturated Fat 6g
- Trans Fat 0g
- Cholesterol 125mg
- Sodium 970mg
- Potassium 150mg
- Total Carbohydrate 50g
- Dietary Fiber 1g

- Sugars 7g
- Protein 17g

Directions

On a clean, floured surface, gently flatten ball of dough with your hands until about 8" in diameter (or roughly smaller than your air fryer basket). Repeat with second dough ball. Brush both with olive oil and transfer one, oil side up, into the basket of your air fryer.

In a medium bowl, stir to combine crushed tomatoes, garlic, and oregano. Spoon half tomato mixture onto the center of rolled out pizza dough, then spread into an even layer, leaving ½" outer crust bare.

Add half the mozzarella slices to pizza. Air fry on 400° for 10 to 12 minutes, or until crust is golden and cheese is melted.

Remove first pizza from air fryer basket using 2 pairs of tongs, and garnish with basil leaves. Assemble and cook second pizza, garnish, and serve.

Air Fryer Cheeseburger



- Yields: 4 Servings
- Prep Time: 10 Mins

- Total Time: 30 Mins

When we went on the quest to make the world's best burger, we really wish we would have tested out an air fryer version. With the quick cook time, these burgers stay perfectly juicy and basically beg for a melty slice of cheese. Load it up with your favorite toppings and feel like the burger master you are - without all the smoke in your face.

Ingredients

- 1 lb. ground beef
- 2 cloves garlic, minced
- 1 tbsp. low-sodium soy sauce
- Kosher salt
- Freshly ground black pepper
- 4 slices American cheese
- 4 hamburger buns
- Mayonnaise
- Lettuce
- Sliced tomatoes
- Thinly sliced red onion

Nutrition:

- Calories 325
- Fat 13g
- Saturated Fat 5g
- Cholesterol 74mg
- Sodium 887mg
- Potassium 440mg
- Carbohydrates 23g
- Fiber 1g
- Sugar 3g
- Protein 27g
- Vitamin C 0.6mg
- Calcium 88mg
- Iron 4.1mg

Directions

In a large bowl combine beef, garlic, and soy sauce. Shape into 4 patties and flatten into a 4" circle. Season both sides with salt and pepper.

Place 2 patties in air fryer and cook at 375° for 4 minutes per side, for medium. Remove and immediately top with a slice of cheese. Repeat with remaining 2 patties.

Spread hamburger buns with mayo, then top with lettuce, patties, tomatoes, and onions.

Air Fryer Cinnamon Rolls



- Yields: 6
- Prep Time: 5 Mins
- Total Time: 30 Mins

If homemade cinnamon rolls seem like too much work on Saturday morning then we've found you the perfect solution. No need to wait on dough to rise with these easy air fryer cinnamon rolls. We used crescent dough to make

everything as simple as possible without losing any flavor!

Ingredients

FOR THE ROLLS

- 2 tbsp. melted butter, plus more for brushing
- 1/3 c. packed brown sugar
- 1/2 tsp. ground cinnamon
- Kosher salt
- All-purpose flour, for surface
- 1 (8-oz.) tube refrigerated Crescent rolls

FOR THE GLAZE

- 2 oz. cream cheese, softened
- 1/2 c. powdered sugar
- 1 tbsp. whole milk, plus more if needed

Nutrition Facts

- Calories 250
- Fat 18g
- Saturated Fat 7g
- Cholesterol 20mg
- Sodium 71mg
- Potassium 27mg
- Carbohydrates 21g
- Fiber 1g
- Sugar 8g
- Protein 2g
- Calcium 21mg
- Iron 1mg

Directions

Make rolls: Line bottom of air fryer with parchment paper and brush with butter. In a medium bowl, combine butter, brown sugar, cinnamon, and a large pinch of salt until smooth and fluffy.

On a lightly floured surface, roll out crescent rolls in one piece. Pinch seams together and fold in half. Roll into a 9"-x-7" rectangle. Spread butter mixture

over dough, leaving 1/4-inch border. Starting at a long edge, roll up dough like a jelly roll, then cut crosswise into 6 pieces.

Arrange pieces in prepared air fryer, cut-side up, spaced evenly.

Set air fryer to 350°, and cook until golden and cooked through, about 10 minutes.

Make the glaze: In a medium bowl, Whisk cream cheese, powdered sugar, and milk together. Add more milk by the teaspoonful, if necessary, to thin glaze.

Spread glaze over warm cinnamon rolls and serve.

Air Fryer French Toast Sticks



- Yields: 6 Servings

- Prep Time: 5 Mins
- Total Time: 35 Mins

There's no need to skip breakfast with these easy air fryer french toast sticks. There's no overnight soaking necessary or stressing over how hot the skillet is getting. Aim for thick sliced of bread for sturdier french toast that's perfectly dunkable.

Ingredients

- 2 large eggs
- 1/3 c. heavy cream
- 1/3 c. whole milk
- 3 tbsp. granulated sugar
- 1/4 tsp. ground cinnamon
- 1/2 tsp. pure vanilla extract
- Kosher salt
- 6 thick slices Pullman or other white loaf or brioche, each slice cut into thirds
- Maple syrup, for serving

Nutrition Facts

- Calories 170kcal
- Total Fat 8g
- Saturated Fat 4g
- Transfat 0g
- Cholesterol 90mg
- Sodium 183mg 8
- Carbohydrate 19g
- Dietary Fiber 1g
- Sugars 7g
- Protein 6g

Directions

Beat eggs, cream, milk, sugar, cinnamon, vanilla, and a pinch of salt in a large shallow baking dish. Add bread, turn to coat a few times.

Arrange french toast in basket of air fryer, working in batches as necessary to not overcrowd basket. Set air fryer to 375° and cook until golden, about 8

minutes, tossing halfway through.

Serve toast warm, drizzled with maple syrup.

Air Fryer Pickles



- Yields: 3 Servings
- Prep Time: 10 Mins

- Total Time: 55 Mins

It's no secret that Delish is obsessed with crazy pickle recipes. One of our all-time favorites: fried pickles. This air fryer version uses virtually no fat, and they're insanely crunchy regardless! Pickle fans, you know what to do.

Ingredients

- 2 c. dill pickle slices
- 1 egg, whisked with 1 tbsp. water
- 1/2 c. bread crumbs
- 1/4 c. freshly grated Parmesan
- 1 tsp. dried oregano
- 1 tsp. garlic powder
- Ranch, for dipping

Nutrition Facts

- Calories 229
- Fat 15g
- Saturated Fat 2g
- Cholesterol 42mg
- Sodium 543mg
- Potassium 91mg
- Carbohydrates 18g
- Fiber 1g
- Sugar 2g
- Protein 4g

Directions

Using paper towels, pat pickle chips dry. In a medium bowl, stir together bread crumbs, Parmesan, oregano, and garlic powder.

Dredge pickle chips first in egg and then in the bread crumb mixture. Working in batches, place in a single layer in air fryer basket. Cook at 400° for 10 minutes.

Serve warm with ranch.

Air Fryer Breakfast Frittata



- Yields: 4 Servings
- Prep Time: 15 Mins
- Total Time: 35 Mins

Frittatas are easy to make using a cake pan that fits in the air fryer basket. Switch up the ingredients to suit your taste. If you are worried about the frittata sticking to the cake pan, line the bottom of the pan with parchment paper.

Ingredients

- 1/4 pound breakfast sausage, fully cooked and crumbled
- 4 eggs, lightly beaten
- 1/2 cup shredded Cheddar-Monterey Jack cheese blend
- 2 tablespoons red bell pepper, diced
- 1 green onion, chopped
- 1 pinch cayenne pepper (optional) cooking spray

Nutrition Facts

- Per Serving: 380 calories; 27.4 g fat; 2.9 g carbohydrates; 31.2 g protein; 443 mg cholesterol; 694 mg sodium. Full nutrition

Directions

Combine sausage, eggs, Cheddar-Monterey Jack cheese, bell pepper, onion, and cayenne in a bowl and mix to combine.

Preheat the air fryer to 360 degrees F (180 degrees C). Spray a nonstick 6x2-inch cake pan with cooking spray.

Place egg mixture in the prepared cake pan.

Cook in the air fryer until frittata is set, 18 to 20 minutes.

Air-Fried Butter Cake



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 30 Mins

This is a basic butter cake; the trickiest bit was finding a cake tin to fit in the air fryer. I went with a ring tin, which works really well and makes it cook even quicker. Top with confectioners' sugar.

Ingredients

- Cooking spray
- 7 tablespoons butter, at room temperature
- 1/4 cup white sugar
- 2 tablespoons white sugar
- 1 egg
- 1 2/3 cups all-purpose flour
- 1 pinch salt, or to taste
- 6 tablespoons milk

Nutrition Facts

- Per Serving: 470 calories; 22.4 g fat; 59.7 g carbohydrates; 7.9 g protein; 102 mg cholesterol; 210 mg sodium. Full nutrition

Directions

Preheat an air fryer to 350 degrees F (180 degrees C). Spray a small fluted tube pan with cooking spray.

Beat butter and 1/4 cup plus 2 tablespoons butter together in a bowl using an electric mixer until light and creamy. Add egg and mix until smooth and fluffy. Stir in flour and salt. Add milk and mix batter thoroughly. Transfer batter to the prepared pan; use the back of a spoon to level the surface.

Place the pan in the air fryer basket. Set the timer for 15 minutes. Bake until a toothpick inserted into the cake comes out clean.

Turn cake out of pan and allow to cool, about 5 minutes.

Cook's Note: If you don't have an air fryer, this recipe works well in a toaster oven or normal oven. Add 5 minutes to the cook time.

Air Fryer Spicy Dill Pickle Fries



- Yields: 4 Servings
- Prep Time: 15 Mins
- Total Time: 30 Mins

Go bold and use your favorite spicy dill pickle spears for these tasty fries. They are easy to make and will be sure to please anyone that likes spicy food. Serve with ranch dressing or your favorite dipping sauce."

Ingredients

- 1 1/2 (16 ounce) jars spicy dill pickle spears
1 cup all-purpose flour
1/2 teaspoon paprika
1/4 cup milk
1 egg, beaten
1 cup panko bread crumbs
cooking spray
Add all ingredients to list

Directions

Drain pickles and pat dry.

Combine flour and paprika in a bowl. Combine milk and beaten egg in another bowl. Place panko in a third bowl.

Heat an air fryer to 400 degrees F (200 degrees C) according to

manufacturer's instructions.

Dip a pickle first in flour mixture, then in egg mixture, and then in bread crumbs until thoroughly coated and place on a plate. Repeat with remaining pickles. Spray coated pickles lightly with cooking spray.

Place pickles in a single layer in the air fryer basket; cook in batches if necessary to avoid overcrowding the fryer. Set timer for 14 minutes; turn pickles halfway through cooking time.

Nutrition Facts

80 calories; 1 g fat; 16.8 g carbohydrates; 3.1 g protein; 16 mg cholesterol; 770 mg sodium.

Air Fryer Buffalo-Ranch Chickpeas



- Yields: 4 Servings
- Prep Time: 5 Mins
- Total Time: 30 Mins

This is a highly addictive spicy snack that is simple to make and will disappear quickly. I recommend making 2 batches. You'll thank me later.

Ingredients

- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 tablespoons Buffalo wing sauce
- 1 tablespoon dry ranch dressing mix

Directions

Preheat an air fryer to 350 degrees F (175 degrees C).

Line a baking sheet with paper towels. Spread chickpeas over the paper towels. Place a layer of paper towels over the chickpeas and gently press to remove excess moisture.

Place chickpeas in a bowl. Add wing sauce and toss to combine. Add ranch dressing powder and mix well.

Place chickpeas in the basket of the air fryer in an even layer.

Cook for 8 minutes. Shake and cook for an additional 5 minutes. Shake and cook for another 5 minutes. Shake and cook for the final 2 minutes. Let cool for for 5 minutes and serve immediately.

Nutrition Facts

- 177 calories; 1.6 g fat; 33.6 g carbohydrates; 7 g protein; 0 mg cholesterol; 1033 mg sodium.

Air Fryer Pakoras



- Yields: 8 Servings
- Prep Time: 10 Mins
- Total Time: 40 Mins

All the things you love about pakoras but without the guilt by air frying instead of deep frying. Don't forget the yogurt dipping sauce!"

Ingredients

- 2 cups chopped cauliflower
- 1 cup diced yellow potatoes]
- 1 1/4 cups chickpea flour (besan)
- 3/4 cup water
- 1/2 red onion, chopped
- 1 tablespoon salt
- 1 clove garlic, minced
- 1 teaspoon curry powder
- 1 teaspoon coriander
- 1/2 teaspoon ground cayenne pepper, or more to taste
- 1/2 teaspoon cumin

- 1 serving cooking spray

Directions

Combine cauliflower, potatoes, chickpea flour, water, red onion, salt, garlic, curry powder, coriander, cayenne, and cumin in a large bowl. Set aside to rest for 10 minutes.

Preheat air fryer to 350 degrees F (175 degrees C).

Spray the basket of the air fryer with cooking spray. Spoon 2 tablespoons of cauliflower mixture into the basket and flatten. Repeat this as many times as your basket space allows without the pakoras touching. Mist the top of each pakora with non-stick spray.

Cook for 8 minutes. Flip and cook 8 additional minutes. Transfer to a paper towel-lined plate. Repeat with remaining batter.

Nutrition Facts

- 81 calories; 1.2 g fat; 14.3 g carbohydrates; 4.3 g protein; 0 mg cholesterol; 891 mg sodium.

Air Fryer Mac and Cheese Balls



- Yields: 24 Servings
- Prep Time: 15 Mins
- Total Time: 3 h 25 m

These little mac and cheese balls make great little appetizers or finger food. Kids love them!

Ingredients

- 6 cups water
- 1 (7.25 ounce) package macaroni and cheese dinner mix
- 1/4 cup milk 4 tablespoons margarine
- 3/4 cup shredded sharp Cheddar cheese nonstick
- Cooking spray
- 1/2 cup panko bread crumbs
- 1/2 cup seasoned bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 eggs, beaten

Directions

Pour water into a bowl and bring to a boil over high heat. Stir in macaroni pasta from dinner package. Cook until tender, stirring occasionally, 7 to 8 minutes. Drain; do not rinse. Return to the pot and stir in included cheese sauce, milk, and margarine. Add Cheddar cheese and stir until well combined and cheese is melted.

Refrigerate macaroni and cheese until firm, 2 hours to overnight.

Scoop macaroni and cheese into 1 1/2-inch balls and place on a parchment paper-lined cookie sheet. Freeze for 1 hour.

Preheat an air fryer to 350 degrees F (175 degrees C) according to manufacturer's instructions. Spray the basket with nonstick cooking spray.

Mix panko, bread crumbs, salt, and garlic powder together in a medium bowl. Dip each ball in beaten eggs and then in panko mixture.

Place mac and cheese balls into the air fryer basket in a single layer, making sure they are not touching; cook in batches if necessary.

Cook in the preheated air fryer for 6 to 8 minutes. Turn over and fry until golden brown, 3 to 4 minutes more.

Cook's Note: Make macaroni and cheese mix according to individual package instructions.

Nutrition Facts

- 87 calories; 4.2 g fat; 9.3 g carbohydrates; 3.7 g protein; 21 mg cholesterol; 227 mg sodium.

Air Fryer Arancini



- Yields: 5 Servings
- Prep Time: 20 Mins
- Total Time: 50 Mins

These fried rice balls are full of flavor and are a wonderful appetizer. Pair with any dipping sauce such as pesto, marinara, or use a meat sauce for a hearty meal. The highlands Italian cheese sprinkle is from the Savory Spice Shop, but is optional."

Ingredients

- 3 eggs, divided
- 2 1/2 cups cooked rice
- 2/3 cup grated Parmesan cheese
- 1/3 cup butter, melted
- 1/2 teaspoon Highlands Italian cheese sprinkle (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 ounces fresh mozzarella cheese, cubed
- 1 cup panko bread crumbs

- 1/2 teaspoon Italian seasoning
- 1 pinch salt
- 1 pinch ground black peppernonstick cooking spray

Directions

Beat 2 eggs lightly in a large bowl. Stir in rice, Parmesan cheese, butter, cheese sprinkle, 1/2 teaspoon salt and 1/4 teaspoon pepper; mix to combine. Cover and refrigerate mixture for 20 minutes.

Preheat an air fryer to 370 degrees F (187 degrees C) according to manual's instructions.

Roll mixture into 1 1/2-inch balls. Press a mozzarella cube into the center of each ball and reshape.

Combine panko breadcrumbs, Italian seasoning, salt, and pepper in a shallow dish. Beat remaining egg lightly in a second bowl. Dip each rice ball first into egg, then roll in panko mixture. Place rice balls in air fryer basket and spray with cooking spray.

Cook in the preheated air fryer for 6 minutes. Increase temperature to 400 degrees F (200 degrees C) and air fry for 3 more minutes.

Nutrition Facts

- 385 calories; 21.1 g fat; 38.5 g carbohydrates; 15.2 g protein; 161 mg cholesterol; 733 mg sodium.

Fruits and Veggies Recipes

Air Fryer Sweet Potato Tots



- Active Time: 20 Mins
- Total Time: 1 Hour 20 Mins
- Yield: Serves 4 (serving size: about 6 tots)

Cooking sweet potato tots in the air fryer yields a slightly crisp exterior and a soft interior. These homemade tots are a great way to sneak veggies into a picky eater's meal, plus they're more affordable than buying pre-made, frozen sweet potato tots.

Spraying the tots with cooking spray helps with browning, though they still don't brown evenly in the air fryer. Be sure to boil the sweet potatoes just enough that they grate and hold together when shaped, but still retain a little texture. Not a fan of ketchup? Make this Greek yogurt ranch dressing instead.

Ingredients

- 2 small (14 oz. total) sweet potatoes, peeled
- 1 tablespoon potato starch
- 1/8 teaspoon garlic powder
- 1 1/4 teaspoons kosher salt, divided
- 3/4 cup no-salt-added ketchup Cooking spray

Nutritional Information

- Calories 78
- Fat 0g
- Saturated fat 0g
- Unsaturated fat 0g
- Protein 1g
- Carbohydrate 19g
- Fiber 2g
- Sugars 8g
- Added sugars 0g
- Sodium 335mg
- Calcium 1% DV
- Potassium 9% DV

How to Make It

Step 1: Bring a medium pot of water to a boil over high heat. Add potatoes, and cook until just fork tender, about 15 minutes. Transfer potatoes to a plate to cool, about 15 minutes.

Step 2: Working over a medium bowl, grate potatoes using the large holes of a box grater. Gently toss with potato starch, garlic powder and 1 teaspoon salt. Shape mixture into about 24 (1-inch) tot-shaped cylinders.

Step 3: Lightly coat air fryer basket with cooking spray. Place 1/2 of tots (about 12) in single layer in the basket, and spray with cooking spray. Cook at 400°F until lightly browned, 12 to 14 minutes, turning tots halfway through cook time. Remove from fry basket and sprinkle with 1/8 teaspoon salt. Repeat with remaining tots and salt. Serve immediately with ketchup.

Kimchi



Low FODMAP Kimchi can be made at home, with our step-by-step instructions – and please pay attention to our caveats – and the question mark! More on that down below.

First, What Is Kimchi? Kimchi is a traditional Korean fermented cabbage dish. It comes in many different variations, of which this is a fairly basic rendition.

Napa cabbage is very low FODMAP – you can eat over 6 cups (500 g) before it becomes Moderate for FODMAPs. For kimchi, Napa cabbage is typically used. It is salted, then seasoned with a spicy, vibrantly colored paste made from chiles, ginger and usually lots of onion and garlic (more on that in a moment).

The mixture is allowed to ferment at room temperature for days, weeks or months to allow and encourage fermentation before being refrigerated and/or pasteurized.

For some, kimchi is an acquired taste. But if you like fermented foods and fish sauce is a pantry staple, then you are going to love our version of kimchi. It is packed with umami!

About Onion & Garlic & FODMAPs

We have to talk about onions and garlic when it comes to kimchi, and as you hopefully know by now, onions and garlic contain water-soluble fructans, which is a FODMAP category that can trigger IBS symptoms in many people.

These fructans, being water-soluble, cannot be used in a traditional kimchi preparation for us FODMAPers; cabbage has a very high water content, for instance. If garlic and onion were to be added to and combined with the cabbage, other vegetables and the chile paste, the fructans would leach into the kimchi mixture, creating a high FODMAP situation. (Remember, fructans are not oil-soluble, which is why we can make Garlic-Infused Oil).

So, how are we going to get onion and garlic flavor into our kimchi?

This meant using all of the oniony, garlicky low FODMAP tools at our disposal. So, you will find scallion greens and garlic chives, or regular chives, in generous quantity in our kimchi.

If you are a classicist, you might find our kimchi to have a different flavor profile than you are used to, or were expecting, but we are thrilled that we can enjoy kimchi and have it be potentially low FODMAP.

So, How Much FODMAP Everyday® Kimchi Can I Eat? You can eat as much kimchi as you can personally tolerate. You will notice that we have not given this recipe a “green kiwi” icon status of being Elimination friendly, as we simply do not know its FODMAP content.

- Makes: 224 Servings
- Prep Time: 20 minutes
- Cook Time: 5 minutes
- Fermenting 4 days
- Total Time: 4 days 25 minutes

Ingredients:

- Cabbage:
- 6- pounds (2.7 kg) Napa cabbage, quartered lengthwise, cored and chopped into large bite-size pieces
- ½ cup (90 g) kosher salt
- Porridge:
- 2 cups (480 ml) water
- 2 tablespoons sweet rice flour
- 2 tablespoons Turbinado sugar, or white or brown sugar

Vegetables:

- 8- ounces trimmed and peeled daikon, julienned to yield 2 cups
- 4- ounces trimmed and peeled carrot, julienned to yield 1 cup
- 1 ½ ounces (40 g) chopped chives, or garlic chives if you tolerate them
- 3- ounces (85 g) finely chopped scallions, green parts only, to yield 2 cups

Spice Mixture:

- 2 cups (240 g) hot red pepper flakes (gochugaru)
- ½ cup (120 ml) fish sauce, such as Red Boat
- 2 teaspoons minced fresh ginger root

Preparation:

Begin with Salting the Cabbage: Place the cabbage in a large non-reactive bowl or container and add the salt as you go so that the cabbage and salt are added in layers. Toss very well to evenly distribute the salt. Allow to sit for 30 minutes, then stir it all together very well to re-distribute any salt and exuded liquid. Allow to sit for another 30 minutes and repeat the mixing process. Let it sit for 30 more minutes and stir again.

Meanwhile, Make the Porridge: Whisk together the water and rice flour in a small saucepan and bring to a simmer over medium heat, whisking frequently. Simmer for about 5 minutes or until it begins to thicken. Whisk in

sugar and continue to cook for several more minutes, whisking often, until mixture is thickened and a bit glossy. Cool completely.

For the Vegetables & Spice Mixture: Place all of the vegetables in a large mixing bowl that is large enough to hold all of your ingredients and toss them together. Add the spice mixture and the cooled porridge and stir everything together. It will be the texture of a thick paste.

Back To The Cabbage: Drain the salted cabbage (you might have to do this in batches), discarding any liquid. Soak the salted cabbage in clean water and then drain, three separate times. Taste the cabbage. It should taste just faintly salty.

Add the cabbage to the large bowl with the vegetable/spice mixture. Combine everything very well. The cabbage should be completely coated with the spice mixture.

Pack the kimchi into a large non-reactive container with an airtight cover. Set aside at room temperature for at least four days.

Here is where the art of kimchi making comes in. So far, everything has just been straightforward preparation of combining particular amounts of ingredients in a specific way.

The bacteria that is present will go to work, and depending on your ambient temperature, it could take days, or weeks, for your kimchi to be “done”.

At first the naturally occurring lactobacillus breaks down the structure of the vegetables. The mixture produces acids and gases and it might taste sour, smell very strong and pungent and possibly not very enticing at this stage. Then as fermentation continues, the kimchi begins to mellow.

Technically speaking, fermentation is completed when the sugars in the vegetables have been consumed, but as my consulted experts have explained, practically speaking, you’d never really ferment to the point of having zero residual sugar.

Because CO₂ and bubbling is produced during fermentation, you might want to “burp” your container after a few days to allow excess gas to escape. If it cannot escape, the kimchi can become fizzy and carbonated, which is

undesirable.

There might be quite active bubbling and CO₂ production during fermentation, and this will largely cease when fermentation is “done”, however, some milder bubbling action might continue after you have stopped your fermentation stage and begun to refrigerate your kimchi.

So how do you tell when your kimchi is done? Look for the markers mentioned above, and taste it! It should taste pleasantly sour. If your batch is putrid, you will know it, in which case discard it. Some manufacturers ferment for six months or more!

Pack your kimchi into smaller containers, leaving a bit of room at the top and refrigerate for up to several months - some say years!

Nutrition

Calories: 4kcal | Carbohydrates: 1g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 256mg | Fiber: 1g | Sugar: 1g | Calcium: 1mg | Iron: 1mg

Turkey Chow Fun Tamari Zoodles Stir Fry



Turkey Chow Fun Zoodles Stir Fry is made with stir fry zucchini noodles plus holiday leftover turkey and veggies! This spiralized zucchini noodles stir fry recipe is light, naturally gluten free, and lower in carbs. This healthier chow fun is an easy low carb dinner recipe and it is SO delicious!

- Prep Time: 10 minutes

- Cook Time: 15 minutes
- Total Time: 25 minutes
- Yield: 3

A Turkey Chow Fun zucchini stir fry recipe made with tamari zucchini noodles! This healthier chow fun stir fry is light, naturally gluten free, and lower in carbs. A chow fun recipe that puts those leftover veggies and turkey to use.

Ingredients

- 3 zucchini (small-medium)
- 1/2 lb roasted turkey or uncooked turkey breast (diced or sliced into strips)
- 1 cup bean sprouts
- 1 small red chili pepper, chopped
- 1 tsp sesame oil
- 2–3 tbsp avocado oil or peanut oil
- 1/4 tsp white pepper

Sea salt

- 1 bunch scallions, cut 1-2 inches
- 1 garlic clove, minced
- Sesame seeds

Sauce:

- 1/4 tsp baking soda
- 1 tbsp rice wine vinegar or shaoxing wine if you have it (in Asian supermarkets)
- 2 tbsp [url] San-J Gluten Free Tamari Soy Sauce ∞[http://san-j.com/products/organic-tamari-gluten-free-soy-sauce\[/url\]](http://san-j.com/products/organic-tamari-gluten-free-soy-sauce[/url])
- 2 tsp chili paste (or Sriracha)
- 2–3 garlic cloves, minced
- 2 tsp grated ginger or 1/2 tsp ground ginger
- 2 tsp to 1/2 tbsp coconut sugar

Instructions

Spiralize the zucchini and pat dry with paper towel. Make sure to get out as

much moisture as possible. If you don't have a spiralizer, you can julienne cut or peel into strips.

Make sauce:

Place half over turkey to marinade

if using uncooked turkey, add 1-2 tsp potato starch

Add oil and 1 garlic to stir fry pan. Let it bubble and become fragrant 1 minute.

Add your turkey/sprouts.

Cook 1-2 minutes, longer if meat is uncooked.

Add your zucchini noodles and the other ½ of sauce.

Toss meat with tongs on high for 2-4 minutes.

Add scallions/pepper. Toss again.

Drain extra sauce but reserve ¼ to 1/3 cup sauce to serve on top of noodles.

Top with sesame and chili flakes to garnish. (Feel free to add these in the pot before serving as well).

Add your reserved sauce to each bowl if desired.

Notes: If you don't have zucchini, feel free to use another veggie to spiralize for the noodles. Squash, potato, sweet potato, etc.

Nutrition

Serving Size: 1 Calories: 258 Sugar: 8.1g Sodium: 826mg Fat: 14.7g
Saturated Fat: 2.4g Carbohydrates: 13.3g Fiber: 3g Protein: 19.9g
Cholesterol: 51mg

Ham, Tomato And Pesto Muffins



- Prep: 5 mins
- Cook: 20 mins
- Yields: 12 muffins

This Low FODMAP ham, tomato, and basil pesto muffins are perfect for breakfast, as a snack or paired with a salad for a light lunch.

Ingredients

- 12 eggs
- 5 oz ham, chopped
- 8 oz cherry tomatoes, halved

- 1 tsp salt
- 1 tsp pepper
- 1/2 cup Low FODMAP basil pesto

Method

Preheat the oven to 350F. Grease a 12-cup muffin pan.

Break the eggs into a large bowl then whisk until well combined. Stir in the ham and cherry tomatoes. Season with salt and pepper and mix through.

Gently fold ¼ cup of basil pesto through the egg mixture then pour into the prepared muffin pan. Top with a dollop of pesto on each muffin.

Bake in the oven for 20 minutes or until the muffins are cooked through.

To Serve: Delicious served hot or cold.

Nutrition Facts

- Calories 82.1
- Total Fat 5.2 g
- Saturated Fat 1.6 g
- Polyunsaturated Fat 0.1 g
- Monounsaturated Fat 0.8 g
- Cholesterol 111.4 mg
- Sodium 416.5 mg
- Potassium 31.5 mg
- Total Carbohydrate 2.0 g
- Dietary Fiber 0.3 g
- Sugars 0.8 g
- Protein 7.1 g

Smoked Salmon Salad With Red Wine Vinaigrette



- Prep: 10 mins
- Cook: 0 mins
- Yields: 4 servings

This smoked salmon salad with red wine vinaigrette is a delicious salad for lunch or a light dinner. Suitable for a Low FODMAP and SIBO diet.

This Smoked Salmon Salad is an easy and beautiful dish to assemble, tossed with a refreshing lemon-dill dressing.

You don't have to cook it ahead of time, or even slice it. You can serve it straight from the package, ripping it into smaller pieces with your fingers as

you assemble the salad.

What is the Best Smoked Salmon to Buy?

When shopping for smoked salmon, I always look for wild-caught Alaskan salmon. Compared to farm-raised fish, wild-caught typically has a better ratio of anti-inflammatory omega-3 fatty acids to omega-6 fats, and it gets its natural dark pink color from the antioxidant astaxanthin. (If you check the label on farm-raised fish, many have coloring added to mimic this look.)

Do you have to Cook Smoked Salmon?

Smoked salmon is often served as-is, but if you don't love the texture of cold smoked salmon (it can have the mouth feel of raw fish) you also have the option of heating it up. When I worked in a restaurant, we would heat up smoked salmon for salads in our pizza oven when customers requested it. You can do this at home, too!

Just lay the salmon pieces on a large baking sheet and put it under your oven's broiler for a minute or two. When the fish turns more opaque and light pink in color, it's done. (Be careful not to overcook it, though, as it can dry out quickly.) You can also throw it in a skillet over medium heat to sauté until a more cooked look is achieved, if you prefer to skip the oven. Keep in mind that cooked smoked salmon will be slightly saltier in flavor than the cold version.

Lemon and dill are a perfect pair with smoked salmon, as the acid helps to cut the fattiness of the fish. Paired with fresh dill, this salad is ultra light and refreshing! I highly recommend using fresh dill in this case, but if you don't have any available you can start with a teaspoon of dried dill and add more to taste as you go.

How Long Can Smoked Salmon Be at Room Temperature?

If you're planning on serving this smoked salmon salad at a party, plan on having it out on the table for no more than 2 hours. Once opened, smoked salmon can be stored in an airtight container in the fridge again for up to 5 days.

Ingredients

- Salad
- 14 oz smoked salmon, cut into strips
- 3 cups arugula
- 3 cups baby spinach leaves
- 8.5 oz cherry tomatoes
- 2 small zucchinis
- 2 tbs white sesame seeds, lightly toasted
- 2 tbs black sesame seeds, lightly toasted
- Vinaigrette
- 4 tbs olive oil
- 4 tbs red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp salt
- ½ tsp pepper

Method

Salad

Cut the zucchini length wise, then chop into half-disks. Plunge into boiling water for 30 seconds then plunge into iced-water to prevent the zucchini from cooking any further. Drain and set aside.

Side Dish

In a jar with a screw-top lid, add all of the vinaigrette ingredients. Tightly screw on the lid and shake vigorously until the dressing has combined.

To Serve

Divide the arugula and spinach leaves across 4 plates. Top with strips of salmon, cherry tomatoes and zucchini. Drizzle the red wine vinaigrette over the top and scatter with sesame seeds. Serve immediately.

Nutrition

Calories: 255kcal | Carbohydrates: 9g | Protein: 7g | Fat: 22g | Saturated Fat: 3g | Cholesterol: 6mg | Sodium: 259mg | Potassium: 465mg | Fiber: 3g | Sugar: 1g | Vitamin A: 1195IU | Vitamin C: 28.8mg | Calcium: 32mg | Iron: 1.3mg

Chocolate Banana Protein Breakfast Bowl



- Prep: 5 mins
- Cook: 5 mins
- Yields: 2 servings

Need an egg-free breakfast? This Low FODMAP chocolate banana protein bowl is not only delicious but also filling. Sprinkle shaved chocolate on top for a decadent treat. Suitable for vegetarians and vegans.

Ingredients

- 2 tbs raw cacao
- 2 bananas
- 2 scoops protein powder
- 2 cups (16 oz) almond milk
- 2 tbs maple syrup or honey
- 1 cup (8 oz) ice
- 4 tbs chia seeds
- 2 tbs cacao nibs
- 2 tbs toasted almond flakes
- Dark chocolate shavings (optional)

Method

Place the cacao, 1 banana, protein powder, almond milk, maple syrup or honey, ice and 3 tablespoons of chia seeds in a high-powered blender. Blitz until well combined and creamy.

Divide the smoothie into two bowls. Slice the remaining banana and divide between the two bowls. Sprinkle with the remaining chia seeds, cacao nibs and toasted almond flakes.

For an extra decadent treat, sprinkle some dark chocolate shavings over the breakfast bowl. Serve immediately.

Note:

Use a protein powder that is low in carbohydrates and fibre (under 1 g per serve). Also look for one that is free from or low in artificial sweeteners. Australia's leading SIBO doctor, Dr Nirala Jacobi likes Clean Lean Protein and Vital Greens Vital Protein for her patients.

Omit the chia seeds to make this suitable for Phase 2 on the SIBO Bi Phasic Diet.

Nutrition Facts:

Calories: 323kcal | Carbohydrates: 41.2g | Protein: 35.5g | Fat: 5g | Saturated Fat: 2.4g | Polyunsaturated Fat: 2.6g | Trans Fat: 0g | Cholesterol: 45mg | Sodium: 399mg | Fiber: 8.5g | Sugar: 19.2g

Carrot Cake Bliss Balls



- Prep: 15 mins
- Cook: 30 mins
- Yields: 20 servings

Delicious with a cup of tea for your mid-morning or afternoon treat, these

carrot cake bliss balls are a perfect sweet treat on your SIBO diet.

Ingredients

- 1 cup firmly packed grated carrot (1.5-2 carrots)
- 1 cup pecans
- 1 cup finely shredded coconut
- 2 tbs almond butter
- Zest from 1 orange
- 2 tbs maple syrup or honey
- 2 tbs coconut oil
- ½ tsp cinnamon

Method

Place all ingredients in a food processor and blitz until well combined.

Take 1 tablespoon of mixture and roll into balls. Set aside and continue until all of the mixture has been turned into balls.

Refrigerate until firmer.

Storing Instructions: Keep in an airtight container in the fridge for several days or freeze for up to 3 months.

Nutrition Facts

- Calories 64
- Calories from Fat 27
- Fat 3g
- Monounsaturated Fat 1g
- Sodium 2mg
- Potassium 35mg
- Carbohydrates 11g
- Fiber 2g
- Sugar 7g
- Protein 1g
- Vitamin A 450IU
- Calcium 10mg

- Iron 0.4mg

Grilled Vegetables



Get Your Grill Going For Grilled Vegetables!

We keep our grill going all summer long and we make a big platter of Grilled Vegetables for almost every get-together.

Some of our favorite vegetables to grill are eggplant (aubergine), zucchini (courgette), yellow summer squash and various colors of bell peppers.

Please note that yellow pattypan squash is simply called “squash” on the Monash app and it has no detectable FODMAPs! It is available in our market at the very end of summer, so we did not have any available for our photo shoot.

We chose to use yellow “summer” squash, which has not been tested by Monash. Our recommendation is to try a little but and see how you do. Remember, it can take up to 48 hours for symptoms to be triggered by FODMAPs, and symptoms do not appear immediately.

We just like to slather them with extra-virgin olive oil or Garlic-Infused Oil and season them with salt and pepper. That’s it. Nothing fancy. A simple treatment like this lets their natural flavors shine through.

Grill for Everybody

This recipe takes the approach of prepping and grilling each type of vegetable in the way that best suits that vegetable. If you are feeding a crowd, there is no reason why you can't grill some high FODMAP vegetables for those who might want to enjoy them.

Throw a few Portobello mushrooms on the grill or onion slices; simply serve them to others while you enjoy the selection of low FODMAP choices.

If you need a refresher on FODMAP Stacking, our article has the info you need. The idea is that this recipe provides a guide as to how to grill each type of vegetable to its advantage.

Then, you have to know what your tolerance limits are when it comes time to load up your plate.

We always make a lot of these Grilled Vegetables because they are just as fabulous served at room temperature the next day, in their own way. They won't have the charred crispness of their hot version, but we like them just the same.

Sometimes we drizzle them with a vinaigrette when served cold – or we should be more specific and say served at room temperature.

Anyway, the result of your grilling will be a large platter of grilled vegetables and you need to be cognizant of your tolerances when you serve yourself. Study the Monash University Low FODMAP Smartphone App and know ahead of time what are appropriate servings for you.

A Quick Guide to Amounts

Taken individually, here are low FODMAP amounts. Note that the “cup” amounts are how Monash lists the vegetables, so it will be more helpful if you look at the weight amount.

Red Bell Peppers: 75 g (2 3/4 ounces)

Green Bell Peppers: 52 g (Scant 2 ounces)

Eggplant: 1 cup (2 3/4 ounces/75 g), however note that the app says that the vegetable becomes high FODMAP at a very large serving of 3 1/2 cups (about 9 1/4 ounces/260 g), so you have wiggle room.

Yellow Summer Squash: untested. Try a small amount to assess tolerance. Or, use yellow pattypan squash, which has been tested and has no detectable FODMAPs.

Zucchini: 1/3 cup (2 1/4 ounces/chopped; 65 g)

Prep Your Veggies & Grill

The key to grilling vegetables is cutting them in even pieces so that they cook evenly and also choosing the right thickness for each vegetable. Make sure to clean your grill grates well.

GRILLED VEGETABLES

Get your grill going for some fabulous low FODMAP Grilled Vegetables - just watch your serving sizes.

Low FODMAP Serving Size Info: Makes a lot of grilled vegetables; use your Monash app and personal experience to determine serving amounts

- Makes: 12 Servings
- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes

Ingredients:

- 4 medium yellow squash, ends removed, sliced lengthwise into long planks 1/8-inch (3 mm) thick
- 4 medium zucchini, ends removed, sliced lengthwise into long planks 1/8-inch (3 mm) thick
- 2 medium green bell peppers, halve and remove stem, seeds and core. You can quarter the peppers, or cut into extra-large bite sized pieces. Just do not cut too small or they will fall through your grates
- 2 medium red bell peppers, halve and remove stem, seeds and core. You can quarter the peppers, or cut into extra-large bite sized pieces. Just do not cut too small or they will fall through your grates
- 2 (about 2 pounds/910 g each) globe eggplants, ends removed. Slice crosswise into rounds or lengthwise into slabs in 1/4-inch

(6 mm) thick slices

- Extra Virgin olive oil or Garlic-Infused Oil made with olive oil or purchased equivalent
- Kosher salt
- Freshly ground black pepper

Preparation:

Preheat your propane or charcoal grill to a high heat. We like to use tongs to flip the vegetables but you might find a broad spatula to be helpful as well.

Lay the vegetables out on a couple of rimmed sheet pans and brush all of the cut sides of the vegetables with olive oil. Season lightly with salt and pepper, too.

Grill zucchini and yellow squash for about 3 minutes per side, or until you get nice char marks.

Peppers will take about 3 to 4 minutes per side, or until you get nice char marks.

Eggplant will take about 5 minutes per side, or until you get nice char marks.

Taste and adjust seasoning, if necessary. Grilled vegetables are ready to serve or may be held at room temperature for several hours and served at room temperature. Simply cover lightly with aluminum foil. Grilled vegetables may also be refrigerated overnight; bring back to room temperature before serving.

Tips

Make sure to clean your grill before beginning. You don't want any remnants from chicken with BBQ sauce mingling with your veggies!

Nutrition

Calories: 152kcal | Carbohydrates: 11g | Protein: 2g | Fat: 40g | Fiber: 4g | Sugar: 3g

Beetroot, Carrot And Parsnip Chips



- Prep: 10 mins
- Cook: 1 hr
- Yields: 4 servings

It can be hard finding salty, crunchy snacks when following a SIBO diet. By making your own veggie chips at home, you can enjoy a perfect salty snack.

Ingredients

- 2 large beetroot, finely sliced
- 3 large carrots, finely sliced
- 2 large parsnips, finely sliced
- 3-4 tbs olive oil, ghee or another fat you can tolerate, melted
- 1 tsp salt
- 1 tsp pepper

Method

Pre-heat your oven to 350F.

Place the finely sliced carrots and parsnips in a large bowl. Drizzle the melted oil over them and sprinkle with salt and pepper. Mix well to combine.

Cover 2-3 large baking trays with parchment paper. Pour the carrot and parsnip slices on the trays, being sure to lay them separately so they will crisp up and not get soggy.

Place in the oven for 15 minutes. Remove the trays and turn the slices over. Return to the oven for another 15 minutes or until the slices are crisp.

Remove from the oven and cool before eating.

Note: Best eaten immediately, but can be stored in an airtight container in the fridge, however they will lose their crispiness.

Nutrition Facts

- Calories: 61.
- Calories from Fat 2 g 4 %
- Total Fat 0.3 g 0 %
- Saturated Fat 0 g 0 %
- Cholesterol 0 mg 0 %
- Sodium 45.3 mg 1 %
- Total Carbohydrate 14.4 g 4 %

- Dietary Fiber 3.8 g 15 % Sugars 5.8 g 23 %
- Protein 1.3 g 2 %

Nut Butter Chia Breakfast Bowls



- Prep: 10 mins
- Cook: 1 hr
- Yields: 4 servings

Looking for a Low FODMAP, egg-free breakfast recipe? These nut butter chia breakfast bowls are filling and so easy to make. Chia seeds are a great addition to your SIBO diet once you are ready to start expanding your foods. If unsure about how you will tolerate them, start with a small serving.

Ingredients

- ½ cup chia seeds
- 2 cups (16 oz) almond milk or coconut milk
- 2 tsp vanilla extract or 1/2 tsp pure vanilla powder
- 4 tbs maple syrup (or a sweetener you can tolerate)
- ½ cup nut butter (eg. almond, macadamia, peanut, sunflower)
- ¼ tbs chopped walnuts
- 1 punnet raspberries
- Few sprigs of fresh mint

Method: In a large bowl, mix the chia seeds, milk, vanilla and sweetener together. Place in the fridge for at least 1 hour. This can also be left overnight if preferred.

To Serve: When ready to serve, divide the chia mixture into 4 bowls. Top with nut butter, chopped walnuts, raspberries and mint.

Nutrition Highlights (per serving)

- Calories 415
- Fat 22g
- Carbs 40g
- Protein 20g

Raspberry Panna Cotta



- Prep: 10 mins
- Cook: 4-6 hrs
- Yields: 4 servings

Enjoy these creamy SIBO friendly raspberry panna cottas and enjoy the taste of summer. Dairy free, gluten free and Low FODMAP. Suitable for Phase 1 Semi Restricted on the SIBO Bi Phasic Diet.

Ingredients

- 2 tsp gelatin
- ¼ cup (2 fl oz) warm water
- 1 cup (8 fl oz) coconut milk

- 1 cup (8 fl oz) almond milk
- 2 tbs honey or maple syrup
- 1 tsp vanilla
- Mint leaves for decoration
- Raspberry Topping
- ½ tsp gelatin
- ¼ cup (2 fl oz) water
- 8.4 oz raspberries, with some retained for decoration
- 2 tbs honey or maple syrup
- 2 tsp lemon juice

Method

In a small saucepan, add the gelatin and warm water, stirring to combine. Leave for 5 minutes.

Add the coconut milk, almond milk, maple syrup and vanilla. Over low heat, stir the mixture until the gelatin has fully dissolved, being careful not to burn the mixture.

Remove from the heat and pour into 4 glasses. Allow to cool to room temperature then place in the fridge to set.

Once set, it's time to make your raspberry topping. Combine the gelatin with the water in a saucepan. Let stand for 5 minutes.

Reserving some raspberries for decoration, place the rest in the saucepan with the honey or maple syrup and lemon juice. Simmer for 5-10 minutes or until the raspberries have broken down and looks like jam. Remove from the heat and pass through a fine-mesh strainer to remove the seeds. Allow to cool before spooning on top of the panna cotta. Return to the fridge until set.

To Serve: When ready to serve, decorate with a few berries and a sprig of mint leaves.

Vanilla panna cotta - Nutrition facts, information and caloriesAll information is per portion and for your Recommended Daily Amount (RDA/RI). Change your settings hereCalories nutritional information

Nutrition Facts

- Calories - 552cal
- Carbs - 13g
- Sugars - 13g
- Protein - 3g
- Fats - 55g
- Salt - 0.09g
- Fibre - 0.00g

Pina Colada Popsicles



- Prep: 10 mins
- Cook: 4-6 hrs
- Yields: 8 servings

These Low FODMAP pina colada popsicles are the perfect treat on a warm evening. Creamy, summery and zesty. A delicious dairy-free dessert.

Ingredients

- 2 cups chopped fresh pineapple
- 2 cups (16 oz) canned coconut milk
- 1 lime, zest and juice

- 2 tbs maple syrup or honey

Method

- Place all of the ingredients in a high-powered blender. Blitz until well combined and creamy.
- Pour into popsicle moulds. Place in the freezer for 30 minutes then insert the popsicle sticks and freeze for 4-6 hours, or until completely frozen.
- When ready to serve, remove the popsicles from the freezer and stand at room temperature for 10 minutes to help loosen them from their moulds. If you don't have time to spare, run the moulds under hot water to loosen within seconds.
- These popsicles will keep in the freezer for 3 months. Cover the bases so they don't get freezer burn.

Nutrition

Calories: 250kcal | Carbohydrates: 30g | Protein: 1g | Fat: 4g | Cholesterol: 12mg | Sodium: 12mg | Fiber: 1g | Sugar: 16g | Iron: 0.7mg

Curry Spiced Foil Packet Potatoes and Eggs



This foil packet potatoes dinner is gluten-free, Paleo-friendly and vegetarian. Easy to make with little clean-up and seasoned with curry spices, it has simple, real food ingredients and is great for breakfast, brunch or dinner.

Foil packet potatoes are a complete vegetarian meal you can easily make using the new KitchenAid Smart Oven+ with grill attachment. With this revolutionary appliance, you can get that fantastic grilled flavor all year round, right in the comfort of your kitchen.

What are the benefits of turmeric in curry spices?

Turmeric contains an active compound called curcumin. This compound is one of the most powerful anti-inflammatory agents and has antioxidant effects. These antioxidants can help fight free radicals that build up oxidative damage to our muscles when we exercise or are stressed.

We need a powerful antioxidant to help combat and protect our system. Turmeric not only neutralizes free radicals on its own, it also helps to increase the body's own antioxidant enzymes.

Now, pair that with the plant antioxidants in potatoes, more antioxidants found in the amino acids of an egg yolk, and this meal becomes a powerhouse of antioxidants in foil packs. Not to mention macro balanced with healthy fats, real food carbs, and protein!

- Prep Time: 10 min
- Cook Time: 35 min
- Total Time: 45 minutes
- Yield: 4

Curry spiced foil packet potatoes and eggs is a gluten free, Paleo, healthy grilling recipe (or oven) for breakfast or dinner. Make this vegetarian recipe tonight!

Ingredients

- 4 cups (around 1 lb) of sliced golden or red potatoes (or diced sweet potato can be substituted). See notes.
- 2–3 tbsp olive oil or avocado oil
- 1/2 tsp smoked paprika
- 1 tsp minced garlic (1 clove)
- 1/2 tsp curry powder seasoning with turmeric
- 1/4 tsp sea salt and black pepper each
- 4 large eggs
- optional topping – salsa, avocado, red pepper flakes, fresh herbs, parmesan

Instructions

Preheat oven to 400F.

Slice your potatoes and toss them with olive oil and your seasonings.

Place about 1 cup of potatoes on grill or baking sheet and bake at 400°F for 25-30 minutes or grill at 450F, turning potatoes once, half way through cooking. (the potatoes should be tender but not overcooked). While potatoes are baking, make your foil packets and place on a baking sheet.

Once potatoes are grilled or baked, place 1 cup of cooked potatoes into each foil packet.

Crack an egg on top of each foil pack.

Place sheet pan back in oven for about 8-10 minutes or until yolks look firm but not overcooked.

Remove and garnish with any extra toppings of choice; herbs, avocado, salsa, cheese, or dressing of choice.

You can freeze these packs for up to 2 months then reheat in oven. The egg yolk will harden but taste is still delicious!

Notes: Can't eat eggs? No prob, substitute egg with pre-cooked chicken, chicken sausage, feta or mozzarella, or chickpeas.

Omit cheese for whole 30 option.

Note – Eight to 10 small new red or gold potatoes equal one pound.

Nutritional facts

- Calories Per Serving: 262
- Total Fat 14.6g
- Saturated Fat 3g
- 62% Cholesterol 186mg
- 10% Sodium 243.9mg
- 8% Total Carbohydrate 25.1g
- 11% Dietary Fiber 2.8g
- Sugars 2.2g
- 19% Protein 9.3g
- 22% Vitamin C 13mg
- 12% Iron 2.1mg

Air Fryer Kalorik Maxx Sausage and Onions



This recipe is keto friendly if you are looking for keto Air Fryer sausage recipes. This recipe is super easy. Start with some sausage.

Air Fryer Kalorik Maxx Air Fryer Sausage and Onions recipe. This is super easy and is particularly good when made using the air fryer lid on the Kalorik Maxx. this recipe is also keto and low carb friendly.

There are a lot of basic recipes out there for Air Fryer sausage and peppers and you could make that the same way by substituting bell peppers for the onion in this recipe. This recipe also works to make Air Fryer sausage and potatoes. Add in potatoes!

Cut up the onion and saute it until it is translucent. Then transfer it and sliced up sausage to the air fry basket. Air fry on 400 for about 25 minutes until the sausage browns, stirring every five minutes or so. You definitely want it browned up well, that adds makes for nicely caramelized onions and tasty sausage!

If you are using a regular Air Fryer, saute the sausage on saute mode until it starts to brown, usually about ten minutes. Then add the onions and keep sauteing until done. It will take 20 minutes or so.

Finally, you can make this in your Instant Vortex or Instant Omni by air frying everything in a pan and giving it a good stir every five minutes.

- Yield: 4
- Prep Time: 5 Minutes
- Cook Time: 30 Minutes
- Total Time: 35 Minutes

Ingredients

- 20 ounces (or 2 packages) smoked sausage, sliced
- 2 onions, diced
- 2 T olive oil
- Salt and Pepper to taste

Instructions

Saute the onion in the Air Fryer, salt and pepper to taste, and saute until translucent

Transfer the onion to the air fry basket (if using the Kalorik Maxx) and add the sausage

Air fry at 400 for 25-30 minutes, stirring every 5 minutes, until browned

Serve and enjoy!

Notes: If making in a regular Air Fryer saute the onions and sausage until browned. About 25 minutes.

Nutrition Information:

Calories: 754 Total Fat: 69G Saturated Fat: 22G Trans Fat: 1G Unsaturated Fat: 37G Cholesterol: 138MG Sodium: 1925MG Carbohydrates: 5G Net Carbohydrates: 0G Fiber: 0G Sugar: 4G Sugar Alcohols: 0G Protein: 28G

Kalorik Maxx Air Fryer Crispy Tofu Buffalo Bites



Homemade Kalorik Maxx Air Fryer crispy Tofu buffalo bites are quick and easy to make when you cook them under the CrispLid. They are super crispy and they're totally kid-approved! Serve them at parties, game night, movie night, or snack time along with your favorite dipping sauce. They are irresistible!

Getting back into a routine, that first week back to school can be rough. Schools are about to start and sometimes it can be hard to come up with endless ideas for school lunches or even after school snack. Instead of opening a pre-packed frozen snack or giving them junk food, I prefer to make

something healthy at home.

This Kalorik Maxx Air Fryer tofu recipe is just awesome, simply awesome. The tofu comes out crispy on the outside and light and airy on the inside! The most amazing vegan buffalo bites are air-fried or baked to crispy perfection. They're so good that you might finish a few servings in one sitting! The entire family loves it truly and it is a great source of much-needed protein as well.

If you've been following me and reading some of my other air fryer recipes, then you know that we love using the Air Fryer. The Air Fryer is a GREAT way to cook many things and tofu is one of them! You can serve these air fryer tofu bites with some Steamed broccoli or air fryer corn. This is a recipe that requires just a couple of ingredients to give you tasty tofu. It has a crispy spiced coating and is a perfect meatless option for game-day snacking. My friends and family go crazy for this tofu recipe.

Why do you press tofu? How do you quickly drain tofu?

If using extra-firm tofu, you'll want to press some extra water out of the tofu for best texture. Wrap in an absorbent lint-free towel or paper towels and place a weight over it. Let that sit for 30 minutes then cut into desired shape and size and move on to coating the tofu.

Quick Tips to make great tofu bites that hold together, here are a few things to note:

- Make sure you use firm tofu. Extra-firm tofu works even better.
- Squeeze the water out of the tofu and dry it thoroughly, so your nuggets/bites won't turn out soggy.
- Cut the tofu into even chunks, so they will come out crunchy and be cooked thoroughly.

What sauce goes well with these Crispy Tofu Bites?

You can serve plain tofu bites with the following sauces

- Classic ranch
- Ketchup

- Honey mustard
- BBQ sauce
- Thai sweet chili sauce

Are these Crispy Tofu Bites freeze friendly?

This healthier Air Fryer Tofu bites option is great to make ahead too! Simply make a double batch and freeze half once completely cooled. Then use as you would with store-bought nuggets. So easy! Watch the recipe video at the top of the page, and get the full, written recipe below.

The solution is simple.. try these rockin' air- fryer tofu bites. These bites, made with tofu, Panko breadcrumbs, chickpea flour, and few seasonings are totally zesty and delicious! The best part is after they are all made up, you only need about 15 minutes in the air- fryer before this snack is ready to go!

They freeze well too. You will love these crispy tofu nuggets because they are so tasty & easy to make!!

Press tofu for about 30 minutes. (Drain tofu, wrap in paper towels or clean tea towel, and place heavy items on top to press).

- Prepare the coating.
- Combine the chickpea flour, garlic powder, and salt.
- Add in little water and make a thick batter. The coating should be the consistency of pancake batter.
- Cut the tofu into sticks or into nugget sized pieces.
- Coat the tofu with rice flour then in the chickpea flour batter.
- Coat it with the panko breadcrumbs.

Arrange the coated Tofu in a single layer in the fryer basket, working in batches as needed. Spray oil on the tofu.

Place CrispLid trivet in the inner steel pot of pressure cooker and put fryer basket on the trivet.

Set CrispLid on top of inner steel pot and plugin. Set to 400°F (200°C) and cook for a total of 15 minutes. Turn them after 7 minutes until browned and

crispy. Repeat with remaining tofu.

Put the Air – fryer tofu in a large mixing bowl and toss with the buffalo sauce to coat. Serve immediately with celery and ranch sauce.

Leftover buffalo tofu bites can be re-crisped.

Homemade Air fryer crispy Tofu buffalo bites are quick and easy to make when you cook them under the CrispLid. They are super crispy and they're totally kid-approved! Serve them at parties, game night, movie night, or snack time along with your favorite dipping sauce. They are irresistible!

- Yield: 16-20 Tofu Bites
- Prep Time: 10 Minutes
- Cook Time: 15 Minutes
- Total Time: 25 Minutes

Ingredients

- Extra-firm Tofu- 13oz
- Franks Hot sauce - 1/2 cup
- Chickpea flour/besan- 1/2cup
- Garlic powder - 1/2 tsp
- Salt to taste
- Panko breadcrumbs (Gluten-free version)- 1-1/2 cup
- Rice flour - 1/4 cup
- Few Tbsp water to make a thick batter
- Oil spray (skip if plant-based)

Instructions

Air- fryer instructions

Press tofu for about 30 minutes. (Drain tofu, wrap in paper towels or clean tea towel, and place heavy items on top to press. I use a heavy chopping board with some weights on to).

Prepare the coating.

Combine the chickpea flour, garlic powder, and salt.

Add in little water and make a thick batter. The coating should be the consistency of pancake batter.

Cut the tofu into sticks or into nugget sized pieces.

Coat the tofu with rice flour then in the chickpea flour batter

Coat it with the panko breadcrumbs.

Arrange the coated Tofu in a single layer in the fryer basket, working in batches as needed. Spray oil on the tofu.

Place CrispLid trivet in the inner steel pot of pressure cooker and put fryer basket on the trivet.

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Put the Air - fryer tofu in a large mixing bowl and toss with the buffalo sauce to coat. Serve immediately with celery and ranch sauce.

Leftover buffalo tofu bites can be re-crisped.

For Baking in OVEN Instruction

Preheat the oven 375°F.

Line your baking sheets with foil or parchment paper and lightly coat the bottom with cooking spray and set aside. Place the tofu nuggets on a baking sheet.

Bake them for about 10 minutes, flip and bake for another 10-15 minutes, until golden brown and crispy.

Put the baked tofu in a large mixing bowl and toss with the buffalo sauce to coat. Serve immediately with celery and ranch sauce

Nutrition Facts

Per Serving: 35 calories; 1 g fat; 6.2 g carbohydrates; 1.6 g protein; 0 mg cholesterol; 243 mg sodium.

Low FODMAP Tomatoes Provencal



Tomatoes are one of those ingredients that might be confusing to some.

When you view the Vegetables on the Monash app and look at “tomatoes” there are 3 entries:

- Cherry tomatoes are low FODMAP at 5 cherry tomatoes (75 g)
- “Common” or regular round beefsteak tomatoes have no detected FODMAPs in servings of 1 small tomato (119 g)
- Roma or plum tomatoes are Low FODMAP/Green Light at 1 small tomato (75 g).

We are using small round common tomatoes here, so this is an easy dish to make low FODMAP.

Breadcrumbs

You need fluffy, fresh breadcrumbs for this dish. Any which way, you can make breadcrumbs using your choice of fresh low FODMAP bread. Here

they are below before they went into the oven.

Try these with our Roast Leg of Lamb, our Easy Roast Beef or even a weeknight Roast Chicken.

These Low FODMAP Tomatoes Provencal are just like the original that we learned to make from Julia Child.

- Makes: 8 servings
- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 25 minutes

Ingredients:

- 8 small round tomatoes, about 3 to 3 1/2 pounds/1.4 to 1.6 kg
- 1/2 cup (22 g) fresh breadcrumbs
- 1/4 cup (8 g) finely chopped fresh flat leaf parsley and/or a mixture of fresh basil
- 3 tablespoons finely minced scallions, green parts only
- 2 tablespoons Garlic-Infused Oil, made with olive oil, or purchased equivalent
- Kosher salt
- Freshly ground black pepper

Preparation:

Position rack in upper position in oven. Preheat oven to 400°F/200°C. Coat the inside of a 2-quart (2 L) casserole dish with nonstick spray; set aside.

Halve the tomatoes crosswise and gently squeeze over the sink to dislodge most of the gelatinous part and seeds; some will remain and this is fine. Set them cut side up in the dish.

Stir together the breadcrumbs, parsley (and/or basil), scallions and oil in a small bowl until combined. Season with salt and pepper. Use your fingers to pack the mixture into the tomato halves.

Roast for 10 to 15 minutes or until tomatoes are cooked and topping is browned and crispy. We love these with lamb, but they go well with any roast meat or poultry.

Tips: This dish entirely depends on the quality of the tomatoes that you use. They should taste fabulous raw.

Nutrition:

Calories: 64kcal | Carbohydrates: 7g | Protein: 2g | Fat: 4g | Fiber: 1g | Sugar: 3g

Candied Spiced Nuts



Monash allows up to 10 pecan halves (20 g) and 10 walnut halves (30 g) as Green Light servings – and you can eat them raw, toast them, chop them, leave them whole, or add a little sugar and spice, as we have done here with our Candied Spiced Nuts.

Are Nuts Really Low FODMAP?

They can be – some of them, anyway – as long as you pay attention to serving sizes. As mentioned above, Monash gives us an actual nut count for walnuts and pecans to understand our serving sizes.

Pine nuts, used in pesto, are low FODMAP, too.

Almonds can be in portions of 10 whole nuts or 12 g. Always refer to your Monash app for the most up-to-date and current FODMAP amounts in foods.

They are FAB with salads or chop and sprinkle over Low FODMAP Mashed Sweet Potatoes (in which case we used pecans).

Bowl of low FODMAP Candied Spiced Pecans

And if you are looking for a little spice in your life, check out our Low FODMAP Sweet & Spicy Nuts.

Low FODMAP Candied Spiced Nuts are great to eat out of hand as well as to accent dishes, such as our Low FODMAP Mashed Sweet Potatoes.

Low FODMAP Serving Size Info: Makes 2 cups (200 g) candied nuts; serving size about 10 nut halves; about 8 servings

- Makes: 8 servings
- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Total Time: 35 minutes

Ingredients:

- 2 cups (200 g) pecan or walnut halves
- 1/4 cup (60 ml) light corn syrup
- 1/4 cup (36 g) sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/8 teaspoon salt

Preparation:

Position rack in middle of oven. Preheat oven to 325°F/165°F. Spray a rimmed baking sheet pan with nonstick spray.

Fold all of the ingredients together in a bowl using a silicone spatula to make sure the nuts are well coated. Scrape out onto prepared pan and spread into an even layer with space around the nuts.

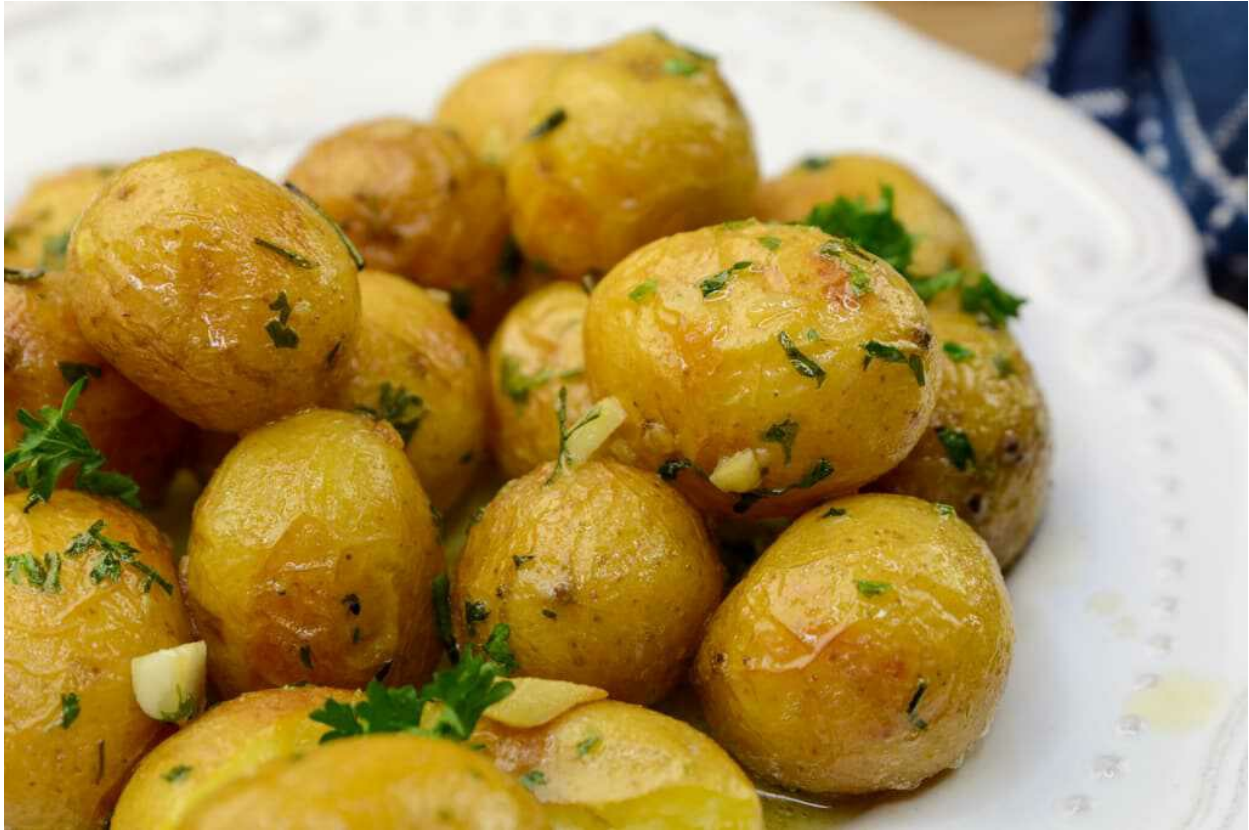
Bake for about 20 to 25 minutes, stirring once during baking to toast evenly. Nuts are done when sugar has melted and nuts are glazed and golden brown. Place pan on rack to cool completely. Store nuts in an airtight container at room temperature for up to 1 month.

Tips: Due to their high fat content, nuts can burn easily. Watch them carefully and they are ready when you can smell a lovely nutty, roast - but NOT burnt - aroma.

Nutrition

Calories: 250kcal | Carbohydrates: 20g | Protein: 5g | Fat: 19g | Saturated Fat: 1g | Sodium: 36mg | Fiber: 2g | Sugar: 10g

Air Fryer Kalorik Maxx Roasted Garlic Potatoes



Air Fryer Kalorik Maxx Roasted Garlic Potatoes is the perfect side for your weeknight meals. A simple potato side dish that will win over your family.

A foolproof potato recipe that will pair with almost any main dish! If you are a fan of potatoes, you will want to dive right into these garlic roasted potatoes!

What Type of Potatoes Do You Use For Roasted Potatoes

Use baby potatoes. They will get a nice crispy crust and be fluffy and tender once you bite into these little potato nuggets.

Now if you prefer using another type of potato goes right ahead.

The Kalorik Maxx is a pressure cooker and air fryer into an air fryer. You start by pressure cooking the potatoes and then you will switch over at the

end to the air fryer to crisp up the potatoes.

Can I Make Roasted Garlic Potatoes In Air Fryer

If you own just an Kalorik Maxx you can still make these potatoes. You just follow the pressure cooker steps and then transfer them to a baking sheet and broil for a couple of minutes in the oven to crisp up the skins!

What to Serve With Garlic Roasted Potatoes

- Meatloaf
- Chicken dishes
- Salmon or seafood
- Burgers
- Steak
- Pork chops
- Garlic Orzo
- Broccoli and Cheddar Pasta

The sky's the limit when it comes to what to serve these potatoes with! I make these so often and they work with pretty much every main dish.

How to Store Leftover Potatoes

These potatoes are best served fresh, as they have a fantastic crisp texture to them. But you can toss in the fridge in an airtight container for 3-5 days. Then you can reheat in a skillet or microwave.

Do You Cook Roasted Garlic Potatoes with Skins On

You can leave the skins on if you like the texture or flavor, or peel them if you are not a fan of skins. But feel free to peel if you prefer. It will change the texture a bit.

Give this easy Air Fryer Kalorik Maxx side dish a try. I think if you are a fan of the Kalorik Maxx you will love this new potato recipe to consider.

- Yield: 4
- Cook Time: 4 Minutes

- Additional Time: 10 Minutes
- Total Time: 14 Minutes

Air Fryer Kalorik Maxx Roasted Garlic Potatoes is the perfect side for your weeknight meals. A simple potato side dish that will win over your family.

Ingredients

- 5 pounds baby potatoes
- 1 cup garlic butter
- 1 cup water

Instructions

- Add one cup water to the Air Fryer Kalorik Maxx or ninja foodi.
- Place Potatoes in basket
- Cook on manual high pressure for 4 minutes.
- Remove potatoes and drain water.
- Add Potatoes to the inner pot
- Add one cup Garlic Butter.
- Place crisper lid on
- Air Crisp on 400 degrees for ten minutes or until skins are crispy

Nutrition Information:

Calories: 364 Total Fat: 17g Saturated Fat: 11g Trans Fat: 1g Unsaturated Fat: 5g Cholesterol: 45mg Sodium: 232mg Carbohydrates: 48g Fiber: 5g Sugar: 3g Protein: 6g

Delicious Roasted Artichokes with Dipping Sauce



These roasted artichokes are pressure cooked with lots of garlic and seasoned with lemon and tamari then roasted to crispy, tender perfection. A perfect vegetable side dish recipe that your family will love. Make two easy dipping sauces with the marinade!

Whether you're making these artichokes in the Foodi, an Air Fryer, or right on the grill, they'll be a family favorite soon!

Roasted artichokes are one of my family's favorite recipes, and we make them often in the summer. They're easy to grill or cook in the pressure cooker, and the seasonings you can use are endless!

How to prepare artichokes:

Artichokes are beautiful vegetables, but they're not really friendly vegetables. The leaves have sharp thorns on them they you'll need to cut off before you cook them. People clip artichokes before cooking them because the thorns hurt, and it's easier to clip them off before the artichoke is soft from cooking.

First, cut off the bottom stem of the artichoke, close to the bottom.

Next, slice the tips of the leaves off of the artichoke. If you need some instruction on doing this, take a peek at the video in this post.

Now, you'll need to cook the artichokes.

The Foodi makes this so much easier, though, because you can cook them in the pot and then immediately crisp them up a bit by using the bake/roast feature. The best way to cook the artichokes so they're soft is pressure cooking or steaming them. The bake/roast is totally optional—we're not aiming for crispy artichokes, but it's nice to have a bit of browning on foods, right? They definitely look prettier.

How to steam artichokes

Prepare the marinade. Pull the leaves of the artichoke apart and use a spoon or brush to drip some of the marinade into the artichoke.

Place the artichokes stem side down in the Ninja Foodi, Air Fryer, or other electric pressure cooker. Add a cup of water or vegetable broth along with some garlic to the pot.

Set the pressure cooker for 20 minutes on high pressure and when it's done, quick release the steam.

Once the steam is released, open the lid and give them a minute to cool. Remove the artichokes from the pot carefully.

Using a very sharp knife, slice the artichokes in half, starting at the stem. If you use a dull knife to do this, it won't cut evenly through the thick leaves and it'll pull some leaves out of the artichoke. Try to not saw the knife back and forth.

The center part of the artichoke is not eaten—you'll be removing the fuzzy part right under the heart as well as the tough purple leaves. Those leaves don't hold any of the "meat," so we remove them to make a perfect spot to hold more garlic ;)

Start adding marinade in between the leaves under the artichoke.

Place the artichoke halves cut side up into the air fryer basket of the Foodi (or if you're not using a pressure cooker, this is when you can bake them or grill them).

Drizzle the marinade in between the leaves in the center of the artichoke and fill up the centers of the artichokes with the extra marinade. Set a few teaspoons of the marinade aside if you'd like to make an easy dipping sauce.

You can stack the artichoke halves on top of one another and shift them a little halfway through the roasting process.

You could eat your artichokes at this point. If you ever want to make artichokes again with a different type of marinade, this is the point where you'll stop.

You can also add marinade to the artichokes right now, put them in the fridge, and allow them to marinate for up to 48 hours before continuing on with the rest of the instructions below.

Pressure cooker artichokes are pretty awesome because you don't really need to marinate them for long—you gave them some flavor when you pressure cooked them!

How to roast artichokes

Set the Foodi to bake/roast for five minutes. After three minutes, check on and move your artichokes so they all get crisp. You're looking for them to be lightly charred, not super crispy.

Your cook time could change depending on how many artichoke halves you're roasting, the size of your Foodi, and how big your artichokes are.

Oven roasted artichokes

If you're using an oven, preheat the oven to 350° and cook the artichokes for 10-15 minutes, watching for them to brown.

How to make grilled artichokes

If you're making these artichokes on the grill, set it to medium high or 350° and allow them to cook both cut side up (first) and then cut side down for 5-10 minutes.

How to eat a roasted artichoke

The entire artichoke is not edible—this is an important fact.

You're going to pull an artichoke leaf off and scrape your teeth against the “meat” on the underside of the leaf. The artichoke leaves aren't edible—just the meat underneath is.

When you've pulled all of the leaves off, you're left with the stem and the artichoke heart, which are both edible.

How to make an easy dipping sauce for your artichokes:

Take 4 teaspoons of melted butter or mayo and add 1 teaspoon of the marinade. Mix well.

These roasted artichokes are cooked with lots of garlic and seasoned with lemon and tamari then roasted to crispy, tender perfection. A perfect vegetable side dish recipe that your family will love. Make two easy dipping sauces with the marinade!

- Servings: 4
- Prep Time: 10 mins
- Cook Time: 30 mins
- Total Time: 40 mins

Ingredients

- 2 artichokes large
- 1/4 cup coconut aminos low sodium soy sauce or low sodium tamari

- 1 lemon juiced
- 4 T garlic
- 1/4 cup olive oil or broth
- 1 cup water or vegetable broth
- US Customary – Metric

Instructions

How to prepare artichokes:

- Cut off the bottom stem of the artichoke.
- Cut the sharp tips of the leaves off of the artichoke. If you need some instruction on doing this, take a peek at the video in this post.

How to steam artichokes

- Prepare the marinade by adding all ingredients into a small bowl. You can cut calories by marinating in vegetable broth instead of olive oil.
- Pull the leaves of the artichoke apart and use a spoon or brush to drip some of the marinade into the artichoke.
- Place the artichokes stem side down in the Ninja Foodi, Air Fryer, or other electric pressure cooker. Add a cup of water or vegetable broth along with 1/2 tsp garlic to the pot.
- Set the pressure cooker for 20 minutes on high pressure and when it's done, quick release the steam. You can also steam these right on the stove for 20 minutes.
- Once the steam is released, open the lid and give them a minute to cool. Remove the artichokes from the pot carefully.
- Using a very sharp knife, slice the artichokes in half, starting at the stem. If you use a dull knife to do this, it won't cut evenly through the thick leaves and it'll pull some leaves out of the artichoke.
- Start adding marinade in between the leaves under the artichoke.

- Place the artichoke halves cut side up into the air fryer basket of the Foodi (or if you're not using a pressure cooker, this is when you can bake them or grill them).
- Drizzle the marinade in between the leaves in the center of the artichoke and fill up the centers of the artichokes with the extra marinade. Set a few teaspoons of the marinade aside if you'd like to make an easy dipping sauce.

How to roast artichokes

- Set the Foodi to bake/roast for five minutes. After three minutes, check on and move your artichokes around so they all cook evenly and get crisp. You're looking for them to be lightly charred, not super crispy.
- Your cook time could change depending on how many artichoke halves you're roasting, the size of your Foodi, and how big your artichokes are.
- If using a grill or oven, brown the artichokes for 10-15 minutes.

Nutrition facts:

Calories: 178kcal | Carbohydrates: 13g | Protein: 4g | Fat: 14g | Saturated Fat: 2g | Sodium: 775mg | Potassium: 337mg | Fiber: 4g | Sugar: 2g | Vitamin C: 24mg | Calcium: 53mg | Iron: 2mg

Avocado Fries in an Air Fryer



- Active Time: 15 Mins
- Total Time: 30 Mins
- Yield: Serves 4 (serving size: 4 avocado fries, 2 tbsp. sauce)

Avocado fries? Oh yes! This irresistible combination of crunchy and creamy is the ultimate air fryer indulgence. They're a little heavier in calories than most of our snacks, but they're so darned good, they're worth the occasional splurge!

The secret to the perfect air fryer avocado fries is picking out avocados that are just ripe, but with enough firmness to hold their shape during cooking. Paired with this kicky, spicy sauce, these fries are next-level good.

Ingredients

- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 1 1/2 teaspoons black pepper
- 2 large eggs 1 tablespoon water
- 1/2 cup panko (Japanese-style breadcrumbs)
- 2 avocados, cut into 8 wedges each Cooking spray
- 1/4 teaspoon kosher salt
- 1/4 cup no-salt-added ketchup
- 2 tablespoons canola mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon Sriracha chili sauce

Nutritional Information

- Calories 262
- Fat 18g
- Satfat 3g
- Unsatfat 14g
- Protein 5g
- Carbohydrate 23g
- Fiber 7g
- Sugars 5g
- Added sugars 1g
- Sodium 306mg
- Calcium 2% DV
- Potassium 14% DV

How to Make It

Step 1: Stir together flour and pepper in a shallow dish. Lightly beat eggs and water in a second shallow dish. Place panko in a third shallow dish. Dredge avocado wedges in flour, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko, pressing to adhere. Coat avocado wedges well with cooking spray.

Step 2: Place avocado wedges in air fryer basket, and cook at 400°F until golden, 7 to 8 minutes, turning avocado wedges over halfway through cooking. Remove from air fryer; sprinkle with salt.

Step 3: While avocado wedges cook, whisk together ketchup, mayonnaise, vinegar, and Sriracha in a small bowl. To serve, place 4 avocado fries on each

plate with 2 tablespoons sauce.

Loaded Potatoes in an Air Fryer



- Active Time: 10 Mins
- Total Time: 25 Mins
- Yield: Serves 2 (serving size: 4 potatoes)

Comfort food just got quicker and easier courtesy of your air fryer. These crispy potatoes may seem indulgent, but smart portions of bacon, cheese, and sour cream add big flavor while keeping calories and sat fat in check. The secret is the center-cut bacon—it cooks up nice and crispy, and yields just enough pan drippings to make these potatoes really shine. Serve these tender-crispy spuds with a skillet-seared steak and a side of your favorite steamed veggies for a quick and easy supper.

Ingredients

- 11 ounces baby Yukon Gold potatoes (about 8 [2-inch])

potatoes)

- 1 teaspoon olive oil
- 2 center-cut bacon slices
- 1 1/2 tablespoons chopped fresh chives
- 1/2 ounce finely shredded reduced-fat Cheddar cheese (about 2 Tbsp.)
- 2 tablespoons reduced-fat sour cream
- 1/8 teaspoon kosher salt

Nutritional Information

- Calories 199
- Fat 7g
- Satfat 3g
- Unsatfat 2g
- Protein 7g
- Carbohydrate 26g
- Fiber 4g
- Sugars 3g
- Added sugars 0g
- Sodium 287mg
- Calcium 8% DV
- Potassium 1% DV

How to Make It

Step 1: Toss potatoes with oil to coat. Place potatoes in air fryer basket, and cook at 350°F until fork tender, 25 minutes, stirring potatoes occasionally.

Step 2: Meanwhile, cook bacon in a medium skillet over medium until crispy, about 7 minutes. Remove bacon from pan; crumble. Place potatoes on a serving platter; lightly crush potatoes to split. Drizzle with bacon drippings. Top with chives, cheese, sour cream, salt, and crumbled bacon.

Mexican-Style Corn on the Cob in an Air Fryer



- Active Time: 10 Mins
- Total Time: 20 Mins
- Yield: Serves 4 (serving size: 1 ear corn)

No need to track down a food truck to get your Mexican street corn fix—your air fryer turns out a fantastic batch. A quick turn halfway through cooking yields crispy, juicy corn that soaks up the tasty garlic-lime butter like a champ.

Pick out small ears, or trim them slightly so that they fit into the air fryer basket. If you have any leftovers, cut the kernels off the cob and stir into a dip or sprinkle over a salad.

Ingredients

- 4 ears fresh corn (about 1 1/2 lb.), shucked
- Cooking spray
- 1 1/2 tablespoons unsalted butter
- 2 teaspoons chopped garlic
- 1 teaspoon lime zest plus
- 1 Tbsp. fresh juice (from 1 lime)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons chopped fresh cilantro

Nutritional Information

- Calories 201
- Fat 7g
- Satfat 3g
- Unsatfat 3g
- Protein 6g
- Carbohydrate 35g
- Fiber 4g
- Sugars 12g
- Added sugars 0g
- Sodium 269mg
- Calcium 1% DV
- Potassium 11% DV

How to Make It

Step 1: Lightly coat corn with cooking spray, and place in a single layer in air fryer basket. Cook at 400°F until tender and slightly charred, 14 minutes, turning corn over halfway through cooking.

Step 2: Meanwhile, stir together butter, garlic, lime zest, and lime juice in a small microwavable bowl. Microwave on HIGH until butter is melted and garlic is fragrant, about 30 seconds. Place corn on a platter and pour over butter mixture. Sprinkle with salt, pepper, and cilantro. Serve immediately.

Best Sweet Potato Fries



- Active Time: 10 Mins
- Total Time: 1 Hour
- Yield: Serves 4 (serving size: 12 to 14 fries)

Hand cut fries beat out frozen any day, and these sweet potato beauties are a huge air fryer win. An excellent balance of sweet and savory flavors, these crisp fries get a nice kick of flavor from the garlic and thyme.

They make a nice healthy snack, or a great side with a grilled chicken sandwich or burger. Be sure to cut the sweet potato into similar-sized pieces so they cook evenly.

These fries go great with air-fried hot chicken thighs (pictured)! Get the recipe.

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon garlic powder
- 2 (6-oz.) sweet potatoes, peeled and cut into 1/4-inch sticks
- Cooking spray

Nutritional Information

- Calories 104
- Fat 3g
- Satfat 1g
- Unsatfat 2g
- Protein 1g
- Carbohydrate 17g
- Fiber 3g
- Sugars 4g
- Added sugars 0g
- Sodium 187mg
- Calcium 3% DV
- Potassium 6% DV

How to Make It

Step 1: Stir together olive oil, thyme, salt, and garlic powder in a medium bowl. Add sweet potato, and toss well to coat.

Step 2: Lightly coat air fryer basket with cooking spray. Place sweet potatoes in single layer in the basket, and cook in batches at 400°F until tender on the inside and lightly browned on the outside, 14 minutes, turning fries over halfway through cooking.

Air Fryer Sweet Potato Chips



- Active Time: 5 Mins
- Total Time: 1 Hour
- Yield: Serves 4 (serving size: about 15 chips)

Sweet potato chips sound like a nutritious snack, but store-bought versions can still pack significant amounts of fat and sodium. Enter air fryer sweet potato chips. These healthy homemade chips have a third of the fat—and they’re perfectly crunchy and addictive.

If you don’t already own a mandoline, this recipe is your excuse to buy one. This versatile kitchen tool makes for precise slicing, which results in a more evenly-cooked chip. Additionally, soaking the sweet potato slices in water helps to remove the starch, making for a crispier chip.

Pack these sweet potato chips into your lunch box or serve them with a creamy dip, like our herby Pesto-Yogurt Dip or this crave-worthy

Caramelized Leek and Spinach Dip. What other foods can you air fry? Our collection of over 35 healthy air fryer recipes has tons of delicious ideas from chicken wings to Pop Tarts to coconut shrimp.

Ingredients

- 1 medium sweet potato, unpeeled, cut into
- 1/8-inch-thick slices
- 1 tablespoon canola oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh rosemary (optional) Cooking spray

Nutritional Information

- Calories 60
- Fat 3.5g
- Satfat 0g
- Unsatfat 3g
- Protein 1g
- Carbohydrate 7g
- Fiber 1g
- Sugars 1g
- Added sugars 0g
- Sodium 160mg
- Calcium 0% DV
- Potassium 2% DV

How to Make It

Step 1: In a large bowl of cold water, soak sweet potato slices for 20 minutes. Drain sweet potatoes; pat dry with paper towels.

Step 2: Wipe bowl dry; then add oil, salt, pepper, and rosemary (if using). Add sweet potatoes; toss gently to coat.

Step 3: Lightly coat air fryer basket with cooking spray. Place half of the sweet potatoes in the basket, and cook in two batches at 350°F until cooked through and crispy, about 15 minutes.

Step 4: Using a pair of tongs, carefully remove sweet potatoes from air fryer

to plate. Let cool; serve immediately or store in an airtight plastic container.

Air frying these sweet potato chips takes a little practice—but you can nail them by keeping a close eye on them while they cook. Check the chips about halfway through, using your tongs to separate any that have stuck to each other. Check them again towards the end of their cook cycle, making sure to remove any chips that are lightly-browned and crisped. Don't worry if several chips feel a touch soft—they tend to dry out and crisp up as they cool.

Air-Fried Coconut Shrimp



- Active Time: 15 Mins
- Total Time: 30 Mins
- Yield: Serves 4 (serving size: 6 shrimp, 2 tbsp. sauce)

You can count on your air fryer to turn a normal Friday into a #friyay, especially if this beach-dive-inspired recipe is on the menu.

Coconut and panko team up to create an amazingly crispy coating for this shrimp; use finely shredded coconut to guarantee better crust adhesion. If you can't track down finely shredded coconut, pulse the coconut in your food processor or give it a quick chop until it's more finely ground. Fresh from your air fryer and dunked in this sweet-and-tangy honey-lime sauce, this addictive app will make you feel like you're on a Caribbean beach.

Ingredients

- 1/2 cup (about 2 1/8 oz.) all-purpose flour

- 1 1/2 teaspoons black pepper
- 2 large eggs
- 2/3 cup unsweetened flaked coconut
- 1/3 cup panko (Japanese-style breadcrumbs)
- 12 ounces medium peeled, deveined raw shrimp, tail-on (about 24 shrimp)
- Cooking spray
- 1/2 teaspoon kosher salt
- 1/4 cup honey
- 1/4 cup lime juice
- 1 serrano chile, thinly sliced
- 2 teaspoons chopped fresh cilantro (optional)

Nutritional Information

- Calories 250
- Fat 9g
- Saturated fat 7g
- Unsaturated fat 1g
- Protein 15g
- Carbohydrate 30g
- Fiber 2g
- Sugars 18g
- Added sugars 17g
- Sodium 527mg
- Calcium 6% DV
- Potassium 3% DV

How to Make It

Step 1: Stir together flour and pepper in a shallow dish. Lightly beat eggs in a second shallow dish. Stir together coconut and panko in a third shallow dish. Holding each shrimp by the tail, dredge shrimp in flour mixture, making sure not to coat tail; shake off excess. Dip in egg, allowing any excess to drip off. Dredge in coconut mixture, pressing to adhere. Coat shrimp well with cooking spray.

Step 2: Place half of the shrimp in air fryer basket, and cook at 400°F until golden, 6 to 8 minutes, turning shrimp over halfway through cooking. Season with 1/4 teaspoon of the salt. Repeat with remaining shrimp and salt.

Step 3: While shrimp cook, whisk together honey, lime juice, and serrano chile in small bowl. Sprinkle shrimp with cilantro, if desired. Serve with sauce.

Air-Fried Flax Seed French Toast Sticks With Berries



- Active Time: 20 Mins
- Total Time: 1 Hour
- Yield: Serves 4 (serving size: 4 french toast sticks, 1/2 cup berries, 2 tsp. syrup)

One of the secrets to getting the best results from your air fryer is to coat foods with a dry mixture that cooks up nice and crispy.

Here, we've used omega-3 rich flax seeds to add a super-food style crunch to French toast. Choose a high-quality whole grain loaf for this recipe—it will help the toast sticks hold their shape and texture throughout the soaking and cooking process. You can feel great about treating your kids to these on Saturday morning; they'll never guess they're eating a fiber-rich and heart-

healthy breakfast.

Ingredients

- 4 (1 1/2-oz.) whole-grain bread slices
- 2 large eggs
- 1/4 cup 2% reduced-fat milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup packed light brown sugar, divided
- 2/3 cup flax seed meal Cooking spray
- 2 cups sliced fresh strawberries
- 8 teaspoons pure maple syrup, divided
- 1 teaspoon powdered sugar

Nutritional Information

- Calories 361
- Fat 10g
- Saturated fat 1g
- Unsaturated fat 7g
- Protein 14g
- Carbohydrate 56g
- Fiber 10g
- Sugars 30g
- Added sugars 22g
- Sodium 218mg
- Calcium 15% DV
- Potassium 7% DV

How to Make It

Step 1: Cut each slice of bread into 4 long sticks. Whisk together eggs, milk, vanilla, cinnamon, and 1 tablespoon of the brown sugar in a shallow dish. Mix flax seed meal and remaining 3 tablespoons brown sugar in a second shallow dish. Dip bread pieces in egg mixture, slightly soaking them, and allow any excess to drip off. Dredge each piece in flax seed mixture, coating on all sides. Coat bread pieces with cooking spray.

Step 2: Place bread pieces in a single layer in air fryer basket, leaving room

between each piece, and cook in batches at 375°F until golden brown and crunchy, 10 minutes, turning pieces over halfway through cooking.

Step 3: To serve, place 4 French toast sticks on each plate. Top with 1/2 cup strawberries, 2 teaspoons maple syrup, and a sprinkle of powdered sugar. Serve immediately.

Crispy, Sweet Air-Fried Beet Chips



- Active Time: 15 Mins
- Total Time: 1 Hour 5 Mins
- Yield: Serves 4 (serving size: 1 cup)

Specialty root chips can cost \$5 to \$6 per bag at the grocery store; save big bucks by whipping up a couple batches in your air fryer.

The secret to crispy beet chips is to slice the beets super thin; if your knife skills aren't Top Chef level, use a mandolin to get wafer-thin slices. Don't overcrowd the basket; air flow is crucial to getting the chips nice and crispy.

Ingredients

- 3 medium-size red beets (about 1 1/2 lb.), peeled and cut into 1/8-inch thick slices (about 3 cups)

- 2 teaspoons canola oil
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

Nutritional Information

- Calories 47
- Fat 2g
- Saturated fat 0g
- Unsaturated fat 2g
- Protein 1g
- Carbohydrate 6g
- Fiber 2g
- Sugars 4g
- Added sugars 0g
- Sodium 48mg
- Calcium 1% DV
- Potassium 4% DV

How to Make It

Step 1: Toss sliced beets, oil, salt, and pepper in a large bowl.

Step 2: Place half of the beets in air fryer basket, and cook at 320°F until dry and crisp, 25 to 30 minutes, shaking the basket every 5 minutes. Repeat with remaining beets.

Crunchy Air-Fried Corn Dog Bites



- Active Time: 15 Mins
- Total Time: 35 Mins
- Yield: Serves 4 (serving size: 3 bites, 2 tsp. mustard)

Who doesn't love a corn dog? These whimsical, perfect little bites of smoky hot dog goodness come with a crunchy cornflake coating that will make party guests smile.

Look for high-quality uncured hot dogs at upscale grocery stores such as Whole Foods, Fresh Market, or Sprouts. Mustard is best friends with corn dogs, so pick out your favorite to serve with these fun and festive snacks.

Ingredients

- 2 uncured all-beef hot dogs
- 12 craft sticks or bamboo skewers
- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 cups finely crushed cornflakes cereal
- Cooking spray
- 8 teaspoons yellow mustard

Nutritional Information

- Calories 82
- Fat 3g
- Saturated fat 1g
- Unsaturated fat 1g
- Protein 5g
- Carbohydrate 8g
- Fiber 0g
- Sugars 1g
- Added sugars 0g
- Sodium 179mg
- Calcium 1% DV
- Potassium 0% DV

How to Make It

Step 1: Slice each hot dog in half lengthwise. Cut each half into 3 equal pieces. Insert a craft stick or bamboo skewer into 1 end of each piece of hot dog.

Step 2: Place flour in a shallow dish. Place lightly beaten eggs in a second shallow dish. Place crushed cornflakes in a third shallow dish. Dredge hot dogs in flour, shaking off excess. Dip in egg, allowing any excess to drip off. Dredge in cornflake crumbs, pressing to adhere.

Step 3: Lightly coat air fryer basket with cooking spray. Place 6 corn dog bites in basket; lightly spray tops with cooking spray. Cook at 375°F until coating is golden brown and crunchy, 10 minutes, turning the corn dog bites over halfway through cooking. Repeat with remaining corn dog bites.

Step 4: To serve, place 3 corn dog bites on each plate with 2 teaspoons mustard, and serve immediately.

Crispy Veggie Quesadillas in an Air Fryer



- Active Time: 20 Mins
- Total Time: 40 Mins
- Yield: Serves 4 (serving size: 1 quesadilla, 1 tbsp. cumin cream, 2 tbsp. pico de gallo)

Filling but not heavy, air fryer quesadillas make a quick and satisfying weeknight supper.

Black beans bring protein and fiber to the party; peppers and zucchini bring color, crunch, and up your daily veggie count. Shop for sprouted tortillas at well-stocked supermarkets; regular whole-wheat tortillas will work in a pinch.

Be sure to secure the quesadillas with a toothpick during cooking; the air

flow in your fryer can blow them open until the cheese melts and seals everything together. Public Service Announcement: These quesadillas pair perfectly with ice-cold beer; limes optional.

Ingredients

- 4 (6-in.) sprouted whole-grain flour tortillas
- 4 ounces reduced-fat sharp
- Cheddar cheese, shredded (about 1 cup)
- 1 cup sliced red bell pepper
- 1 cup sliced zucchini
- 1 cup no-salt-added canned black beans, drained and rinsed
- Cooking spray
- 2 ounces plain
- 2% reduced-fat
- Greek yogurt
- 1 teaspoon lime zest plus 1 Tbsp. fresh juice (from 1 lime)
- 1/4 teaspoon ground cumin
- 2 tablespoons chopped fresh cilantro
- 1/2 cup drained refrigerated pico de gallo

Nutritional Information

- Calories 291
- Fat 8g
- Satfat 4g
- Unsatfat 3g
- Protein 17g
- Carbohydrate 36g
- Fiber 8g
- Sugars 3g
- Added sugars 0g
- Sodium 518mg
- Calcium 30% DV
- Potassium 6% DV

How to Make It

Step 1: Place tortillas on a work surface. Sprinkle 2 tablespoons shredded cheese over half of each tortilla. Top cheese on each tortilla with 1/4 cup each

red pepper slices, zucchini slices, and black beans. Sprinkle evenly with remaining 1/2 cup cheese. Fold tortillas over to form half-moon shaped quesadillas. Lightly coat quesadillas with cooking spray, and secure with toothpicks.

Step 2: Lightly spray air fryer basket with cooking spray. Carefully place 2 quesadillas in the basket, and cook at 400°F until tortillas are golden brown and slightly crispy, cheese is melted, and vegetables are slightly softened, 10 minutes, turning quesadillas over halfway through cooking. Repeat with remaining quesadillas.

Step 3: While quesadillas cook, stir together yogurt, lime zest, lime juice, and cumin in a small bowl. To serve, cut each quesadilla into wedges and sprinkle with cilantro. Serve each with 1 tablespoon cumin cream and 2 tablespoons pico de gallo.

Loaded Greek Feta Fries in an Air-Fryer



- Active Time: 5 Mins
- Total Time: 45 Mins
- Yield: Serves 2 (serving size: 1 1/2 cups)

This dish gets tons of flavor from the spices. If your fresh oregano is strong, start with less than what's called for and add more to taste. To speed things up, prep all the ingredients in advance so you can assemble quickly while the fries are still hot.

The fries are easy to make in an air fryer, but if you don't have one (yet) no problem: Spread potatoes on a baking sheet coated with cooking spray; bake 10 minutes at 450F. Flip fries, and bake until crisp and brown, another 10-15 minutes.

Ingredients

- Cooking spray
- 2 (7-oz.) Yukon Gold or russet potatoes, scrubbed and dried
- 1 tablespoon olive oil
- 2 teaspoons lemon zest
- 1/2 teaspoon dried oregano
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 2 ounces feta cheese, finely grated (about 1/2 cup)
- 2 ounces shredded skinless rotisserie chicken breast
- 1/4 cup prepared tzatziki
- 1/4 cup seeded and diced plum tomato
- 2 tablespoons chopped red onion
- 1 tablespoon chopped fresh flat-leaf parsley and oregano

Nutritional Information

- Calories 383
- Fat 16g
- Saturated fat 7g
- Unsaturated fat 8g
- Protein 19g
- Carbohydrate 42g
- Fiber 4g
- Sugars 5g
- Added sugars 0g
- Sodium 654mg
- Calcium 21% DV
- Potassium 29% DV

How to Make It

Step 1: Preheat an air fryer to 380°F. Coat the basket with cooking spray.

Step 2: Cut each potato lengthwise into 1/4-inch-thick slices; cut each slice into 1/4-inch fries.

Step 3: Toss together the potatoes and oil in a large bowl. Season with zest, dried oregano, salt, garlic powder, onion powder, paprika, and pepper; toss to coat.

Step 4: In 2 batches, cook the seasoned potatoes until crisp, about 15 minutes, flipping fries halfway through cooking time.

Step 5: Return the first batch of fries to the basket, and cook until warmed through, 1 to 2 minutes. Remove from air fryer. Top fries with half of the feta, chicken, tzatziki, remaining feta, tomato, red onion, and fresh herbs.

Air-Fried Curry Chickpeas



- Active Time: 10 Mins
- Total Time: 25 Mins
- Yield: Serves 4 (serving size: 1/3 cup)

Up your app game with these addictively crunchy chickpeas. The main ingredient of hummus, creamy chickpeas bake into crisp little nuggets in almost no time. These are a great snack substitute for chips thanks to loads of fiber and a good amount of protein. Be gentle when mashing the chickpeas in step 1; you want to press them just enough to get the outer skin to release, instead of mashing them into a paste. If you can't track down Aleppo pepper, use 1/4 tsp. crushed red pepper flakes. You can make these ahead; they'll keep about a week in an airtight container.

Ingredients

- 1 (15-oz.) can no-salt-added chickpeas (garbanzo beans), drained and rinsed (about 1 1/2 cups)
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons curry powder
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/4 teaspoon plus
- 1/8 tsp. ground cinnamon
- 1/4 teaspoon kosher salt
- 1/2 teaspoon Aleppo pepper
- Thinly sliced fresh cilantro

Nutritional Information

- Calories 173
- Fat 8g
- Saturated fat 1g
- Unsaturated fat 6g
- Protein 7g
- Carbohydrate 18g
- Fiber 5g
- Sugars 1g
- Added sugars 0g
- Sodium 146mg
- Calcium 6% DV
- Potassium 4% DV

How to Make It

Step 1: Gently smash chickpeas with your hands in a medium bowl (do not crush); discard chickpea skins.

Step 2 : Add vinegar and oil to chickpeas, and toss to coat. Add curry powder, turmeric, coriander, cumin, and cinnamon; stir gently to combine.

Step 3: Place chickpeas in single layer in air fryer basket, and cook at 400°F until crispy, about 15 minutes, shaking chickpeas halfway through cooking.

Step 4: Transfer chickpeas to a bowl. Sprinkle with salt, Aleppo pepper, and

cilantro; toss to coat.

Air-Fried "Everything Bagel" Kale Chips



- Active Time: 10 Mins
- Total Time: 28 Mins
- Yield: Serves 2 (serving size: 1 1/2 cups)

Welcome to your new go-to snack food—kale chips 2.0! These flavor-packed nutritious chips come out of the air fryer even crispier than they do from your regular oven.

Store-bought everything bagel seasoning can be gorged with sodium. Our homemade version delivers the same flavor using staples you probably have hanging out in your spice cabinet. Shop for the perkier fresh kale you can put your hands on—it yields the crispiest chips.

Ingredients

- 6 cups packed torn
- Lacinato kale leaves, stems and ribs removed
- 1 tablespoon olive oil
- 1 teaspoon lower-sodium soy sauce
- 1 teaspoon white or black sesame seeds
- 1/2 teaspoon dried minced garlic
- 1/4 teaspoon poppy seeds

Nutritional Information

- Calories 159
- Fat 8g
- Saturated fat 1g
- Unsaturated fat 6g
- Protein 7g
- Carbohydrate 20g
- Fiber 5g
- Sugars 0g
- Added sugars 0g
- Sodium 182mg
- Calcium 34% DV
- Potassium 0% DV

How to Make It

Step 1: Wash and completely dry kale leaves, and tear into 1 1/2-inch pieces. Toss together kale, olive oil, and soy sauce in a medium bowl, rubbing the leaves gently to be sure they are well coated with mixture.

Step 2: Place one-third of the kale leaves in air fryer basket, and cook at 375°F until crisp, 6 minutes, shaking basket halfway through cooking. Place kale chips on a baking sheet, and sprinkle evenly with sesame seeds, garlic, and poppy seeds while still hot. Repeat with remaining kale leaves.

Air Fryer Potato Chips



- Active Time: 5 Mins
- Total Time: 1 Hour 35 Mins
- Yield: Serves 4 (serving size: about 12 chips)

Crispy, crunchy, and addictive, air fryer potato chips have 60 percent less fat than their store-bought counterparts. Yes, making potato chips in your air fryer requires a little bit of effort—but the result is a salty snack that’s actually pretty healthy. Does it get much better than that?

Mastering air fryer potato chips takes practice—and you’ll want to check on them about halfway through cooking, then more frequently towards the end of their cooking cycle. Use tongs to carefully separate any chips that have stuck to each other to ensure they cook evenly, and remove any chips that are fully crisped.

Make a batch of these chips for your next party, and serve them with our creamy-tangy Miso-Ranch Dip. Ready to jump on the air fryer bandwagon?

Check out these 35 healthy air fryer recipes for delicious ideas from chicken wings to corn dog bites.

Ingredients

- 1 medium Russet potato, unpeeled, cut into 1/8 inch thick slices (about 3/4 pound)
- 1 tablespoon canola oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Canola oil
- 1 teaspoon chopped fresh rosemary

Nutritional Information

- Calories 100
- Fat 3.5g
- Satfat 0g
- Unsatfat 3.2g
- Protein 2g
- Carbohydrate 15g
- Fiber 1g
- Sugars 1g
- Added sugars 0g
- Sodium 140mg
- Calcium 0% DV
- Potassium 8% DV

How to Make It

Step 1: In a large bowl of cold water, soak potato slices for 20 minutes. Drain potatoes; pat dry with paper towels.

Step 2: Wipe bowl dry; then add oil, salt, and pepper. Add potatoes; toss gently to coat.

Step 3: Lightly coat air fryer basket with cooking spray. Place half of the potato slices in the basket, and cook in two batches at 375°F until cooked through and crispy, about 25 to 30 minutes.

Step 4: Using a pair of tongs, carefully remove chips from air fryer to plate.

Sprinkle over rosemary; serve immediately or store in an airtight plastic container.

Air Fryer Apple Chips



- Serves: 2
- Active Time: 5 minutes
- Total Time: 14 minutes

If you're craving super-crispy, crunchy apple chips, baking them in the oven

just isn't going to cut it. The air fryer, on the other hand, will never fail to deliver.

This recipe couldn't be easier. You'll start by thinly slicing an apple (any variety will work, though a red apple produces extra-pretty chips), and if you have a mandoline, use it: the thinner the slice, the crispier the chip. Toss the slices with cinnamon and nutmeg, place an even layer into a preheated air fryer, coat with cooking spray, and fry until golden. You'll have a delicious snack in less than 10 minutes. For maximum crunchiness, let cool completely before diving in.

To make these crunchy apple chips, you just need apples, cinnamon, and a pinch of salt. Just slice some apples as thin as you can (now's the time to bust out your mandoline), season them with cinnamon and salt, and air fry them for eight minutes. They come out crisp, golden, and ready for snacking.

Ingredients

- 1 medium red apple
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Cooking spray

Nutritional Information

- Calories 160
- Fat 11.1 g (17.1%)
- Saturated 0.8 g (4.0%)
- Carbs 16.1 g (5.4%)
- Fiber 2.6 g (10.3%)
- Sugars 9.5 g
- Protein 0.3 g (0.6%)
- Sodium 9.2 mg (0.4%)

Instructions

Thinly slice apple into 1/8-inch-thick slices with a knife or preferably on a mandoline. Toss the apple slices with 1/2 teaspoon ground cinnamon and 1/4 teaspoon ground nutmeg.

Preheat an Instant Vortex Plus 7-in-1 Air Fryer Oven to 365°F and set for 14

minutes. Coat the air fryer basket with cooking spray. Place an single layer of apple slices into basket and spray with cooking spray. Air fry until golden-brown, rotating the trays halfway through to help keep the apples flat, about 7 minutes total. Let the chips cool completely to crisp. Repeat with air frying the remaining apple slices.

Bacon Avocado Fries



- Yields: 24
- Prep Time: 5 mins
- Total Time: 5 mins

You can't say no to anything wrapped in bacon. These low-carb "fries" turn a regular slice of avocado into something extraordinary. We've included an oven-baked version as well as an air fryer version down below.

Ingredients

- 3 avocados
- 24 thin strips of bacon
- 1/4 c. ranch dressing, for serving

Nutrition (per serving): 120 calories, 4 g protein, 3 g carbohydrates, 2 g fiber, 0 g sugar, 11 g fat, 2 g saturated fat, 190 mg sodium

Directions

FOR OVEN

Preheat oven to 425°. Slice each avocado into 8 equally-sized wedges. Wrap each wedge in bacon, cutting bacon if needed. Place on a baking sheet, seam side down.

Bake until bacon is cooked through and crispy, 12 to 15 minutes.

Serve with ranch dressing.

FOR AIR FRYER

Slice each avocado into 8 equally-sized wedges. Wrap each wedge with a strip of bacon, cutting bacon if needed.

Working in batches, arrange in air fryer basket in a single layer. Cook at 400° for 8 minutes until bacon is cooked through and crispy.

Serve warm with ranch.

Air Fryer Bloomin' Onion



- Yields: 4 Servings
- Prep Time: 15 Mins
- Total Time: 45 Mins

We know we've already made a baked Blooming Onion, but we couldn't resist trying it out in the air fryer. Even after skipping the deep fry, this

monster still comes out as addicting as ever. It's crazy crispy and so fun as a pull-apart shared appetizer. The secret sauce from Outback will forever be our favorite dip!

Ingredients

FOR THE ONION

- 1 large yellow onion
- 3 large eggs
- 1 c. breadcrumbs
- 2 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. kosher salt
- 3 tbsp. extra-virgin olive oil

FOR THE SAUCE

- 2/3 c. mayonnaise
- 2 tbsp. ketchup
- 1 tsp. horseradish
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. dried oregano
- Kosher salt

Nutrition - Calories: 117kcal | Carbohydrates: 22g | Protein: 4g | Fat: 1g | Cholesterol: 27mg | Sodium: 20mg | Potassium: 86mg | Sugar: 1g | Vitamin A: 95IU | Vitamin C: 0.7mg | Calcium: 40mg | Iron: 1.5mg

Directions

Slice off onion stem and set onion on flat side. Cut an inch from the root down, into 12 to 16 sections, being careful not to cut all the way through. Flip over and gently pull out sections of onion to separate petals.

In a shallow bowl, whisk together eggs and 1 tablespoon water. In another shallow bowl, whisk together breadcrumbs and spices. Dip onion into egg wash, then dredge in breadcrumb mixture, using a spoon to fully coat. Drizzle onion with oil.

Place in basket of air fryer and cook at 375° until onion is tender all the way through, 20 to 25 minutes. Drizzle with more oil as desired.

Meanwhile make sauce: In a medium bowl, whisk together mayonnaise, ketchup, horseradish, paprika, garlic powder, and dried oregano. Season with salt.

Serve onion with sauce, for dipping.

Air Fryer Potatoes



- Yields: 4 Servings
- Prep Time: 5 Mins

- Total Time: 25 Mins

We pride ourselves on how perfect our roasted potatoes are. We truly thought they couldn't get any better, but it turns out the air fryer works some kind of magic on potatoes. They get extra crispy all over and stay perfectly soft on the inside. Toss them in just a little bit of oil so all of the seasonings stick to make these the most addicting potatoes ever. They are by far one of our favorite air fryer recipes to date.

Ingredients

- 1 lb. baby potatoes, halved
- 1 tbsp. extra-virgin olive oil
- 1 tsp. garlic powder
- 1 tsp. Italian seasoning
- 1 tsp. Cajun seasoning (optional)
- Kosher salt
- Freshly ground black pepper
- Lemon wedge, for serving
- Freshly chopped parsley, for garnish

Nutrition -

Calories: 166kcal | Carbohydrates: 31g | Protein: 6g | Fat: 2g | Sodium: 25mg | Potassium: 1053mg | Fiber: 6g | Vitamin A: 60IU | Vitamin C: 29mg | Calcium: 77mg | Iron: 8.3mg

Directions

In a large bowl, toss potatoes with oil, garlic powder, Italian seasoning, and Cajun seasoning, if using. Season with salt and pepper.

Place potatoes in basket of air fryer and cook at 400° for 10 minutes. Shake basket and stir potatoes and cook until potatoes are golden and tender, 8 to 10 minutes more.

Squeeze lemon juice over cooked potatoes and garnish with parsley before serving.

Avocado Fries



- Yields: 4 Servings
- Prep Time: 5 Mins
- Total Time: 15 Mins

These air-fried fries are the PERFECT healthy snack. Wanna double up on healthy fats? Pair these fries with our all-time favorite: avocado hummus .

Ingredients

- 1 c. Panko breadcrumbs
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 c. all-purpose flour
- 2 large eggs
- 2 avocados, sliced
- Ranch, for serving (optional)

Nutrition

- 587 Calories
- 51g of Fat
- 17g of Protein
- 8g of Carbs

Directions

In a shallow bowl, whisk together Panko, garlic powder, and paprika. Place flour in another shallow bowl, and in a third shallow bowl beat eggs.

One at a time, dip avocado slices into flour, then egg, then Panko mixture until fully coated.

Place in air fryer and fry at 400° for 10 minutes.

Serve with ranch, if desired.

Air Fryer Potato Wedges



- Yields: 4 Servings
- Prep Time: 5 Mins
- Total Time: 35 Mins

Perfectly crisp and seasoned potato wedges straight out of your air fryer. It doesn't get any easier than this!

Ingredients

- 2 medium Russet potatoes, cut into wedges
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon chili powder
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper

Nutrition Facts

- 129 calories; 5.3 g fat; 19 g carbohydrates; 2.3 g protein; 0 mg cholesterol; 230 mg sodium. Full nutrition

Directions

Preheat air fryer to 400 degrees F (200 degrees C).

Place potato wedges in a large bowl. Add olive oil, paprika, parsley, chili, salt, and pepper and mix well to combine.

Place 8 wedges in the basket of the air fryer and cook for 10 minutes.

Flip wedges with tongs and cook for an additional 5 minutes. Repeat with remaining 8 wedges.

Cook's Note: The easiest way to wedge a potato is to start by cutting it in half lengthwise. Place each half flesh-side down on the cutting board and cut each half lengthwise again. You will end up with 4 large wedges at this point. Cut each wedge in half lengthwise giving you a total of 8 wedges per potato.

Air Fryer Fingerling Potatoes with Dip



- Yields: 2 Servings
- Prep Time: 10 Mins
- Total Time: 25 Mins

The air fryer does a fantastic job roasting potatoes quickly. On their own, these fingerling potatoes make a wonderful side dish. But they also make a tasty appetizer when served with a tangy dipping sauce. They're also a popular game day snack, suitable for adults and kids.

Ingredients

- 12 ounces fingerling potatoes, halved lengthwise
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/4 teaspoon paprikasalt and ground black pepper to taste

Dipping Sauce:

- 1/3 cup reduced-fat sour cream
- 2 tablespoons mayonnaise

- 2 tablespoons finely grated Parmesan cheese
- 1 1/2 tablespoons ranch dressing mix
- 1 tablespoon white vinegar
- 1 tablespoon chopped fresh parsley

Directions

Preheat an air fryer to 390 degrees F (200 degrees C) for 5 minutes.

Place potatoes in a bowl and add olive oil, garlic powder, paprika, salt, and pepper. Toss until potatoes are coated and transfer to the air fryer basket.

Cook in the preheated air fryer, shaking the basket halfway through, until potatoes are cooked through and crispy, 15 to 17 minutes.

While potatoes are cooking, mix sour cream, mayonnaise, Parmesan cheese, ranch dressing mix, and vinegar in a small bowl.

Remove cooked potatoes to a plate and garnish with parsley. Serve immediately with dipping sauce.

Nutrition Facts

- 385 calories; 24.2 g fat; 36 g carbohydrates; 7 g protein; 25 mg cholesterol; 628 mg sodium.

Seafoods

Air Fryer Southern Style Catfish With Green Beans



- Active Time: 25 Mins
- Total Time: 25 Mins
- Yield: Serves 2 (serving size: 1 fillet, 1 cup green beans, 1 tbsp. sauce)

Nothing beats Southern-style catfish for a hearty meal, but the traditional method of frying unfortunately adds back in a bunch of fat that the lean protein could do without. Enter the air fryer: You can get a crispy, delicious fillet as well as a side of blistered green beans without all the oil, and have it on the table in less than half an hour. Hard to beat!

Ingredients

- 12 ounces fresh green beans, trimmed Cooking spray
- 1 teaspoon light brown sugar
- 1/2 teaspoon crushed red pepper (optional)
- 3/8 teaspoon kosher salt, divided
- 2 Unit (6-oz.) catfish fillets
- 1/4 cup all-purpose flour
- 1 large egg, lightly beaten
- 1/3 cup panko (Japanese-style breadcrumbs)
- 1/4 teaspoon black pepper
- 2 tablespoons mayonnaise
- 1 1/2 teaspoons finely chopped fresh dill
- 3/4 teaspoon dill pickle relish
- 1/2 teaspoon apple cider vinegar
- 1/8 teaspoon granulated sugar Lemon wedges

Nutritional Information

- Calories 416
- Fat 18g
- Satisfat 3.5g
- Unsatisfat 12g
- Protein 33g
- Carbohydrate 31g
- Fiber 7g
- Sugars 8g
- Added sugars 8g
- Sodium 677mg
- Calcium 10% DV
- Potassium 26% DV

How to Make It

Step 1: Place green beans in a medium bowl, and spray liberally with cooking spray. Sprinkle with brown sugar, crushed red pepper (if using), and 1/8 teaspoon of the salt. Place in air fryer basket, and cook at 400°F until well browned and tender, about 12 minutes. Transfer to a bowl; cover with aluminum foil to keep warm.

Step 2: Meanwhile, toss catfish in flour to coat, shaking excess from fish. Dip pieces, 1 at a time, in egg to coat, then sprinkle with panko, pressing to coat evenly on all sides. Place

Step 3: fish in air fryer basket; spray with cooking spray. Cook at 400°F until browned and cooked through, about 8 minutes. Sprinkle tops evenly with pepper and remaining 1/4 teaspoon salt.

Step 4: While fish is cooking, whisk together mayonnaise, dill, relish, vinegar, and sugar in a small bowl. Serve fish and green beans with tartar sauce and lemon wedges.

Roasted Salmon With Fennel Salad in an Air Fryer



- Active Time: 15 Mins
- Total Time: 25 Mins
- Yield: Serves 4 (serving size: 1 salmon fillet, 1/2 cup fennel salad)

Your air fryer has more up its sleeve than the expected crispy tricks—it's also a fantastic oven for roasting meaty fish fillets like salmon. This recipe serves four, but you can easily cut it in half to make a date night dinner for two.

Everything comes together so easily—while the salmon cooks, whip up the quick and tangy fennel slaw. By the time you're finished, the salmon will be hot and ready to plate up. For a little extra heft, serve this meal with a side of

your favorite quick-cooking brown rice.

Try it with the air-fryer broccoli with cheese sauce, also pictured.

Ingredients

- 2 teaspoons finely chopped fresh flat-leaf parsley
- 1 teaspoon finely chopped fresh thyme
- 1 teaspoon kosher salt, divided 4 (6-oz.) skinless center-cut salmon fillets
- 2 tablespoons olive oil
- 4 cups thinly sliced fennel (from 2 [15-oz.] heads fennel)
- 2/3 cup 2% reduced-fat Greek yogurt
- 1 garlic clove, grated
- 2 tablespoons fresh orange juice (from 1 orange)
- 1 teaspoon fresh lemon juice (from 1 lemon)
- 2 tablespoons chopped fresh dill

Nutritional Information

- Calories 464
- Fat 30g
- Satfat 7g
- Unsatfat 21g
- Protein 38g
- Carbohydrate 9g
- Fiber 3g
- Sugars 5g
- Added sugars 0g
- Sodium 635mg
- Calcium 9% DV
- Potassium 21% DV

How to Make It

Step 1: Preheat oven to 200°F.

Step 2: Stir together parsley, thyme, and 1/2 teaspoon of the salt in a small bowl. Brush salmon with oil; sprinkle evenly with herb mixture.

Step 3: Place 2 salmon fillets in air fryer basket, and cook at 350°F until

desired degree of doneness, 10 minutes. Transfer to preheated oven to keep warm. Repeat procedure with remaining fillets.

Step 4: While salmon cooks, toss together fennel, yogurt, garlic, orange juice, lemon juice, dill, and remaining 1/2 teaspoon salt in a medium bowl. Serve salmon fillets over fennel salad.

Air Fryer Salmon and Brussels Sprouts



- Serves: 4
- Active Time: 5 minutes
- Total Time: 11 minutes

When the air fryer first made its way onto the scene, it was wrongly assumed it was only used to make healthier versions of classic fried foods. And while it does make great french fries and fried chicken, it was recently learned it can churn out perfect chocolate chip cookies and even a simple salmon dinner. Who knew!

And let me tell you — cooking dinner in an air fryer is fast. This whole dish, from the fish to the sprouts, cooks in just 10 minutes. It yields salmon with crisp skin and buttery flesh, and, by adjusting the cook time, you can easily cook your salmon to your liking, whether that's medium-rare or well done. The Brussels sprouts come out charred and crunchy, exactly how its loved in the oven after roasting.

Ingredients

- 4 cloves garlic
- 1 teaspoon chopped fresh thyme leaves
- 1 medium lemon
- 2 tablespoons olive oil, divided
- 2 teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 4 (7 to 8-ounce) salmon fillets
- Cooking spray
- 1 pound Brussels sprouts
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey

Nutritional Information

- Calories 1003
- Fat 77.7 g (119.6%)
- Saturated 10.2 g (50.9%)
- Carbs 29.0 g (9.7%)
- Fiber 5.0 g (19.8%)
- Sugars 7.8 g
- Protein 47.8 g (95.7%)
- Sodium 962.0 mg (40.1%)

Instructions

Mince 4 garlic cloves. Place half in a large bowl and reserve for the Brussels sprouts. Place the remaining garlic in a small bowl. Chop 1 teaspoon fresh thyme leaves, and juice 1 lemon, and add to the small bowl. Add 1 tablespoon of the olive oil, 1 teaspoon of the kosher salt, and 1/2 teaspoon of the black pepper, and whisk to combine. Brush all over the salmon fillets.

Preheat an Instant Vortex Plus 7-in-1 Air Fryer Oven to 400°F and set for 10 minutes. Grease the air fryer racks with cooking spray. Place the salmon fillets skin-side down in the bottom rack of the air fryer, leaving space between the fillets.

Add the remaining 1 tablespoon olive oil, 1 teaspoon kosher salt, and 1/2 teaspoon freshly ground black pepper to the large bowl with garlic, and stir to combine. Trim and halve 1 pound Brussels sprouts, add to the bowl, and toss to combine. Place in the top rack of the air fryer above the salmon. Air fry until the salmon is cooked to desired doneness, 6 to 8 minutes.

Remove the tray of salmon. Continue air frying the Brussels sprouts until golden brown and crispy, 1 to 3 minutes more. Meanwhile, whisk 1 tablespoon balsamic vinegar and 1 tablespoon honey together until combined.

Drizzle the honey vinegar over the finished Brussels sprouts before serving.

Storage: Leftovers can be refrigerated in an airtight container for up to 2 days.

Kalorik Maxx Air Fryer Red Lobster Copycat Coconut Shrimp



Serve up this Air Fryer Red Lobster Copycat Coconut Shrimp for dinner tonight. Crunchy and perfectly cooked battered shrimp. It will leave you feeling satisfied for your seafood fix.

There is something about a battered shrimp that wins us over. That crunchy coating that has a hint of sweetness from the coconut. It is hard to stop eating this!

You will find using a larger shrimp is best. You get a more even coating of the breading mixture and it is a nice ratio of breading to shrimp flavor. Large or jumbo both work great. But if all you have is smaller shrimp you can use that as well.

Depending on the size of the shrimp you have will change the cooking time. So make sure to cook until your shrimp are cooked through.

What To Dip Coconut Shrimp In

Red Lobster is known for its Parrot Bay Dipping sauce to go with the coconut shrimp. You could make that or reach for a classic cocktail sauce or even lemon butter for dipping.

Can I Freeze Coconut Shrimp

If you want to meal prep and have it for another meal you sure can. Cook accordingly and allow to cool a bit. Then transfer to an airtight freezer container and freeze for up to 3 months.

When ready to eat pull right from freezer and heat in the oven or even air fryer and cook until shrimp is warmed through.

Does Coconut Shrimp Store Well

You will find this shrimp is best when served fresh. But if you have some leftover just reheat the next day. Shrimp can become a bit rubbery as it sits so you will find it is best when served day one.

If you do want to reheat place it in the oven to warm up offers a better texture than nuking it in the microwave for a few seconds. The oven gives you a crispier texture, whereas the microwave will be softer.

If you consider yourself a fan of seafood this coconut shrimp will be such a treat. While we don't make seafood all that often, when we do it is such a treat.

- Yield: 16
- Prep Time: 10 Minutes
- Cook Time: 10 Minutes
- Total Time: 20 Minutes

Serve up this Air Fryer Red Lobster Copy Cat Coconut Shrimp for dinner tonight. Crunchy and perfectly cooked battered shrimp. It will leave you feeling satisfied for your seafood fix.

Ingredients

- 1 Pound large shrimp
- 1 cup panko bread crumbs
- 1 cup shredded coconut
- 1 cup flour
- 2 eggs
- Olive oil cooking spray

Instructions

1. Preheat air fryer to 400 degrees
2. Mix together panko and coconut
3. Whisk 2 eggs
4. First Dip each shrimp in flour
5. Next dip in egg
6. Last dip in panko coconut mix
7. continue doing this until all shrimp are coated
8. Place in a single layer in your air fryer
9. Spray lightly with cooking oil spray
10. Cook for 5 minutes then flip over shrimp
11. Cook for 5 more minutes or until golden brown on each side

Nutrition Information:

Calories: 346 Total Fat: 10g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 4g Cholesterol: 222mg Sodium: 912mg Carbohydrates: 37g Fiber: 3g Sugar: 6g protein: 24g

Tuna Salad



Classic tuna salad might seem boring, but I make it every week, as it is an economical, easy recipe to make for lunches and snacks – and the way we make it is delicious!

Growing up, tuna salad meant drained canned tuna, mayonnaise, lemon juice, diced celery, black pepper and maybe some dried dill or tarragon.

The only issue, from a low FODMAP perspective, is the celery.

As you can see in the image below, the suggested low FODMAP amount of 10 g of celery is a small amount.

So, very early on in my low FODMAP diet days I got to thinking about what else would lend a fresh, green, crunchy aspect to my tuna salad, in lieu of celery and I came up with two options that I turn to again and again.

Bok choy is low FODMAP in very generous 1 cup (75 g) amounts, while cucumbers have no detectable FODMAPs in amounts of 1/2 cup (75 g).

The bok choy (above right) lends a pepperiness that I love in tuna anyway and the cucumber (center of image) is something I always have around, so

these new approaches to low FODMAP tuna salad were a win-win, in my book.

Bread or Salad

I am partial to eating my tuna salad as a “salad” and use carrot sticks to scoop it up or sometimes gluten-free pretzels or corn chips.

If you are a sandwich kind of person, did you know that you can have 1 slice of white bread made with wheat flour and still be low FODMAP compliant!

This is a very straightforward recipe. Once you read it through and make it, you will be able to make it by heart. And in our busy lives, that is a great help!

We have some tips for making Low FODMAP Tuna Salad - that go beyond celery!

- Makes: 6 servings
- Prep Time: 5 minutes
- Total Time: 5 minutes

Ingredients:

- 2, 5-ounce (142 g) cans tuna, preferably water packed
- 3/4 cup (60 g), diced bok choy stems, OR
- 3/4 cup (113 g), diced European hothouse cucumber, OR
- 1/2 medium (10 g) celery stalk, diced
- 2/3 cup (150 g) mayonnaise
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon dried dill
- Freshly ground black pepper

Preparation:

Scrape the tuna into a wire-mesh strainer set over a bowl and squeeze out as much liquid as possible, using the back of a wooden spoon; don't hold back! Discard the liquid. Place the tuna in a mixing bowl, stir in the chopped vegetable of choice (only one of them!), mayonnaise, lemon juice, dill (to taste) and then generously season to taste with pepper. The tuna is ready to use in sandwiches or as part of a salad plate. May be refrigerated for up to 3

days in an airtight container.

Fructans: If you passed the fructan onion challenge, you can add ¼ cup (36 g) of finely chopped white or yellow onion to the tuna salad, if you like.

Nutrition

Calories: 279kcal | Carbohydrates: 2g | Protein: 18g | Fat: 22g | Saturated Fat: 3g | Cholesterol: 11mg | Sodium: 204mg | Fiber: 1g | Sugar: 1g | Vitamin A: 15IU | Vitamin C: 0.5mg | Calcium: 2mg | Iron: 0.1mg

Easy Paleo Salmon Cakes {Freezer Friendly}



Paleo Salmon Cakes are quick, easy to make, delicious meal or appetizer! These Salmon cakes are literally veggie packed and protein packed, not to mention whole30 friendly. No wasting leftovers here, just mix and throw on the skillet. Great for meal prep and freezer friendly.

- Prep Time: 10 min

- Cook Time: 15 min
- Total Time: 25 min
- Yield: 8 cakes

Healthy Vegetable Packed Paleo Salmon Cakes! Super easy, super simple, super delicious! Great for a healthy meal, snacks, party appetizers, and are freezer friendly.

Ingredients

- 5 oz salmon (canned or finely diced cooked salmon, skin off) . See notes for specifics)
- 1/2 tsp garlic (minced)
- 1/3 cup sweet potato, squash, or pumpkin (pureed or mashed)
- 3 to 4 tbsp coconut flour (see notes)
- 1/4 tsp regular or smoked paprika
- 1/4 tsp fine kosher or sea salt
- 1/4 tsp black pepper
- 1/4 tsp curry powder (optional)
- 1 rosemary sprig or 1 tsp dried herb of choice
- 2 eggs
- 1 tbsp oil or butter for the pan

Instructions

First mash up your salmon. If you are using fresh versus canned, remove any extra skin.

Place your salmon in a bowl and then add in your mashed or pureed veggies (see notes for cooking options). You can use canned pumpkin or sweet potato for a fast prep. Mix together.

Next add in coconut flour 1 tbsp at a time. You will need only 3-4 tbsp depending on the type of salmon you use. Then mix in herbs and seasonings. Mix Together.

Lastly, add in your 2 eggs.

Mix well until the batter is thick enough to get be able to form patties. If batter is too runny, add 1 tbsp more coconut flour.

Form into 8 small balls or roll into larger 5-6 balls.

Lay them on parchment paper.

Press them into patties/cakes so they are around 1 inch thick.

Now turn on your skillet to medium high. Add your butter or oil.

Once heated, add in 3-4 patties/cakes at a time or less. Cook for 3 to 4 minutes on each side or until you see the salmon is cooked thoroughly. If you are using canned salmon, they will cook faster.

Remove from skillet. Add more 1 tsp more or so of butter/oil and repeat for the next batch of 3-4 patties/cakes.

Garnish with extra rosemary, black pepper, chili flakes, or garlic if desired and serve with your choice of dip/sauce or as is.

This dish pairs great with steam veggies. I added a sprinkle of Pomegranate seeds to make it more of a holiday dish.

Notes: If you choose to use fresh squash, simply cut squash in half, remove seeds, and place in a microwave safe bowl with 2 tbsp water. Cook on high for about 3-4 minutes. Scoop inside and then mash or puree with blender.

If you are using canned veggies, you might need to add that extra coconut flour or an egg white for binding. For extra protein boost, replace 1 tbsp coconut flour with 1 scoop collagen or bone both protein powder(45-50 grams).

Nutrition

Serving Size: 1 cake Calories: 70 Sugar: 1g Sodium: 110mg Fat: 3g
Carbohydrates: 5g Fiber: 1g Protein: 6g Cholesterol: 54mg

EASY Jalapeño Shrimp Veggie Bake



This veggie bake with jalapeno shrimp is low carb, grain free, and an easy recipe you can make in under an hour! Seasonal vegetables, lean protein, herbs, and spices, all cooked in a casserole dish or cast iron skillet. A better for you gluten-free and grain-free casserole with shrimp and veggies! This meal is a total crowd pleaser.

What do you think?

JALAPEÑO SHRIMP VEGGIE BAKE! Low carb, easy, delicious! Looks pretty simple and easy enough, right? A great high protein and low carb dish that you can make ahead for meal prep, GO-TO dinners, or even make as a **QUICKY** post workout meal.

A few tips! As you can see, this shrimp veggie bake can be made in a casserole or a cast iron skillet. Actually, any pan that you can bake with. It doesn't matter the shape, it's **ALL GOOD!**

- Prep Time: 10 min

- Cook Time: 45 min
- Total Time: 55 minutes
- Yield: 4 servings

EASY Jalapeño Shrimp Veggie Bake {Low Carb, Gluten Free}. Simple to make in a casserole dish or oven-safe skillet! Recipe UPDATED January 2018

Ingredients

- 10–15 medium shrimp (peeled, thawed)
- 1/4 cup sliced red onion
- One large tomato (sliced 1/3 inch thick)
- 2 yellow squash and/or zucchini (sliced 1/4 inch thick)
- One jalapeño, sliced and deseeded
- 1/3 cup cream or coconut cream
- 2 eggs
- 1 tbsp melted butter or oil (butter works best for texture).
- 2 garlic cloves (1 tsp minced)
- 2 heaping tbsps gluten-free starch or 1/4 cups gluten-free flour (2 tbsp is using arrowroot or corn starch work best). If using almond flour or other gluten free flour, see notes)
- Sea salt and black pepper to taste (extra for serving)
- 1/3 to 1/2 cup grated parmesan or nutritional yeast needing a dairy-free option. Feel free to add more for a cheesier topping if desired.
- 1/2 teaspoon chili pepper flakes or seasoning
- Cilantro and additional chili flakes for toppings and garnish

Instructions

First, make sure your shrimp is peeled and thawed out. Preheat oven to 350F

Next, make sure all your veggies are sliced. If you want more flavor to the dish, lightly brown (dry sauté) your onion in the pan (until fragrant) first. Then lightly oil or grease your pan and layer the rest of the vegetables evenly into the baking dish or pan (casserole dish or cast iron dish work great). Place Shrimp on top or mixed within the veggie layers.

In a small bowl, mix your cream, garlic, egg, starch, and butter or oil. Whisk together until smooth yellow mixture is formed.

Pour this evenly over your shrimp and veggie dish. Sprinkle your sea salt and black pepper over casserole dish followed by your grated parmesan, evenly.

Garnish with red pepper flakes.

Place in oven and Bake at 350 Fahrenheit for 35-45 minutes, depending on your oven. Just want to make sure that your shrimp are cooked and your veggies are nice and tender. Check at 25-30 minutes to see progress. The shrimp will shrink while cooking.

NOTE If you are using small shrimp, you might want to add them during the last half of baking to ensure they don't overcook. The top should be a little golden brown due to the baked Parmesan. The eggs should be cooked through. Once cooked, remove and more sea salt, pepper, cilantro on top! Feel free to season with additional chili flakes as well.

NOTES

You can use nondairy butter or olive oil if desired but the taste and consistency might be a little different. Check around 25 minutes, as the veggies may cook faster.

Notes on consistency

The egg/butter/cream mixture acts as a base, almost like a frittata. You will want to make sure that's cooked through as well. If you find the consistency too runny, use less cream or one less egg.

Nutrition

Serving Size: 1 Calories: 240 Sugar: 2g Sodium: 350mg Fat: 9g Saturated Fat: 4g Carbohydrates: 8g Fiber: 1g Protein: 20g

Tuna Fish Salad With Fennel and Orange Salsa Recipe



- Total Time: 38 min
- Prep Time: 30 min
- Cook Time: 8 min
- Servings: 4

Fennel root, also known as anise, is a great stand-in for onion (a high-FODMAP ingredient) texture-wise. Like onions, it has an earthy root flavor—but with a licorice flavor all its own. Roasting mellows that flavor and also sweetens the taste. This delicious orange-fennel salsa serves as the dressing for seared tuna served on a bed of baby spinach.

Ingredients

- 2 teaspoons garlic-infused olive oil
- 1 teaspoon smoked paprika

- 1 teaspoon ground coriander
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 ¼ pounds fresh tuna steak
- 1 teaspoon canola oil
- 6 cups packed fresh baby spinach
- 8-ounce fennel bulb (1 bulb)
- 2 tablespoons plus 2 teaspoons garlic-infused olive oil, divided
- 2 medium oranges
- 5 Kalamata olives, pitted and finely chopped
- 2 tablespoons chopped fresh parsley
- ½ teaspoon dried oregano leaf
- 2 tablespoons cider vinegar
- ¼ cup thinly sliced scallion greens
- 1/16 teaspoon salt
- 1/16 teaspoon freshly ground black pepper

Preparation

Preheat oven to 425F. Spray a baking pan with baking spray or lightly coat with oil.

In a small bowl combine 2 teaspoons garlic-infused oil, smoked paprika, coriander, salt, and pepper. Brush tuna steaks on both sides with spice mixture and set aside.

Cut stalks off fennel bulb and discard. Cut the bulb in half through the root end. Cut out V-shaped "core" from each half at the root end and discard. Slice fennel halves into ¼ inch thick planks and place on the baking sheet in a single layer. Drizzle with 2 teaspoons of garlic infused oil. Roast until the fennel turns medium golden brown with some dark brown spots, 11 to 13 minutes. Turn the pieces over and roast until browned on the other side, 5 to 6 minutes. Remove from the oven and cool.

While the fennel is roasting, thoroughly wash one orange and zest it into a medium serving bowl. Squeeze the fruit to make ¼ cup orange juice. Peel and chop the fruit of another orange.

To the orange zest, add the juice, chopped orange sections, olives, parsley, oregano, cider vinegar, scallions, remaining 2 tablespoons of garlic-infused

oil, salt, and pepper. Coarsely chop the cooled, roasted fennel and stir it into the orange salsa. Stir occasionally as the flavors blend.

Preheat a heavy skillet over medium heat; drizzle with canola oil. Add the tuna steaks to the pan and cook until browned on the bottom, 3 to 5 minutes. Turn and cook for 3 to 4 minutes on the other side.

Remove the tuna from the heat when it is still slightly pink in the center; it will continue to cook as it rests. This cooking time is for 1-inch thick tuna steaks; if cooking thinner steaks, reduce the time. After 2 to 3 minutes rest, slice the tuna into strips.

For each serving, plate 1 ½ cup baby spinach, add ½ cup Roasted Fennel Orange Salsa, then top with ¼ of the seared tuna strips.

Ingredient Variations and Substitutions

Instead of roasting the fennel, use it raw. Trim the bulb and slice it into paper-thin slices. Skip slicing the tuna into strips; cut the tuna steaks into 4 portions before searing, and place the whole piece on top of the salsa. One pound of cooked chicken or pork tenderloin can be used in place of tuna.

Cooking and Serving Tips

A fine rasp grater (Microplane brand, for instance) makes quick work of zesting citrus and makes it easy to avoid the bitter white pith. Citrus zest gives a great low-FODMAP flavor kick to any dressing or salsa.

Each serving is 4 ounces of tuna with 2/3 cup salsa and 1 1/2 cups spinach.

Nutrition Facts

- Calories 361
- Total Fat 17g 22%
- Saturated Fat 2g 10%
- Cholesterol 54mg 18%
- Sodium 401mg 17%
- Total Carbohydrate 15g 5%
- Dietary Fiber 5g 18%
- Total Sugars 8g
- Includes 0g Added Sugars 0%
- Protein 37g

Healthy Fish Tacos With Spicy Sauce Recipe



- Total Time: 35 min
- Prep Time: 30 min
- Cook Time: 5 min
- Servings: 4 (2 tacos each)

These colorful fish tacos are Mexican-restaurant-tasty. Sautéing, instead of deep frying, the fish keeps them healthy and simplifies the preparation as well.

While there are quite a few ingredients (all of them low-FODMAP) the recipe comes together quickly and the cooking time is minimal. The light and crunchy cabbage slaw can be a stand-alone recipe as a side dish for any meal.

Ingredients

- 3 cups finely shredded red cabbage
- ½ cup thinly sliced scallion greens
- ¾ cup slivered radishes

- 2 tablespoons fresh lime juice
- 1 tablespoon garlic-infused olive oil
- 1/8 teaspoon salt
- ¼ teaspoon sugar
- ¼ cup chopped cilantro, optional
- 2 tablespoons ground ancho chile
- 2 teaspoons ground cumin
- 1 ¼ teaspoons smoked paprika
- ¼ teaspoon salt
- 2 tablespoons fresh lime juice
- 5 teaspoons garlic-infused olive oil, divided
- ¼ cup mayonnaise made with olive oil
- 3 tablespoons lactose-free milk or water
- 1 ¼ pounds cod or other firm white fish, boneless, skinless
- 10 6-inch uncooked corn tortillas

Preparation

To make the Mexican slaw

1. In a medium bowl mix together the cabbage, scallions, radishes, lime juice, oil, salt, sugar, and cilantro (if using).
2. Let the slaw marinate, stirring periodically, for at least 15 to 20 minutes.
3. To make the spicy taco sauce
4. In a large bowl, combine the ancho chile powder, cumin, smoked paprika, salt, lime juice, and 1 tablespoon plus 1 teaspoon garlic infused oil and mix to form a spice paste.
5. Transfer 2 teaspoons of this spice paste from the large bowl to a small bowl. Add mayonnaise to the small bowl and stir until smooth.
6. Whisk milk into the mayonnaise until the mixture becomes a thick but pourable sauce, adding more milk if needed. Set aside.

To make the fish

1. Cut fish into ¾-inch slices. Add fish to the large bowl with the spice paste and stir to coat. Heat a large skillet over medium-

- high heat. Add the last teaspoon of garlic-infused oil to the skillet, tilting the pan to coat with oil.
2. Add fish pieces, scraping in any spices and liquid from the bowl and cook, stirring gently until fish is cooked through and flakes easily, 3 to 5 minutes.
 3. To prepare the tortillas
 4. Place tortillas on a microwave-safe plate. Use a second plate of the same size and place it upside down over tortillas to make a lid. Microwave tortillas on high power until hot, soft, and pliable, 1 to 1 ½ minutes.
 5. Top each taco with 3 or 4 pieces of fish and 1/3 cup Mexican Slaw; drizzle with Spicy Taco Sauce. Serve with plenty of napkins.

Ingredient Variations and Substitutions

If you like plenty of heat, add 1/4 to 1/2 teaspoon cayenne pepper to the spice paste before adding oil and lime juice.

Time saver: use pre-packaged shredded cabbage or coleslaw mix from supermarket produce section.

Use crunchy corn tortilla or tostada shells if preferred, or warm soft tortillas on a lightly greased griddle.

Cooking and Serving Tips

This recipe assumes the use of a mildly spicy ancho chile powder. If yours is too hot, reduce the amount to achieve your preferred heat level.

The slaw can be made several hours in advance and held, tightly covered, in the refrigerator.

Nutrition Facts

- Calories 470
- Total Fat 19g 24%
- Saturated Fat 3g 15%
- Cholesterol 84mg 28%
- Sodium 511mg 22%
- Total Carbohydrate 38g 14%
- Dietary Fiber 3g 11%

- Total Sugars 5g
- Includes 0g Added Sugars 0%
- Protein 38g

Greek Shrimp With Feta and Olives Recipe



- Total Time: 40 min
- Prep Time: 20 min
- Cook Time: 20 min
- Servings: 6 (3/4 cup each)

This tasty, easy recipe is suitable for a weeknight if you keep a well-stocked freezer, refrigerator, and pantry. Low FODMAP grains or starches like pre-made polenta rolls, or grains like quick cooking brown rice, quinoa, millet, buckwheat, or pasta, make you dinner-ready with little effort. This recipe also works well with any mild white fish.

Ingredients

- 1 tablespoon garlic-infused olive oil, plus 1 1/2 teaspoons (divided)
- 1/2 large red bell pepper, chopped
- 14.5 ounce can diced tomatoes, undrained

- 2 teaspoons dried oregano
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1/3 cup water
- 1/2 cup thinly sliced scallion greens, divided
- 1 1/2 pound raw, peeled and deveined medium shrimp
- 8 Kalamata olives, pitted, coarsely chopped
- 3/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

Preparation

In a large skillet over medium-high heat, warm 1 1/2 teaspoons of the garlic-infused oil. Add the bell pepper and sauté until tender, about 3 minutes.

Add the tomatoes, oregano, paprika, salt, pepper, red pepper flakes, water, and 2/3 of the scallions. Simmer until the liquid has mostly evaporated and the sauce is thick, about 10 minutes.

Add the shrimp and olives. Stir occasionally until the shrimp are cooked through, 4 to 5 minutes. When fully cooked, the shrimp will curl into tighter spirals and will appear opaque rather than translucent.

Sprinkle the feta cheese evenly over the pan without stirring it in and allow it to melt for 1 minute. Remove the pan from the heat and drizzle the remaining 1 tablespoon of garlic-infused olive oil over the pan.

Garnish with chopped parsley and the remaining scallion greens; serve over rice, polenta, or a grain of your choice.

Ingredient Variations and Substitutions

Frozen shrimp can be used in this recipe as well. Place frozen shrimp in a bowl of hot tap water until they are thawed, or mostly thawed, before adding. However, the best quality shrimp have never been frozen, and do not contain added salt or sodium phosphates. The nutrients in this recipe were calculated

for shrimp that have not been treated with these additives, which can add up to 400mg of sodium per serving!

Fresh tomatoes can be used in place of canned. Use 1 1/4 cup diced tomatoes and add an additional 1/3 cup of water.

You may use finely diced leek greens rather than scallions and reduce the amount to 1/3 cup and do not reserve any for the garnish.

For a more complete meal, add some vegetables when you add the shrimp. Try 1 medium diced zucchini or 1 1/2 cups green beans (cut in 1-inch pieces). Both are low in FODMAPs.

Cooking and Serving Tips

Pre-cooked polenta rolls are a great item to have on hand in your pantry since they're easy to serve as a base for a meal like this one. Slice the roll into rounds 1/4- or 1/2-inch thick, brush or spray both sides with oil, and pan fry, turning once so that both sides are golden brown.

Quick-cooking brown rice can also make for a quick accompaniment to this shrimp. Alternatively, make yourself some "instant" rice: cook a large batch of regular brown rice, and freeze one-meal portions flat in zip-top bags. To serve, remove from the bag, break into several pieces, sprinkle with water, cover, and microwave until hot.

Nutrition Facts

- Calories 209
- Total Fat 10g 13%
- Saturated Fat 4g 20%
- Cholesterol 205mg 68%
- Sodium 1235mg 54%
- Total Carbohydrate 6g 2%
- Dietary Fiber 2g 7%
- Total Sugars 3g
- Includes 0g Added Sugars 0%
- Protein 24g

Baked Salmon With Almond Flaxseed Crumbs



- Total Time: 40 min
- Prep Time: 15 min
- Cook Time: 25 min
- Servings: 5 (5 ounces each)

This recipe combines the crunch of nuts and flaxseed with the texture of tender salmon for a main dish with lots of anti-inflammatory omega-3 fatty acids. The bulbs of the scallions are a source of FODMAPs, so using only the scallion greens in this recipe keeps it IBS-friendly.

Ingredients

- 1/4 cup toasted whole almonds
- 2 tablespoons flaxseeds
- 1/4 cup low-FODMAP bread crumbs (see how-to below)

- 1/8 teaspoon salt
- 1/4 rounded teaspoon dried thyme leaves
- 1/8 teaspoon ground black pepper
- 1/4 cup finely minced scallions, green parts only
- 1 teaspoon lemon zest
- 1 1/2 pounds salmon fillet
- 1 teaspoon garlic-infused olive oil

Preparation

Preheat the oven to 425F. Line a baking sheet (with sides) with foil.

In a blender or food processor, process almonds and flaxseeds until a uniform, sandy texture is achieved. Transfer to a small bowl and stir in the bread crumbs, salt, thyme, pepper, scallions and lemon zest.

Place fish skin-side down on the baking dish. Brush fish with garlic-infused oil and lightly sprinkle with salt and pepper if desired. Spread the crumbs evenly over the fish, pressing to adhere.

Bake fish until it flakes easily and crumbs are golden brown, 18 to 25 minutes.

Ingredient Variations and Substitutions

For an extra crispy topping, coat crumbs with baking spray or a mist of oil. Hold oil spray 10 inches above the crumbs. Spray evenly with a sweeping motion until crumbs look wet, then bake.

To make this recipe gluten-free, use gluten-free bread crumbs.

Cooking and Serving Tips

To make homemade low-FODMAP breadcrumbs, use any low-FODMAP bread, such as white, whole wheat, or spelt sourdough bread, or low-FODMAP gluten-free bread. Four 1-ounce bread slices makes 2/3 cup breadcrumbs, more than enough for this recipe. Here's how to make them:

Preheat the oven to 325F.

Cut bread into 1/2-inch pieces. Bake in a single layer until medium golden brown and dry, 15 to 20 minutes, turning once during baking.

Pulse bread in a food processor or blender until crumbs are the desired texture. If the crumbs are still soft, return them to the oven and bake until completely dry, 5 to 10 minutes.

No food processor or blender? Add the cooled, toasted bread to a zip-top bag and close, leaving a tiny opening. Crush with a rolling pin or pan bottom.

Toasting nuts enhances their sweet, nutty taste. If you aren't able to purchase pre-toasted nuts, you can make them yourself. Oven-toast nuts at 350F in a single layer until light golden brown, 10 to 12 minutes for whole nuts. Stir halfway through toasting. Nuts continue to brown even after removing from the oven and can burn quickly, so watch them closely. To grind nuts in a blender, get the blades turning in the empty blender and drop nuts in through the top center of the lid a few at a time.

Citrus zest (lemon, lime, or orange) packs a flavor punch in low-FODMAP recipes. A modern, steel, fine rasp grater is a low-FODMAP kitchen essential. The sharp teeth zest a whole fruit quickly and make it possible to avoid the white pith. The grater can also be used for hard cheese or chocolate and makes a little go a long way.

Nutrition Facts

- Calories 293
- Total Fat 15g 19%
- Saturated Fat 2g 10%
- Cholesterol 73mg 24%
- Sodium 281mg 12%
- Total Carbohydrate 7g 3%
- Dietary Fiber 2g 7%
- Total Sugars 1g
- Includes 0g Added Sugars 0%
- Protein 33g

Spinach and Pesto Salmon



- Total Time: 25 min
- Prep Time: 15 min
- Cook Time: 10 min
- Servings: 6 (4.5 ounces each)

Salmon is the second most popular fish in America, after canned tuna. And why not? It is both nutrient-rich and delicious. Paired here with our low-FODMAP spinach and basil pesto (no garlic and just the right amount of cheese included), your dinner guests will enjoy a colorful and fragrant festival for the senses. Serve on top of balsamic vinegar-drizzled brown or white rice. Leftovers can be gently re-warmed or enjoyed cold, in a salad with chopped cucumber and diced tomato.

Ingredients

- 3 tablespoons olive oil

- 2 tablespoons water
- 1/8 teaspoon salt
- 1 tablespoon pine nuts
- 2 cups packed spinach leaves
- ½ cup packed fresh basil
- ¼ cup grated Parmesan cheese
- 2 pounds salmon fillet
- ¼ cup crumbled feta cheese

Preparation

Measure the olive oil, water, salt, pine nuts, and parmesan into the bowl of a blender or food processor. Add the spinach and basil leaves while the machine is running and process the pesto until a coarse paste is formed.

Position the top rack of the oven about 6 inches below the broiler and preheat it with the oven door ajar. Line a baking sheet or broiling pan with foil for easy clean up.

Cut the fish into 6 pieces and place fillets flesh side up on the prepared baking tray. Broil for 6 minutes, then flip the salmon over and broil until the skin is visibly blistered, about 2 minutes.

Remove the pan from the oven and use a fork to gently lift the skin off the salmon. Check to make sure the salmon is almost done; pull the flakes apart gently on one of the fillets using two forks. If it is not yet opaque at least 75 percent through, continue to broil for another minute or two. If it is almost done, spread the pesto evenly on top of the salmon fillets, then sprinkle with feta cheese. Return to the broiler for 2 to 3 minutes, until pesto is bubbling and feta is softened. Serve promptly.

Ingredient Variations and Substitutions

Any ratio of spinach to basil can be used in this recipe, so use according to your flavor preference!

Cooking and Serving Tips

Cooking time for salmon can vary significantly depending on the variety of

salmon and the thickness of the fillets. Adjust accordingly.

To save time, purchase pre-grated Parmesan cheese.

Be sure to use full-fat feta made of cow's or sheep's milk. Reduced-fat cheese will not become soft under the broiler.

Refrigerate any leftover pesto, tightly covered, to use later on top of your favorite gluten-free pasta or as a sandwich spread.

Nutrition Facts

- Calories 300
- Total Fat 17g 22%
- Saturated Fat 4g 20%
- Cholesterol 79mg 26%
- Sodium 293mg 13%
- Total Carbohydrate 1g 0%
- Dietary Fiber 0g 0%
- Total Sugars 0g
- Includes 0g Added Sugars 0%
- Protein 34g

Stamppot Seared Salmon, Mash, and Kale Recipe



- Total Time: 60 min
- Prep Time: 30 min
- Cook Time: 30 min
- Servings: 4

Our friends in Northern Europe have many variations of potatoes mashed with vegetables, often topped with sausage. In Holland, mashed potatoes and kale are the main ingredients of a dish called stamppot. This recipe has a New England twist, where salmon and potatoes are traditional partners and are traditionally served together on the Fourth of July.

Ingredients

- 1 ½ pound potatoes, peeled, cut into 2-inch pieces (4 medium

potatoes)

- ½ pound kale, finely chopped
- ½ cup finely chopped leek leaves
- 1 tablespoon garlic-infused olive oil
- 1 ¼ pound salmon fillet, quartered
- 1/8 teaspoon dried dill
- ½ cup lactose-free milk
- 2 tablespoons butter
- ¾ teaspoon salt
- 1/8 teaspoon ground white pepper
- 4 teaspoons balsamic vinegar, optional

Preparation

In a large stockpot, cover the potatoes with water and bring them to a boil over high heat. Reduce the heat, cover the pot, and simmer the potatoes for about 10 minutes. Add the kale and leek leaves; continue to simmer until the potatoes are tender, about 10 more minutes, stirring twice toward the end. Even though the kale and leeks will not be underwater when they are first added to the pot, the steam from the potato water will cook them.

Meanwhile, heat the olive oil in a heavy skillet over medium-high heat until it is shimmering and fragrant. Sear the salmon pieces skin side up in the hot oil until a golden brown crust has formed. Turn the salmon just once. Scrape the bottom of the frying pan with the spatula as you turn the salmon, so you don't lose the crust. Continue cooking, skin side down, until the fish is opaque when flaked with a fork. Sprinkle the salmon with dried dill.

Pouring away from you to avoid the hot steam, drain the vegetables in a colander. Return vegetables to the pot and mash them together with the milk, butter, salt, and pepper. Divide the potato mixture into serving bowls. Separate the seared salmon from the skin and place atop the potatoes. Serve drizzled with balsamic vinegar if desired.

When serving, each serving is about 5 ounces salmon plus 1 cup mashed vegetables.

Variations and Substitutions: If you don't eat dairy, you can mash the potatoes with olive oil and unsweetened rice or almond milk instead of butter and milk.

Cooking and Serving Tips: To make this recipe a breeze, wash, peel, and chop all the vegetables before you start cooking anything. Leek greens can be sandy at times, so chop them first, then swish them around in a bowl of water to rinse all the sand off.

The salmon skin tends to stick to the skillet, which makes it easy to separate it from the cooked fillet. Just slide a spatula between the two and they will separate easily.

Use the leftover white parts of the leek to make a low-FODMAP leek-infused oil, or try re-growing your leek greens by propping them upright in a glass of water.

Nutrition Facts

- Calories 456
- Total Fat 17g 22%
- Saturated Fat 6g 30%
- Cholesterol 84mg 28%
- Sodium 632mg 27%
- Total Carbohydrate 41g 15%
- Dietary Fiber 4g 14%
- Total Sugars 5g
- Includes 0g Added Sugars 0%
- Protein 35g

Air Fryer Fish Chowder Recipe



- Total Time: 45 min
- Prep Time: 15 min
- Cook Time: 30 min
- Servings: 8 (1 ½ cups each)

Every cook has a favorite fish chowder. This one is reminiscent of those often served in New England chowder houses, with a thickened base rather than just milk. Instead of flour as a thickener, this version uses potato flakes to reach a creamy consistency, with or without the cream. Heavy cream has very little lactose, so there is no need to seek out a lactose-free version for the small amount in this recipe, to keep it low in FODMAPs.

Ingredients

- 1 tablespoon butter
- 3 ounces sliced Canadian bacon, finely diced
- ½ cup chopped celeriac

- 1 medium parsnip
- ½ cup finely chopped fennel bulb
- 1 cup uncooked potato flakes
- 1 cup clam juice or water
- 1 cup water
- 5 cups lactose-free whole milk
- 1 ¼ pound red potatoes with skin, cut into ¼ inch cubes
- 6 scallions, green part only, thinly sliced, divided
- 1 teaspoon dried thyme leaves
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 ½ pound cod or other firm white fish, cut into 1/2-inch chunks
- ½ cup heavy cream (optional)

Preparation

In a large Dutch oven or stockpot over medium-high heat, melt the butter. Add Canadian bacon, celery root, parsnip, and fennel; stir periodically until vegetables brown slightly, 4 to 5 minutes. Add the potato flakes, clam juice, and water and stir until potato flakes dissolve about 1 minute.

Stir in the milk, potatoes, ¾ of the scallion greens, thyme, bay leaf, salt, and pepper. Bring the pot to a low simmer (do not boil) and cook until potatoes are just slightly underdone about 12 minutes. Stir periodically to prevent vegetables from sticking to the bottom of the pot.

Add the fish and simmer until fish becomes opaque white and flakes easily, 5 to 8 minutes. Add the cream and the remaining scallions; simmer 1 minute. Remove the bay leaf from the broth before serving.

Variations and Substitutions: Replace cod with any other mild white fish such as tilapia, haddock, or flounder.

Swap out Canadian bacon for 3 ounces diced bacon strips (about 3 pieces). In this case, omit the butter and sauté bacon before adding vegetables, until the fat renders about 1 minute. Then add the chopped vegetables and proceed

with the recipe.

Replace scallions with ½ cup finely chopped leek leaves, adding all of them along with vegetables.

Cooking and Serving Tips: Celeriac is also known as celery root, in case that is what it is labeled as in the grocery store.

When purchasing potato flakes, read the label carefully to avoid a product with added garlic or onions, which are high in FODMAPs.

Nutrition Facts

- Calories 335
- Total Fat 13g 17%
- Saturated Fat 7g 35%
- Cholesterol 74mg 25%
- Sodium 589mg 26%
- Total Carbohydrate 32g 12%
- Dietary Fiber 3g 11%
- Total Sugars 10g
- Includes 0g Added Sugars 0%
- Protein 24g

Easy and Light Asian Shrimp Salad



- Total Time: 25 min
- Prep Time: 20 min
- Cook Time: 5 min
- Servings: 6 (1 cup each)

These very easy and light Asian-inspired marinated shrimp can be served on their own, in a grain bowl, or with a green salad for a complete meal. Jicama has recently been added to the roster of low-FODMAP vegetables. It is not a traditional Asian ingredient, but it adds a delightful crunch to this recipe.

Ingredients

- 1 pound small or medium shell-on raw shrimp
- ¼ cup rice vinegar
- 2 teaspoons sugar
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons toasted sesame oil

- 1 large English cucumber
- 4 ounces jicama

Preparation

In a large stockpot, bring 2 quarts of water to a boil over high heat. Add the raw shrimp and stir briefly. Bring the water back to a boil and cook the shrimp until pink on the outside and opaque white on the inside, about 3 minutes. Drain shrimp in a colander, and rinse with cold water to stop the cooking. When cool enough to handle, remove shells and tails.

For the marinade, in a large bowl, stir together the vinegar, sugar, soy sauce and sesame oil. Shave the cucumber into thin slices and quarter them. Peel the jicama, cut it into very thin slices, and chop it into matchsticks. Add the cucumbers, jicama, and cooled shrimp and stir to coat them with marinade.

Cover tightly and chill for 2 to 5 hours, stirring occasionally. Serve chilled, on a bed of greens if desired.

Ingredient Variations and Substitutions: 13 ounces fully cooked and cleaned shrimp may be used instead of 1 pound of raw shrimp. Canned, drained water chestnuts can be used instead of jicama in this recipe. Replace up to half of the toasted sesame oil with spicy sesame oil, if desired.

Cooking and Serving Suggestions: If shrimp is purchased frozen, remove it from the freezer the night before to thaw for this recipe. While the cooking water is coming to a boil, rinse the shrimp in cool water to complete thawing. The best tasting shrimp have not been treated with sodium phosphate, so purchase them if available. The sodium content of this recipe was calculated using untreated shrimp.

Nutrition Facts

- Calories 440
- Total Fat 28g 36%
- Saturated Fat 5g 25%
- Cholesterol 135mg 45%
- Sodium 410mg 18%

- Total Carbohydrate 8g 3%
- Dietary Fiber 2g 7%
- Total Sugars 1g
- Includes 0g
- Added Sugars 0%
- Protein 38g

Spanish-Style Shrimp Paella Recipe



- Total Time: 45 min
- Prep Time: 10 min
- Cook Time: 35 min
- Servings: 4 (1 1/4 cups each)

Paella is a traditional Spanish dish, dating back almost 1,200 years. It carries the tradition of being a social dish that people gather around and share over a conversation. As you can imagine, there are many regional variations and a variety of types of fresh seafood, chicken, and sausages can be used.

The proportions of liquid and rice in this recipe are for preparation in a 10-inch skillet. The amount of liquid required can vary, depending on the width of the paella pan and the type of rice. In Spain, paella is made with special short-grain white rice, called Bomba or Calasparra. Our version uses medium-grain rice, which is easier to find in U.S. grocery stores. Serve paella with a tossed salad for a complete, healthy meal.

Ingredients

- 2 cups reduced-sodium, low-FODMAP chicken broth
- ½ cup white wine
- 10 saffron threads
- 1 ½ teaspoons butter
- 1 ½ teaspoons garlic-infused olive oil
- 1 cup uncooked medium grain rice
- 1 bay leaf
- ¼ teaspoon crushed red pepper flakes
- 1/8 teaspoon salt
- ½ teaspoon smoked paprika
- ¾ pound peeled raw medium shrimp
- 1 cup diced unsalted tomatoes, undrained
- 3 tablespoons chopped fresh parsley
- 4 thin slices lemon

Preparation

In a small saucepan, pre-warm the chicken broth and white wine over medium heat. Stir in the saffron.

In a 10-inch skillet with a heavy bottom, heat butter, and oil on medium-low heat. Add dry rice to the pan and coat the rice in butter and oil, stirring for 5 minutes, or until it begins to brown. Pour in the broth mixture and add the bay leaf, red pepper flakes, salt, and paprika. Cover and bring the rice to a boil over medium-high heat, then reduce heat and simmer for 15 minutes without stirring.

Stir in the shrimp and fire-roasted tomatoes. Cover and cook on low-medium heat until shrimp are cooked through and water has evaporated, 8 to 10 minutes.

Just before serving, stir in 2 tablespoons of parsley. Serve with a squeeze of lemon and a sprinkle the remaining parsley on top.

Ingredient Variations and Substitutions

Saffron tends to be expensive. If it is out of your budget or unavailable, use a little turmeric to create a golden color instead. Start with 1/8 of a teaspoon of turmeric and add more as needed.

To add more smokiness to the recipe, add pancetta, bacon, or sausage. Pan-fry the meat and stir into the paella pan with the shrimp.

Raw mussels, clams or scallops can be substituted for an equal amount of shrimp.

Cooking and Serving Tips: Note that low-FODMAP broth is one without garlic and onions.

Most shrimp on the market today has sodium phosphate added. Not only does excess sodium phosphate negatively affect the taste, but it can also result in very high sodium and phosphate levels in the shrimp.

Read labels and buy the shrimp which contains the least sodium per serving. Even shrimp sold at the fish counter has usually been processed with sodium phosphates, so ask to see those labels, too.

Nutrition Facts

- Calories 206
- Total Fat 4g 5%
- Saturated Fat 1g 5%
- Cholesterol 141mg 47%
- Sodium 473mg 21%
- Total Carbohydrate 18g 7%
- Dietary Fiber 1g 4%
- Total Sugars 2g
- Includes 0g Added Sugars 0%
- Protein 21g

Air Fryer Fish



- Yields: 2 Servings
- Prep Time: 10 Mins
- Total Time: 30 Mins

We love the classic fish and chip combo and normally turn to our favorite

Beer Battered Fish when the craving hits. Sometimes, though, we just don't like the idea of pulling out the big dutch oven and filling it up with way too much oil. Frying can be messy and we'd like to skip over that part. This air fryer fish is the perfect substitute. It is every bit as crunchy and the fish stays perfectly flaky. Skipping the frying means no unnecessary oil and it takes less time!

Ingredients

- 1 lb. cod, cut into 4 strips
- Kosher salt
- Freshly ground black pepper
- 1/2 c. all-purpose flour
- 1 large egg, beaten
- 2 c. panko bread crumbs
- 1 tsp. Old Bay seasoning
- Lemon wedges, for serving
- Tartar sauce, for serving

Nutrition -

- Calories 609.3
- Total Fat 14.5 g
- Saturated Fat 2.5 g
- Sodium 1,167.4 mg
- Potassium 1,374.6 mg
- Total Carbohydrate 40.4 g
- Protein 74.8 g

Directions

Pat fish dry and season on both sides with salt and pepper.

Place flour, egg, and panko in three shallow bowls. Add Old Bay to panko and toss to combine. Working one at a time, coat fish in flour, then in egg, and finally in panko, pressing to coat.

Working in batches, place fish in basket of air fryer and cook at 400° for 10 to 12 minutes, gently flipping halfway through, or until fish is golden and flakes easily with a fork.

Serve with lemon wedges and tartar sauce.

Air Fryer Crab Cakes



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 1 h 25 m

Air frying crab cakes means less mess and less cleanup, but at no sacrifice to taste. They're flavorful, crisp, and lighter than if cooked with oil in a skillet. Serve with your favorite dipping sauce, aioli, or tartar sauce, as well as fresh lemon wedges.

Ingredients

- 1 large egg beaten
- 2 tablespoons mayonnaise
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon seafood seasoning,
- 1/2 teaspoon hot pepper sauce
- 2 tablespoons finely chopped green onion
- 1 pound lump crabmeat, drained and picked over

- 3 tablespoons milk salt and ground black pepper to taste
- 11 saltine crackers, crushed 1 teaspoon baking powder
- 4 wedges lemon olive oil cooking spray

Nutrition Facts

- 242 calories; 9.4 g fat; 10.5 g carbohydrates; 28.4 g protein; 136 mg cholesterol; 937 mg sodium

Directions

Combine egg, mayonnaise, Worcestershire sauce, mustard, seafood seasoning, and hot pepper sauce in a small mixing bowl. Stir in green onion and set aside.

Place crab meat in a medium bowl and break up with a fork. Add milk, salt, and pepper; toss to coat. Add crushed saltines and baking powder and toss lightly to combine. Add to the egg mixture, stirring gently and being careful not to break apart the crab lumps.

Scoop crab with a 1/3-cup measure and form into 8 patties. Place patties on a plate, cover, and refrigerate until firm, 1 to 8 hours.

Preheat an air fryer to 400 degrees F (200 degrees C).

Spray crab cakes on both sides with cooking spray and place them in the air fryer basket.

Cook for 5 minutes, then gently turn the cakes over, and cook until crispy brown, about 5 minutes longer.

Air Fryer Stuffed Mushrooms



- Yields: 6 Servings
- Prep Time: 20 Mins
- Total Time: 35 Mins

These low-carb mushrooms are easy to make and cook in under 10 minutes in your air fryer. They make the perfect game-day snack, but also impress as a first course when having friends over for an elegant dinner.

Ingredients

- 1 (16 ounce) package whole white button mushrooms
- 2 scallions
- 4 ounces cream cheese, softened
- 1/4 cup finely shredded sharp Cheddar cheese
- 1/4 teaspoon ground paprika
- 1 pinch salt
- cooking spray

Directions

Using a damp cloth, gently clean mushrooms. Remove stems and discard.

Mince scallions and separate white and green parts.

Preheat an air fryer to 360 degrees F (182 degrees C).

Combine cream cheese, Cheddar cheese, the white parts from the scallions, paprika, and salt in a small bowl. Stuff filling into the mushrooms, pressing it in to fill the cavity with the back of a small spoon.

Spray the air fryer basket with cooking spray and set mushrooms inside. Depending on the size of your air fryer, you may have to do 2 batches.

Cook mushrooms until filling is lightly browned, about 8 minutes. Repeat with remaining mushrooms.

Sprinkle mushrooms with scallion greens and let cool for 5 minutes before serving.

Nutrition Facts

- 103 calories; 8.4 g fat; 3.5 g carbohydrates; 5 g protein; 26 mg cholesterol; 116 mg sodium.

Stuffed Mushrooms with Sour Cream



- Yields: 4 Servings
- Prep Time: 30 Mins
- Total Time: 45 Mins

These are great stuffed mushrooms, the recipe uses sour cream and grated cheese to hold the stuffing together, it is far and away my favorite pre-dinner snack to serve at parties."

Ingredients

- 24 mushrooms, caps and stems diced
- 1/2 orange bell pepper, diced
- 1/2 onion, diced1 small carrot, diced
- 2 slices bacon, diced
- 1 cup shredded Cheddar cheese
- 1/2 cup sour cream
- 1 1/2 tablespoons shredded Cheddar cheese, or to taste

Directions

Place mushroom stems, orange bell pepper, onion, carrot, and bacon in a skillet over medium heat. Cook and stir until softened, about 5 minutes. Stir

in 1 cup Cheddar cheese and sour cream; cook until stuffing is well combined and cheese has melted, about 2 minutes.

Preheat air fryer to 350 degrees F (175 degrees C).

Arrange mushroom caps on the baking tray. Add stuffing in a heaped fashion to each mushroom cap. Sprinkle 1 1/2 tablespoons Cheddar cheese on top.

Place the tray of mushrooms into the basket of the air fryer. Cook until cheese melts, about 8 minutes.

Cook's Notes: You can use any kind of cheese you prefer. You can also make this under the broiler: Bake until the cheese is nicely browned, about 10 minutes.

To bake: Bake at 325 degrees F (165 degrees C) until the cheese is nicely melted, about 15 minutes.

Nutrition Facts

- 43 calories; 3.1 g fat; 1.7 g carbohydrates; 2.4 g protein; 8 mg cholesterol; 55 mg sodium.

Meat and Steak

Beef and Lentil Chili With Cornbread Topping



- Total Time: 70 min
- Prep Time: 25 min
- Cook Time: 45 min
- Servings: 8 (1 ¼ cups each)

This hearty chili proves that you don't have to go without your favorite dishes on a low-FODMAP diet. This chili is nothing but delicious; it isn't missing a thing.

Canned lentils are the star ingredient here because they're lower in FODMAPs than lentils you boil from scratch because some of the FODMAPs

will have passed into the canning water and can be drained away.

Ingredients

- 1 tablespoon garlic-infused olive oil
- ½ medium red bell pepper, seeded, diced
- 1 ½ pound extra-lean ground beef
- ½ cup thinly sliced scallion greens
- 1 tablespoon plus 2 teaspoons ground ancho chile
- 2 ½ teaspoons ground cumin
- ½ teaspoon dried oregano
- ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 14.5-ounce can diced tomatoes, undrained
- 2 tablespoons tomato paste
- 7 ounces drained rinsed canned lentils (yield from a 15-ounce can)
- ¼ cup water
- ½ cup lactose-free sour cream (optional garnish)
- 6 small fresh radishes, sliced (optional garnish)
- 1 cup medium grind cornmeal
- ½ cup sifted sorghum flour
- 3 tablespoons sifted tapioca starch
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup lactose-free skim milk
- ¼ cup canola oil
- 1 cup shredded Cheddar cheese

Preparation

Preheat oven to 350F.

In an extra- large (12-inch) skillet, heat garlic-infused oil on the medium high

heat. Add bell peppers and sauté until softened, 3 minutes. Move the peppers to the side of the pan and add the ground beef. Fry beef, crumbling and stirring until browned and no longer pink, about 4 minutes. Combine meat with red peppers and stir in scallions, ground chiles, cumin, oregano, salt, and pepper.

Add tomatoes and their juices, tomato paste, lentils, and water, and stir until tomato paste dissolves. Lower the heat and simmer for 15 minutes. If you won't be baking the cornbread in the skillet, carefully transfer chili to a greased 2 ½-quart baking dish.

While the chili is simmering, in a medium bowl combine cornmeal, sorghum flour, tapioca starch, sugar, baking powder, and salt. Add the egg, milk, and oil to the dry ingredients and mix until smooth. Stir in the cheddar cheese. The batter should be thick but slightly loose and almost pourable. If it's too thick, add additional milk 1-2 tablespoons at a time. Spoon dollops of batter evenly over the top of chili and spread with back of the spoon almost to the edges, leaving a small border; the batter will spread out as it cooks.

Bake until the cornbread is golden brown and a toothpick comes out clean when inserted in the center, 18-25 minutes. Remove skillet from the oven; don't forget, the handle will be hot! Allow the dish to cool for 5 minutes, then cut into 8 wedges; serve with a dollop of lactose-free sour cream and sliced radish.

Variations and Substitutions: Ground turkey can be used instead of ground beef.

In a hurry? Skip the cornbread topping and enjoy your chili with rice, quinoa, corn tortillas, or tortilla chips.

Cooking and Serving Tips: You will need a large 11 to 12-inch oven-proof skillet to take this recipe from the stovetop to the oven. If you don't have one, the chili can be made in a skillet and transferred to a 2 ½ to 3 ½ quart baking dish for baking the cornbread.

The type of cornmeal used affects the texture and cooking time of recipes. It

is a good idea to use the exact type of cornmeal that the recipe calls for. For example, this recipe calls for medium grind cornmeal. If you use stoneground cornmeal, with coarser, bigger particles, you can expect that a longer cooking time will be needed.

Note that tapioca starch and tapioca flour are the same things.

Nutrition Facts

- Calories 465
- Total Fat 25g 32%
- Saturated Fat 8g 40%
- Cholesterol 98mg 33%
- Sodium 652mg 28%
- Total Carbohydrate 34g 12%
- Dietary Fiber 5g 18%
- Total Sugars 8g
- Includes 3g Added Sugars 6%
- Protein 27g

Kalorik Maxx Air Fryer Ribs



You can also make this pork ribs in your standard Kalorik Maxx and then finish them off in the oven, on the grill, or in your air fryer such as an Instant Omni or Instant Vortex Plus. These can be made keto and low carb if you use a rub without sugar and either skip the sauce or use a sugar-free sauce.

Making pressure cooker ribs is pretty straightforward. If not in the air fry basket, then on a trivet for pressure cooking.

REMOVING THE RIB MEMBRANE

One key initial step when making ribs no matter how you cook them is removing the membrane from the back of the ribs. It is not pleasant to chew on and it gets in the way of heat getting through and evenly cooking the ribs.

To remove the membrane, work at its edge with a knife until you can solidly grab the corner of it and peel it off. Just give it a good firm, but even, pull. Often the membrane will peel right off but, since it is very thin, other times it will break, and you will have to pull it off in pieces.

Once the membrane is removed, prepare your Air Fryer Kalorik Maxx with a good BBQ rib rub.

But if you don't have one and want to mix one up, a mix of 1/4 cup brown sugar with 2 teaspoons each of Kosher salt, black pepper, smoked paprika, garlic powder, onion powder, and ground mustard will do the trick.

Cut the rack of ribs in half or thirds and generously rub both side of the ribs, with more on the front, meaty side. Amazingly, that rub actually will mostly stay on the ribs in the pressure cooker.

For the Air Fryer Kalorik Maxx add 1 to 1 1/2 cups liquid to the pot. For liquid you can use just water, but you can use something that will add additional flavor such as broth, apple juice, or beer.

Liquid smoke imparts a smoky aroma and flavor to the meat, but some don't care for it. Personally, I like the flavor it adds, but am not a big fan of how it smells when cooking. But I use it since I like the end result.

Place the ribs in the air fry basket of the Kalorik Maxx Air Fryer or the Ninja Foodi if making standard Air Fryer ribs put the ribs on a trivet or in a steamer basket.

You can bend the ribs into the shape of the letter "C" to help fit them in the pot. Put the meaty front side facing inward to help keep the rub on the best part of the ribs.

Pressure cook the ribs on manual high pressure for 20-30 minutes. This depends on your preference for tenderness. If you want the tender but still on the bone (my preference), go for 20-25 minutes. If you want them totally falling off the bone do 30 or even 35.

Of most importance, use a natural pressure release for at least 15 minutes. Just let your pot sit and vent on its own. You can quick release the remaining pressure at 15 minutes if you need to save some time.

CARAMELIZING THE BBQ SAUCE

Now comes the part that make the ribs extra good. Let's bake some Barbecue sauce on them! Give the ribs a good coating of sauce. Err on the side of extra!

In the Kalorik Maxx, place the ribs back into the air fry basket. Put on the

crisp lid, air fry lid, or your Mealthy Crisp Lid if using that, and air fry at 400 for up to 20 minutes.

Ribs in air fryer basket. In a regular air fryer, place the ribs on a tray or in the basket and air fry the ribs for 15-20 minutes at 400, turning as needed.

You can also put the ribs on the grill or under the broiler in your oven. So, while having the Kalorik Maxx, Ninja Foodi, or Mealthy CrispLid is nice for this recipe, it is not completely necessary.

Your regular Instapot will do for making ribs if you want to finish them separately.

SERVING KALORIK MAXX AIR FRYER RIBS

Serve your Air Fryer ribs with a drizzle of BBQ sauce or with sauce for dipping.

The ribs go great with Air Fryer Baked Beans and potato salad or pasta salad. Here are few couple of good recipes for those:

- Yield: 4
- Prep Time: 10 Minutes
- Cook Time: 1 Hour
- Total Time: 1 Hour 10 Minutes

Ingredients

- 1 rack of pork ribs
- Rib Rub (see blog post for suggested mix)
- 1 1/2 cup liquid of choice (apple juice, broth, beer, or water) I used beef broth and apple juice
- 3 T Liquid Smoke (optional)
- 1 c Barbecue Sauce

Instructions

Remove membrane from the back of the rib rack

Cut the rack in half and generously apply rub to all sides

Add liquid to the Kalorik Maxx

Place the rib halves in the air fry basket on their sides, meaty side in, and place in the Air Fryer Kalorik Maxx. If using a regular Air Fryer put them on a trivet.

Pressure cook on manual high pressure for 20-30 minutes (I did 25) followed by 15 minutes minimum of natural pressure release.

Remove the ribs and coat generously with barbecue sauce

Return the ribs to the air fry basket or pot and air fry on 400 for 15-20 minutes

Serve with additional sauce and enjoy!

Notes: If using an air fryer to finish the ribs, air fry at 400 for 15-20 minutes. The ribs can also be finished on the grill or under the broiler in the oven.

Nutrition Information:

Calories: 216 Total Fat: 6g Saturated Fat: 2g Trans Fat: 0g Unsaturated Fat: 3g Cholesterol: 18mg Sodium: 971mg Carbohydrates: 35g Net Carbohydrates: 0g Fiber: 1g Sugar: 29g Sugar Alcohols: 0g Protein: 5g

How To Make Steak In The Air Fryer



Learn how to make steak in the air fryer. It is crazy simple to do, and you end up with a juicy and flavorful steak. Skip the grill and pull out that air fryer!

We love steak in our home. Our grill outdoors gets a major workout in the summer.

Why Cook Steak in The Air Fryer

An air fryer cooks at an even heat that you choose each and every time. So when you place your steaks on to cook, you get an even cook with regulated temperature.

You have way more control vs a grill (unless it's a pellet grill). So you get that perfect steak every single time. Plus cooking steak in the air fryer is quick, easy, doesn't heat the house, and tasty.

You can use almost any cut of steak. Of course, the quality of the steak will showcase how tender steak might be. Ribeye, KC strip, Filet Mignon, Skirt

steak, and the list goes on.

How Long to Cook Steak In Air Fryer

One thing to note is the thickness of your steak will affect the cooking time of the steak. So if your steak is thinner, it will cook faster, thicker might take a bit longer.

What Is Internal Temperature Steak Needs To Reach - 125°F for rare

Pro Tip For Air Fryer Steak

Make sure after you pull steak from the air fryer you allow your steak to rest for five minutes on the counter. This will lock in juices giving you incredible soft and juicy steak.

How to Store Leftover Steak

You can store your steak in an airtight container or sealable bag for up to 3 days in the fridge. Slice and serve cold on salads, or warm up in the microwave or skillet for hot steak the next day,

Do Air Fryers Use A Lot of Energy

Depending on the brand will depend on how much energy is used in your air fryer. Generally, air fryers use up to 25% less energy than your stove or oven would.

What Can Be Cooked In An Air Fryer

Pretty much anything. Desserts, sides, fried foods, meats, and the list goes on, I have tons of air fryer recipes you will love to whip up for your family and friends.

Can I marinate my Air Fryer Steak?

If you have a tougher cut of steak, you should marinate your steak. I used The World's Best Steak Marinade.

- Yield: 1

- Prep Time: 5 Minutes
- Cook Time: 15 Minutes
- Total Time: 20 Minutes

Learn how to make steak in the air fryer. It is crazy simple to do, and you end up with a juicy and flavorful steak. Skip the grill and pull out that air fryer to make some delicious air fryer steak

Ingredients

- 2 Pounds Steak (I used delmonico)
- Salt
- Pepper
- garlic powder
- 2 tbs butter

Instructions

1. Preheat your air fryer to 400 about 5 minutes
2. Salt and pepper both sides of the steak
3. Place a pad of butter on top of each steak
4. Place on the top rack of your air fryer
5. Cook on air fry for 15 minutes for medium-well
6. Flip over after 7 minutes
7. For Medium-rare cook for 10 minutes flipping after 5
8. For well-done cook for 20 minutes flipping after 10 minutes
9. Remove steak and let rest for 5 minutes and serve

Nutrition Information:

Calories: 1371 Total Fat: 95g Saturated Fat: 40g Trans Fat: 0g Unsaturated Fat: 41g Cholesterol: 471mg Sodium: 619mg Carbohydrates: 2g Fiber: 0g Sugar: 0g Protein: 119g

Air Fryer Kalorik Maxx Garlic Butter Steak Bites With Mushroom



Air Fryer Kalorik Maxx Garlic Butter Steak Bites with Mushrooms is one dinner recipe you have to make. Get juicy and flavorful steak bites that are tender and melt in your mouth. Skip the grill, and make steak indoors!

These steak bites are a fun and creative way to serve up dinner. Bite-size steak, juicy mushroom that melts in your mouth. Whip this up along with your favorite sides and dive in.

What Is The Best Steak for Steak Bites

You will find that depending on what cut of meat you buy will depend on flavor and texture. A cheaper cut of meat like charcoal steaks might be tougher to chew.

Whereas a flat iron would be a bit more tender. So feel free to find a steak that is available in your area. Flank steaks, kc strips, flat irons, and more.

What to Serve With Steak Bites

Serve your steak bites with your favorite sides. A potato salad, pasta salad, Broccoli and Cheddar Pasta, or even cucumber salad, would offer a fresh and light twist. Where roasted potatoes or mashed would be more comforting. Depend on what you are in the mood to go ahead and make a killer side or two.

Tips for Making Garlic Butter Steak Bites

- Use real butter, not margarine. You will find the Butter brings out incredible and rich flavors. Use Homemade Garlic Butter.
- Leave our mushrooms if you are not a fan. You could replace it with another veggie if you prefer.
- Serve warm and fresh from Kalorik Maxx. These steak bites are best fresh. They will lose texture once they chill and are reheated.

Can I double this steak recipe

Yes, of course, you can make as much or little as you need. Batch cook your steak and mushrooms if you plan to serve a large crowd. Just place steak recipe in a pan and cover with aluminum foil and keep warm in the oven as the next batch cooks.

How Long Will Steak Bites Last

Garlic butter Kalorik Maxx bites will last up to three days when stored in the fridge. Reheat in a pan on the stove, sauté in Kalorik Maxx or heat in the microwave for a quick reheat.

Skip dining out and make incredible steak at home. This is a tasty way to serve it out for your family. They will be impressed by the flavor and you will love the easy recipe!

- Yield: 1
- Prep Time: 5 Minutes
- Cook Time: 10 Minutes

- Total Time: 15 Minutes

Air Fryer Kalorik Maxx Garlic Butter Steak Bites with Mushrooms is one dinner recipe you have to make. Get juicy and flavorful steak bites that are tender and melt in your mouth. Skip the grill, and make steak indoors!

Ingredients

- 1 Tbs Olive Oil
- 2 pounds New York Strip Steak
- 16 oz white mushrooms
- 1 tbsp salt
- 1 tbsp pepper
- 1 cup Garlic Butter
- Garlic Butter
- 2 Sticks Butter
- 1 tbs olive oil
- 6 cloves chopped garlic
- 2 tbs fresh parsley chopped
- 1 tbs Fresh thyme
- 1 tbs Fresh Rosemary

Instructions

- Place Air Fryer on High Saute.
- Add olive oil
- Cut up steak into 1" cubes (I used NY Strip) you can use any steak you like
- Add Steak
- Add Salt and Pepper
- Cook on saute until brown
- Add Garlic Butter and Mushrooms
- Place your air fryer top on the Kalorik Maxx
- Cook on-air crisp at 400 degrees for 10 minutes

For Garlic Butter:

- In a small bowl mix butter and olive oil until smooth.
- Add garlic, rosemary, parsley, and thyme.
- Mix until the butter is smooth.

Nutrition Information:

Calories: 1066 Total Fat: 98g Saturated Fat: 52g Trans Fat: 2g Unsaturated Fat: 37g Cholesterol: 276mg Sodium: 1858mg Carbohydrates: 7g Fiber: 3g Sugar: 2g Protein: 42g

Air Fryer Beef Stroganoff



About half the ingredients in a stroganoff are high FODMAP, so this required thought.

Mushrooms... Button mushrooms are high FODMAP. But did you know that mushrooms canned in brine are low FODMAP at 1/2 cup (or 110g) serves? This works because FODMAPs are water soluble and leach out into the canning liquid, so they get drained away before use. But do make sure you use mushrooms canned in brine, such as whole champignons, and rinse them well before use.

Onion... The flavour of onion is relatively easy to achieve with a simple low FODMAP swap using the green tops of spring onions. But since onion is a major ingredient in stroganoff that also provides bulk and texture, an extra trick was needed. This was solved by adding thinly sliced white cabbage which, when sautéed with the onion tops, more closely resembles onion than cabbage.

Garlic... The easiest low FODMAP swap of all. Just use garlic-infused oil instead of fresh garlic.

Stock... Most stocks are high FODMAP because they contain onions, but there are low FODMAP stocks available.

Flour... You need flour to thicken the sauce, but you can easily swap this for gluten-free flour. That said, the amount of flour in this recipe is low enough that using wheat flour would still be low FODMAP.

Sour cream... Stroganoff recipes always include sour cream or cream to finish off the sauce. You could use lactose-free cream or sour cream, provided they don't contain any inulin. But I've gone a step further here and made this stroganoff dairy-free by using plain coconut yoghurt. This doesn't add coconut flavour though since the amount used is small and the other flavours are strong. But it does add a decent amount of creaminess, because coconut yoghurt is higher in fat than dairy yoghurts. This means it acts more like a sour cream than a lactose-free dairy-based yoghurt would.

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Yield: 4 serves

An amazingly delicious meal with all the flavours of the traditional version. Yet this low FODMAP stroganoff is suitable for sensitive tummies.

Ingredients

- 2 tsp olive oil
- 1 tsp garlic-infused oil (see notes)
- 1 cup (65g) thinly sliced white cabbage
- 1 and 1/2 cups of the green tops of spring onions, thinly sliced
- 425g can of mushrooms (champignons) in brine, drained and well rinsed, then sliced
- 500g beef strips
- 1 tbsp low FODMAP gluten-free flour
- 1 tsp sweet paprika
- 1 tsp low FODMAP stock powder (see notes)
- 2 tbsp (40ml) tomato paste
- 2 tsp Dijon mustard

- 1 and 1/4 cups (310ml) water
- 2 generous tbsp plain coconut yoghurt (see notes)
- Flat leaf parsley, to serve

Instructions

Heat the wok (or large frying pan) to medium heat. Add the olive oil and garlic-infused oil and heat. Then add the cabbage and cook for about 4 minutes, stirring occasionally until it softens and browns a little. Then add the green onions and sliced canned mushrooms, stir and cook for about 2 minutes, then transfer to a bowl.

Return the empty pan to the stove and increase the heat to medium-high. Add the beef strips and cook until browned all over. If using a frying pan rather than a wok, you may find that it's better to cook the beef strips in two batches so that it cooks quickly.

Meanwhile, mix the flour, paprika and stock powder in a small bowl. Reduce the heat on the frying pan to medium, then add the flour mixture to the cooked beef and stir until coated. Cook for about 1 minute, stirring often, to cook out the flour. Then stir in the tomato paste and Dijon mustard. Next, add 1/4 cup of water to the pan and blend to start forming the sauce, then add the remaining cup of water. Lastly, add the mushroom mixture, stir, and simmer for 2-3 minutes to allow the flavours to blend and the sauce to thicken slightly.

Remove the pan from the heat. Then add the coconut yoghurt and mix into the sauce. Sprinkle the stroganoff with parsley. Serve with your choice of low FODMAP pasta, potatoes, rice, or other low FODMAP grains.

Nutrition Facts

- Calories 320
- Fat 18g 28%
- Saturated 3.9g
- Trans 0.3g 21%
- Cholesterol 150mg
- Sodium 230 mg 10%
- Carbohydrate 14g 5%
- Fibre 1g 5%
- Sugars 5g

- Net Carbs 13g
- Protein 25g

Air Fryer Cevapi



If you've been having trouble finding low FODMAP sausages with any flavour, or finding low FODMAP sausages at all, then look no further. You can make your own at home in no time at all. Sure, you could mess around with a sausage maker and sausage skin and do the whole thing 'properly'. But an easier way would be to make these skinless sausages, or low FODMAP cevapi.

What are cevapi or skinless sausages?

Making cevapi like making meatballs, except you roll the mince into a sausage shape instead of balls. Although if you prefer meatballs to sausages, you might want to try this Low FODMAP Tray Bake: Meatballs, Tomatoes & Wedges.

Anyway, back to the sausages...

Skinless sausages may sound a little strange to you, but these are a real thing. Cevapi are traditionally from south-eastern Europe. They're minced meat, rolled into logs (i.e. sausages), cooked, and served with flatbreads and other ingredients. While this cevapi recipe certainly couldn't be called traditional, it's low FODMAP.

How to make these low FODMAP cevapi

To start with, get some mince. I normally use beef because it's cheaper. Next up, add some flavour. To make this super easy, which is packed with lots of herbs and spices. This seasoning mix is really an all-rounder. Then roll the flavoured mince into sausages and cook them up.

You do need to be a little more careful with cevapi than regular sausages because there isn't any skin to hold the meat together while it's cooking. But so long as you don't toss the frying pan around, it shouldn't be a problem. They're still stable enough to turn with kitchen tongs, just like normal sausages.

After the cevapi are cooked, it's time to make a sauce. And if you do it in the same pan, you get to use the leftover pan drippings for extra flavour. This sauce is super easy to make too. A tin of tomatoes, some more taco seasoning mix, and a bit of water. Simple.

Lastly, it's time to serve them up. Traditionally cevapi are served with flatbreads. So I've used my low FODMAP wraps. But you can use any other wraps that you can tolerate. Or, you could wrap them in bread, giving you the Aussie favourite of 'sausage in bread' – add some mixed lettuce leaves to round out the meal.

So, how about making these super easy low FODMAP cevapi. They're quick to make, fun to eat, and they'll bring back a food that you've probably been missing.

- Prep Time: 5 minutes
- Cook Time: 18 minutes
- Yield: 4 serves
- Category: Main Meals

Can't find low FODMAP sausages with any flavour (if at all)? Now you can make your own at home with these super easy low FODMAP cevapi (skinless sausages).

Ingredients

Cevapi:

- 500g lean beef mince

- 1 and 1/2 tbsp (30 ml) Low FODMAP Taco Seasoning Mix
- Oil for cooking – just enough to coat the bottom of the pan to prevent sticking

Tomato Sauce:

- 400g can of diced tomatoes
- 2 tsp Low FODMAP Taco Seasoning Mix
- 1/4 cup (60 ml) water

To serve:

- 4 Low FODMAP Wraps (or other low FODMAP bread)
- 4 large handfuls of mixed lettuce leaves

Instructions

To make the cevapi, mix the taco seasoning mix into the beef mince with your hands. Then divide the mixture into 8 equal pieces and shape each one into a sausage.

Heat a non-stick frying pan and add just enough oil to stop the cevapi from sticking. Cook the cevapi in the pan, turning each sausage a one-quarter rotation after 2-3 minutes, until they've been cooked on all 4 sides and are cooked the whole way through. Remove from the pan.

To make the sauce, add the diced tomatoes, extra taco seasoning mix and water. Use an egg flip, spoon or spatula to mix the sauce, so that you scrape up the pan drippings and mix them into the sauce. Cook for about 5 minutes or until thickened.

To serve, put a wrap on each plate and top with a handful of mixed lettuce leaves. Then add 2 sausages to each wrap and spoon over the sauce.

Nutrition Facts

- Calories 273
- Calories from Fat 127
- Total Fat 15g 23%
- Saturated Fat 13g 67%
- Trans Fat 0g
- Polyunsaturated Fat 0g

- Monounsaturated Fat 1g
- Cholesterol 0mg 0%
- Sodium 10mg 0%
- Total Carbohydrates 36g 12%
- Dietary Fiber 1g 3%
- Sugars 33g
- Protein 2g

Air Fryer Beef Stew



There's something just so satisfying about enjoying a hearty bowl of flavorful stew when the leaves start the turn, and the temperature starts to drop.

Many traditional stew recipes, although delicious, use high FODMAP ingredients like garlic or onion and can take hours to cook on the stove.

This low FODMAP beef stew recipe features classic ingredients like beef, carrots, and potatoes. Even without onion or garlic, this stew is packed with flavor thanks to umami-rich ingredients like bacon, red wine, and tomato paste.

A Kalorik Maxx or slow cooker can be used to make this recipe.

Make It A Low FODMAP Meal

A serving of this stew may be enough of a meal for some people and not enough for others. We each have unique nutritional needs. In case you're looking to add extra food to round out your low FODMAP meal, here are a couple of ideas:

Add a serving of FODMAP-friendly fruit

According to US nutrition guidelines, 1 cup or a piece of whole fruit (like an orange) is generally considered a serving of fruit. Strawberries, grapes, or an orange are all options that contain no FODMAPs. Try adding a serving of one of these fruits as a side to your stew.

These are just a few FODMAP-friendly fruits. For a complete list of low FODMAP fruit options, check out the Monash University FODMAP app.

Add a serving of low FODMAP dairy (or dairy alternative)

In general, a serving of dairy is 1 cup of milk or 1 1/2 ounces (40 grams) of cheese, per US nutrition guidelines. Consider having a glass of lactose-free milk or a couple of slices of low-lactose cheese (like Cheddar, Swiss, or Havarti) on the side.

A low FODMAP diet aims to be low in lactose and does not need to be dairy-free unless there are other non-FODMAP reasons (i.e., allergy, protein sensitivity, dietary preference, etc.). If you do limit dairy, almond milk is one low FODMAP milk alternative. Right now, I'm enjoying Blue Diamond Almond Breeze almondmilk.

- Prep Time: 15 minutes
- Cook Time: 8 hours
- Total Time: 8 hours 15 minutes
- Yield: 4

Warm up with a bowl of hearty low FODMAP beef stew. This FODMAP-friendly twist on the cold-weather classic can be made using either a slow cooker or Kalorik Maxx Air Fryer.

Ingredients

- 1 tablespoon garlic-infused olive oil
- 2 slices lower sodium bacon, diced
- 1 to 1 ½ pounds stew meat or boneless beef chuck, cut into 1-inch cubes
- 2 tablespoons tomato paste
- ½ cup dry red wine, like Cabernet Sauvignon (or additional low FODMAP chicken broth)
- 1 tablespoon cornstarch mixed into 1 tablespoon cold water (save for the final step, if using an Kalorik Maxx)
- 2 cups low FODMAP chicken broth
- 2 tablespoons less-sodium soy sauce (or reduced-sodium tamari sauce for gluten-free)
- 2 cups (about ¾ pound) quartered baby potatoes
- 1 ½ cups (about ½ pound) baby carrots
- 1 tablespoon minced fresh thyme leaves or 1 teaspoon dried thyme
- Salt and pepper, to taste
- Optional Garnishes
- Fresh chopped parsley and/or sliced green onion tops (green parts only)

Instructions

Slow Cooker

1. Heat large skillet over medium heat. Add olive oil and bacon. Cook until bacon is crisp. Using tongs, remove the bacon from the skillet and transfer to the slow cooker.
2. To the warm skillet, add the beef cubes. Sear on each side until just browned, about 1 minute per side. Transfer the browned beef and any remaining cooking fat to the slow cooker.
3. To the now-empty skillet, add the tomato paste and red wine. Whisk and gently release any browned bits from the bottom or sides of the pan. Slowly add in the cornstarch slurry, chicken broth, and soy sauce, whisking until smooth. Transfer the liquid to the slow cooker.
4. To the slow cooker, add the baby potatoes, baby carrots, and thyme. Stir to mix. Cook on low for 6-8 hours, high for 4-5

hours, or until the beef and veggies are tender. Season with salt and pepper to taste.

5. Serve warm with optional garnishes.

Kalorik Maxx Air Fryer

1. Press the “Saute” setting on the Kalorik Maxx Air Fryer. Once hot, add olive oil and bacon. Cook until the bacon is crisp. Using tongs, remove the bacon from the Kalorik Maxx Air Fryer and set aside.
2. Add the beef cubes to the Kalorik Maxx and sear on each side until just browned, about 1 minute per side. It may help to do this step in batches, using additional cooking oil, as needed, to prevent burning. Using tongs, remove seared beef cubes and set aside.
3. Add the tomato paste and red wine to the Kalorik Maxx. Whisk until smooth while gently scraping the bottom and sides of the Kalorik Maxx to release any of the browned bits. This helps to release flavor, as well as, prevent a “Burn” message from appearing while cooking with the Kalorik Maxx.
4. Cancel the “Saute” setting. Add in the chicken broth, soy sauce, baby potatoes, baby carrots, bacon bits, seared beef cubes, and thyme. Stir to mix.
5. Place the lid on top of the Kalorik Maxx and secure. Set vent to “Sealing”. Select the “Manual” setting on the Kalorik Maxx. Adjust the time to 35 minutes on “High Pressure” and cook. Allow the pressure to naturally release for 10 minutes before carefully switching the vent to “Venting” and releasing any remaining pressure.
6. Prepare the cornstarch slurry and stir into the stew to slightly thicken. Season with salt and pepper to taste.
7. Serve warm with optional garnishes.

Storage: Refrigerate leftovers in airtight containers for up to 3 days.

Nutritional facts

- Calories Per Serving: 379
- % DAILY VALUE

- 24% Total Fat 15.8g
- 8% Total Carbohydrate 25.1g
- 14% Dietary Fiber 3.4g
- 59% Protein 29.6g

Beef, Brown Rice, and Mushroom Soup Recipe



- Total Time: 130 min
- Prep Time: 10 min
- Cook Time: 120 min
- Servings: 6 (1¼ cups each)

This hearty soup is reminiscent of beef and barley soup, as short grain brown rice has a similar appearance and chewy texture to barley. The timing suggested for this recipe assures that each ingredient is perfectly cooked and tender when the soup is done!

Fresh button mushrooms are high in FODMAPs, but fortunately, canned mushrooms are not. As they rest in the canning water during storage, the mannitol in the mushrooms soaks out and it is discarded when you drain the mushrooms.

Ingredients

- 1 tablespoon olive oil
- 1 fresh garlic clove, chopped in large pieces
- 1/2 cup finely chopped celery
- 1/2 pound carrots, chopped
- 1 3/4 pounds beef chuck
- 1-quart reduced-sodium, low-FODMAP chicken broth or beef broth (no onions or garlic)
- 1 teaspoon fresh thyme
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons tomato paste
- 1/3 cup uncooked short grain brown rice
- 4 ounces drained canned sliced mushrooms (yield from a 7-ounce can)

Preparation

In a 4-quart stockpot or Dutch oven over medium heat, heat the oil and garlic together until the garlic begins to brown. Remove the garlic and discard. Add the celery and carrots and stir-fry them until they are lightly brown. Using a slotted spoon, remove the vegetables to a plate.

Add the whole piece of meat to the pot and brown it for about 5 minutes on each side. Remove the meat to a cutting board. Pour the broth into the stock pot and scrape the bottom with a spatula to deglaze it. Stir in the thyme leaves, paprika, pepper, and tomato paste. Cut the meat into 3/4-inch cubes and return it to the pot, along with any juices that have formed.

Cover the pot and cook at a very light simmer for about 40 minutes. Add the brown rice and continue to simmer for 20 minutes. Add the mushrooms and reserved vegetables along with their juices. Simmer 30 more minutes, then serve.

Ingredient Variations and Substitutions: Half a teaspoon dried thyme can be substituted for fresh thyme leaves.

Cooking and Serving Tips: Beef chuck meat is ideal for soups and stews; if you are unable to buy a nice thick chuck steak for this recipe, buy a chuck roast and ask the butcher to cut it into two thick slabs for you. Pre-cut "stew meat" can also be used, saving a step, but you won't know what cut of meat you are purchasing and it may not be as juicy and tender as chuck.

Nutrition Facts

- Calories 240
- Total Fat 6g 8%
- Saturated Fat 2g 10%
- Cholesterol 70mg 23%
- Sodium 470mg 20%
- Total Carbohydrate 15g 5%
- Dietary Fiber 3g 11%
- Total Sugars 3g
- Includes 0g Added Sugars 0%
- Protein 29g

Miso Marinated Steak With Bok Choy Stir-Fry Recipe



- Total Time: 40 min
- Prep Time: 20 min
- Cook Time: 20 min
- Servings: 6

Flank steak is an attractive and relatively economical way to serve steak, since each portion includes a few strips of meat rather than a large piece. The flavorful marinade for the steak doubles in this recipe as a stir-fry sauce for the vegetables. This dish tastes great served over short grain white or brown rice, so plan accordingly.

Ingredients

- 1 tablespoon minced, peeled fresh ginger root

- 3 tablespoons miso paste
- 2 tablespoons mirin
- 2 tablespoons reduced sodium soy sauce
- 3 tablespoons water
- 2 tablespoons rice vinegar
- 1 tablespoon plus 1 teaspoon sesame oil
- 2 teaspoons sugar
- 1 ½ pound flank steak
- 2 teaspoons canola oil
- 1 pound baby bok choy
- ½ large red bell pepper, cut in 1/2-inch pieces
- ¾ cup drained canned mushrooms (4 ounces dry weight)

Preparation

In a small bowl, whisk together the ginger, miso, mirin, soy sauce, water, vinegar, sesame oil, and sugar until the sugar is dissolved and the mixture has a smooth texture. Remove ¼ cup of the miso marinade to a small bowl and set aside for the vegetable stir-fry.

Place the steak in a 1 gallon zip-top bag and pour in the remaining miso marinade. Seal the bag, removing as much as air as possible, and refrigerate the steak for 1 to 24 hours.

Grill the steak on both sides to the desired level of doneness, brushing several times with marinade from the bag. Remove the steak to a cutting board and cover it with foil to rest.

Slice baby bok choy lengthwise into halves. If baby bok choy is more than one inch in diameter, slice it lengthwise into quarters. Wash the bok choy, swishing vigorously and paying attention to the root end where sand can hide. Drain, rinse, and repeat.

Heat a large skillet over medium high heat. When wok is hot, add oil; then add bok choy and red pepper and stir-fry until char marks appear, 3 to 5 minutes. Stir in the mushrooms. Add the reserved ¼ cup of marinade and stir-fry until bok choy is tender, 1 to 3 minutes.

Just before serving, slice steak across the grain while holding the knife at a 45-degree angle into $\frac{1}{4}$ inch thick slices. Serve the vegetables and steak strips over cooked rice.

Variations and Substitutions

Substitute baby bok choy with a 1 pound head of regular bok choy prepared as follows: cut leaves off where they join white stalks and slice leaves crosswise into 1-inch thick strips, wash, and set aside. Cut end root off stalks and discard root. Cut stalks crosswise into $\frac{1}{2}$ inch thick pieces. Stir fry stalks first with bell pepper until softened and charred in spots, 4 to 6 minutes. Add leaves and mushrooms together, stir fry 1 minute, then add reserved marinade and stir fry 1 minute more.

If you wish to turn the leftover marinade into extra sauce, boil it for one minutes in a separate small saucepan to cook it thoroughly before adding it to the vegetables in the skillet.

To make this recipe gluten-free, use gluten-free soy sauce or gluten-free tamari.

Cooking and Serving Tips

Canned mushrooms are not created equal. Avoid the cheapest brands; they are not nearly as tasty. The amount of mushrooms called for in this recipe, $\frac{3}{4}$ cup drained, is the yield from a 7-ounce can, which may also be described as “4 ounce dry weight” on the front of the package.

Assemble bowls or plates before serving, or serve family-style, passing a platter of beef strips, rice, and vegetables separately. One serving should be about 3 ounces steak plus $\frac{2}{3}$ cup vegetables and sauce.

Nutrition Facts

- Calories 305
- Total Fat 14g 18%
- Saturated Fat 4g 20%
- Cholesterol 90mg 30%

- Sodium 648mg 28%
- Total Carbohydrate 11g 4%
- Dietary Fiber 2g 7%
- Total Sugars 6g
- Includes 1g Added Sugars 2%
- Protein 35g

Air Fryer Poor Man's Burnt Ends



Kalorik Maxx Poor Man's Burnt Ends are tender with a smoky sweet glaze. They taste like they cooked all day on the BBQ but can be on your table in less than 30 minutes.

You could spend six to eight hours smoking your meat outside in the hot sun and then cut up the meat and add barbecue sauce.

Then you would spend another couple of hours, slowly smoking the meat with the sauce. Or, you can use your Air Fryer, or Pressure Cooker and make this incredibly delicious Air Fryer Poor Man's Burnt Ends in less than 30

minutes, from start to finish.

What is Poor Man's Burnt Ends?

"Poor Man's Burnt Ends" cook in almost the same method and use the same ingredients as the burnt ends you know and love, which are made with brisket.

However, to make Poor Man's Burnt Ends, a chuck roast is used instead of brisket.

Pro Tip: Chuck roast is often less expensive than brisket (and is frequently on sale), so using a very similar method, the chuck roast is slowly cooked and then placed over an open fire, slathered in sauce to crisp up and caramelize in perfect bite size pieces.

For Air Fryer Poor Man's Burnt Ends, we will speed up the process by using the Air Fryer, Mealthy MultiPot or Pressure Cooker, which will tenderize the chuck roast (also known as pot roast) and infuse flavors in under 25 minutes!

The pieces of chuck roast will then be coated in a sweet barbecue sauce and will crisp up and caramelize right in the Air Fryer using a Mealthy Crisplid!

Imagine having such a glorious meal in well under one hour!

Normally, Burnt Ends is made with brisket. Brisket can be expensive and is generally sold in a gigantic piece. In this Air Fryer Burnt Ends recipe, we will use a well marbled chuck roast (the type of meat used in my famous Air Fryer Classic Pot Roast recipe) instead.

Ingredients

- Chuck Roast – heavily marbled
- Liquid Smoke
- Garlic
- Salt and Pepper
- Barbecue Sauce
- Brown Sugar

- Honey
- Apple Cider Vinegar

The list of ingredients are few, it is the method, which will turn these few ingredients into a lip smacking, finger licking bowl of Burnt Ends!

Pro Tip: Look for a chuck roast with white fat running through the muscle. This is not the big, thick chunks of fat but rather the smaller and thinner white fat which is intramuscular.

Pro Tip: Massaging the seasonings in will help break down the meat a bit and make it more tender. Think about a shoulder massage. After some rubbing, the muscles are nice and loose.

Whether you use hickory, mesquite or applewood, the flavor this will infuse into the meat will be amazing. And, you won't smell like smoke!

You could even add a shot of vanilla extract to give the Air Fryer Poor Man's Burnt Ends a bourbon-ish flavor.

A wonderful side dish for Kalorik Maxx Poor Man's Burnt Ends is my Air Fryer Best Macaroni Salad Recipe. It cooks up quickly and is best to make first, so that it will chill.

The garlic in the liquid will also infuse into the meat and there will be a very subtle flavor.

The meat can be cooked right away and then kept in the refrigerator overnight.

When you are ready to eat, allow yourself about 15 minutes to char and crisp the meat.

Freezing Raw.

You can certainly cut up the meat and freeze the meat raw with the seasonings.

When you are ready to cook, just toss it into your Air Fryer.

Freezing After Pressure Cooking.

Air Fryer Poor Man's Burnt Ends can also be cooked in the pressure cooker and then frozen.

On the day you want to eat your burnt ends, take a bag out of the freezer and defrost in the refrigerator. At dinner time, just use the Kalorik Maxx or Air Fryer and caramelize the meat.

Ingredients

- 1 teaspoon Liquid Smoke
- 2 cloves Fresh Garlic smashed
- 1/2 cup Apple Cider Vinegar
- 3 pounds Chuck Roast well marbled with intramuscular fat
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Freshly Ground Black Pepper
- 2 teaspoons Garlic Powder
- 1.5 cups Barbecue Sauce
- 1/4 cup Light Brown Sugar + more for sprinkling
- 2 Tablespoons Honey optional and in place of 2 TBL sugar

Instructions

Remove any large chunks of fat and cut chuck roast into 1 inch pieces. Place into medium bowl.

Sprinkle salt, pepper and garlic powder over meat and rub the seasoning mix into the meat so that the seasoning absorbs into the meat.

Add liquid smoke, smashed garlic, and apple cider vinegar to the cooking pot.

Place chunks of meat into cooking pot.

Lock on lid and close pressure valve. Cook at high pressure for 4 minutes.

When beep sounds, wait 10 minutes and then release the rest of the pressure.

In a separate bowl, add barbecue sauce, honey and brown sugar and whisk together well.

Remove meat from pressure cooker and place meat into bowl of sauce and mix around.

Turn off Air Fryer or Pressure Cooker

Crisping using Oven

- Turn oven on to low broil setting
- Place meat onto baking sheet and broil for 6 minutes, turning over halfway.
- Baste meat with more barbecue sauce and sprinkle with brown sugar.
- Turn over to high broil setting.
- Cook for about 5 minutes more, flipping the meat at the halfway mark. Keep an eye on the meat as not all ovens cook exactly alike.

Crisping using Air Fryer

- Add meat to air fryer basket, spreading out the meat.
- Set temperature to 300 degrees and set timer for 8 minutes. Flip meat over after 4 minutes
- Remove lid and baste with more barbecue sauce and sprinkle with a little brown sugar.
- Set temperature to 400 degrees and set time for 9 minutes. Watch meat though lid and flip over after 5 minutes. Continue cooking until charred and sauce is bubbling.

Notes:

- Buy a chuck roast with as much intramuscular fat as you can. This is not the big thick chunks of fat. This is the fat that is running through the muscle of the meat.
- Massaging the seasonings in will help break down the meat a bit and make it more tender. Think about a shoulder massage. After some rubbing, the muscles are nice and loose. This is very important.

- Whether you use hickory, mesquite or applewood, the flavor this will infuse into the meat will be amazing. And, you won't smell like smoke!
- You could even add a shot of vanilla extract to give the Air Fryer Poor Man's Burnt Ends a bourbon-ish flavor.
- The reason is that before we give the meat a high temperature cook to char, we want to first cook the meat at a very low temperature so that the sauce will penetrate into the meat.
- Honey is optional. It gives the Air Fryer Poor Man's Burnt Ends more of a sticky feel.
- The additional brown sugar at the end during the high temperature cook, will help to quickly caramelize the meat and make the tips somewhat "chewy."
- Also yummy on a squishy hamburger bun piled high with homemade coleslaw and pickles.

Can Pork Be Substituted?

Chuck roast and the pork shoulder can be used interchangeably in any recipe. Their cook time is exactly the same and would be wonderfully delicious.

The picnic or butt (both parts of the shoulder) work just as well.

The process is exactly the same, from beginning to end. In fact, since pork shoulder has more fat running through the meat, it will be so sweet, chewy (the caramelized tips) and crisp.

If you do not have a Kalorik Maxx, you can use any air fryer or place pieces of meat on a sheet pan and place under the broiler in your oven.

Nutrition Facts

- Calories 359
- Fat 16g
- Saturated Fat 7g
- Cholesterol 94mg
- Sodium 1252mg

- Potassium 582mg
- Carbohydrates 27g
- Fiber 1g
- Sugar 23g
- Protein 27g
- Vitamin A 115IU
- Vitamin C 0.4mg
- Calcium 46mg
- Iron 3.3mg

Air Fried Pork Chops With Brussels Sprouts



- Active Time: 25 Mins

- Total Time: 25 Mins
- Yield: Serves 1 (serving size: 1 pork chop, 1 cup brussels sprouts)

If you're looking for a hearty, simple, satisfying meal that you can make without a lot of excess fat, the air fryer is your friend. Here we serve up a crispy pork chop and some sweet, flavorful Brussels sprouts for a winter dish that is as delicious as it is easy to make.

Ingredients

- 8 ounces bone-in center-cut pork chop
- Cooking spray
- 1/8 teaspoon kosher salt
- 1/2 teaspoon black pepper, divided
- 1 teaspoon olive oil
- 1 teaspoon pure maple syrup
- 1 teaspoon Dijon mustard
- 6 ounces Brussels sprouts, quartered

Nutritional Information

- Calories 337
- Fat 11g
- Satfat 2.5g
- Unsatfat 7g
- Protein 40g
- Carbohydrate 21g
- Fiber 10g
- Sugars 8g
- Added sugars 8g
- Sodium 494mg
- Calcium 11% DV
- Potassium 36% DV

How to Make It

Step 1: Lightly coat pork chop with cooking spray; sprinkle with salt and 1/4 teaspoon of the pepper. Whisk together oil, syrup, mustard, and remaining

1/4 teaspoon pepper in a medium bowl; add Brussels sprouts; toss to coat.

Step 2: Place pork chop on 1 side of air fryer basket, and coated Brussels sprouts on other side. Heat air fryer to 400°F, and cook until golden brown and pork is cooked to desired temperature, about 10 minutes for medium or 13 minutes for well-done

Air Fryer Italian-Style Meatballs



- Active Time: 10 Mins
- Total Time: 45 Mins
- Yield: Serves 12 (2 meatballs)

Moist and tender, these air fryer meatballs are absolutely jam-packed with flavor. In fact, cooking them in the air fryer might be one of the best recipe applications for this device. The meatballs are great on their own; they would also be totally delicious over pasta, rice, or spiralized zoodles. To prevent the meatballs from getting over-worked as you form them, use what we call the “claw method”: shape your hand into a claw shape and don’t squeeze too hard when shaping.

Ingredients

- 2 tablespoons olive oil
- 1 medium shallot, minced (about 2 Tbsp.)
- 3 cloves garlic, minced (about 1 Tbsp.)
- 1/4 cup whole-wheat panko crumbs
- 2 tablespoons whole milk

- 2/3 pound lean ground beef
- 1/3 pound bulk turkey sausage
- 1 large egg, lightly beaten
- 1/4 cup finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt

Nutritional Information

- Calories 122
- Fat 8g
- Saturated fat 2g
- Unsaturated fat 5g
- Protein 10g
- Carbohydrate 0g
- Fiber 0g
- Sugars 0g
- Added sugars 0g
- Sodium 254mg
- Calcium 2% DV
- Potassium 4% DV

How to Make It

Step 1: Preheat air-fryer to 400°F. Heat oil in a medium nonstick pan over medium-high heat. Add shallot and cook until softened, 1 to 2 minutes. Add garlic and cook just until fragrant, 1 minute. Remove from heat.

Step 2: In a large bowl, combine panko and milk. Let stand 5 minutes.

Step 3: Add cooked shallot and garlic to panko mixture, along with beef, turkey sausage egg, parsley, rosemary, thyme, mustard, and salt. Stir to gently combine.

Step 4: Gently shape mixture into 1 1/2-inch balls. Place shaped balls in a single-layer in air-fryer basket. Cook half the meatballs at 400°F until lightly browned and cooked-through, 10 to 11 minutes. Remove and keep warm. Repeat with remaining meatballs.

Step 5: Serve warm meatballs with toothpicks as an appetizer or serve over pasta, rice, or spiralized zoodles for a main dish.

Delicious Roasted Broccoli With Cheese Sauce



- Active Time: 15 Mins
- Total Time: 20 Mins
- Yield: Serves 4 (serving size: 2/3 cup)

Believe it or not, your air fryer has more than one superpower. In addition to delivering crispiness without loads of fat, it also delivers crunchy roasted broccoli that doesn't turn that oh-so-unappealing army green color. And what's broccoli without cheese sauce? This creamy delight is easy to make ahead—just reheat it right before serving. If you can't find ají amarillo paste at your local store, get it on Amazon, or if you like, stir in harissa or a spicy salsa instead.

For a complete meal, pair this side with our recipe for air fryer roasted salmon with fennel salad, pictured.

Ingredients

- 6 cups broccoli florets (about 12 oz.)
- Cooking spray
- 10 tablespoons low-fat evaporated milk
- 1 1/2 ounces queso fresco (fresh Mexican cheese), crumbled (about 5 Tbsp.)
- 4 teaspoons aj amarillo paste
- 6 lower-sodium saltine crackers

Nutritional Information

- Calories 108
- Fat 2g
- Saturated fat 1g
- Unsaturated fat 1g
- Protein 8g
- Carbohydrate 15g
- Fiber 4g
- Sugars 6g
- Added sugars 0g
- Sodium 159mg
- Calcium 20% DV
- Potassium 13% DV

How to Make It

Step 1: Coat broccoli florets well with cooking spray. Place half of the broccoli in air fryer basket, and cook at 375°F until tender-crisp, 6 to 8 minutes. Repeat with remaining broccoli.

Step 2: Meanwhile, place evaporated milk, queso fresco, ají amarillo paste, and saltines in a blender; process until smooth, about 45 seconds. Pour sauce into a microwaveable bowl. Microwave on HIGH until warm, about 30 seconds. Serve cheese sauce with broccoli.

Air-Fried Buffalo Cauliflower Bites



- Active Time: 10 Mins
- Total Time: 50 Mins
- Yield: Serves 4 (serving size: 1 cup cauliflower, about 1 tbsp. sauce)

Whether you're having vegetarian friends over to watch the game or you just enjoy recipe mash-ups starring your favorite flavors, these spicy air-fried cauliflower bites check all the boxes. It just takes a smidgen of blue cheese to add a lot of flavor to the quick stir-together sauce.

If you're not a fan of pungent blue cheese, try milder gorgonzola, or even feta. To make this no-fuss recipe even easier, pick up a package of pre-cut cauliflower florets.

Ingredients

- 3 tablespoons no-salt-added ketchup
- 2 tablespoons hot sauce (such as Franks RedHot)
- 1 large egg white
- 3/4 cup panko (Japanese-style breadcrumbs)
- 1/2 (3-lb.) head cauliflower, trimmed and cut into 1-inch florets (about 4 cups florets)
- Cooking spray
- 1/4 cup reduced-fat sour cream
- 1/4 ounce crumbled blue cheese (about 1 Tbsp.)
- 1 small garlic clove, grated
- 1 teaspoon red wine vinegar
- 1/4 teaspoon black pepper

Nutritional Information

- Calories 125
- Fat 4g
- Saturated fat 2g
- Unsaturated fat 1g
- Protein 5g
- Carbohydrate 17g
- Fiber 1g
- Sugars 6g
- Added sugars 1g
- Sodium 255mg
- Calcium 5% DV
- Potassium 4% DV

How to Make It

Step 1: Whisk together ketchup, hot sauce, and egg white in a small bowl until smooth. Place panko in a large bowl. Toss together cauliflower florets and ketchup mixture in a second large bowl until coated. Working in batches, toss cauliflower in panko to coat. Coat cauliflower well with cooking spray.

Step 2: Place half of the cauliflower in air fryer basket, and cook at 320°F until golden brown and crispy, about 20 minutes. Repeat with remaining cauliflower.

Step 3: While cauliflower cooks, stir together sour cream, blue cheese, garlic, vinegar, and pepper in small bowl. Serve cauliflower with blue cheese sauce.

Crispy, Juicy Air Fryer Pork Chops



- Serves: 4
- Active Time: 15 minutes
- Total Time: 24 minutes

Let me introduce you to the crispiest, juiciest breaded pork chop there is: the

air fryer pork chop. The rapidly swirling air of the air fryer creates a deliciously crisp crust on all sides of the chops, all while cooking the inside to tender, juicy perfection. Plus, you don't have to worry about dragging out a frying pan or dirtying the stovetop with splattered oil.

For maximum crispiness, you'll want to make sure your air fryer is preheated and coated with cooking spray before you add the chops. The air fryer's convection heat, which cooks the pork chops quickly without drying them out, works best when there's room for air to flow, so don't overcrowd the basket. Cook two pork chops at a time for about 12 minutes each until they reach 145°F in the thickest part. Then, repeat with any remaining pork chops.

Ingredients

- 4 (3/4 to 1-inch thick) boneless center cut pork chops (about 6 ounces each), trimmed if needed
- 1 teaspoon kosher salt
- 1 large egg
- 1 tablespoon Dijon mustard
- 1/2 cup panko breadcrumbs
- 1/4 cup fine, dried breadcrumbs
- 1/4 cup finely grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Cooking spray

Nutritional Information

- Calories 569
- Fat 40.0 g (61.5%)
- Saturated 7.0 g (35.2%)
- Carbs 17.7 g (5.9%)
- Fiber 0.8 g (3.1%)
- Sugars 0.8 g
- Protein 32.4 g (64.9%)
- Sodium 557.6 mg (23.2%)

Instructions

Set an air fryer to 400°F and let heat for at least 10 minutes. Meanwhile,

prepare the pork chops.

Season the pork chops all over with the salt and set aside. Whisk the egg and mustard together in a shallow dish. Shake the panko breadcrumbs, fine breadcrumbs, Parmesan, garlic powder, and onion powder together in a gallon zip-top bag.

Dip each pork chop in the egg mixture to coat, then place in the breadcrumb bag. When all 4 pork chops are in the bag, seal and shake to coat the chops evenly in the crumbs.

Coat the air fryer basket with cooking spray. Use tongs to transfer 2 pork chops into the air fryer and place in a single layer. Cook for 6 minutes. Flip and cook for 6 minutes more. The chops are done when the coating is golden brown and they register 145°F in the thickest part with a probe thermometer. Repeat with the remaining 2 pork chops.

Storage: Leftovers can be refrigerated in an airtight container for up to 4 days.

Air Fryer Steak



- Yields: 2 Servings
- Prep Time: 10 Mins
- Total Time: 45 Mins

A perfectly seared steak can seem like a daunting task. Getting the golden, crusty sear on the outside and trying not to overcook your steak can be difficult. What if we told you that your air fryer can take all of that stress away? It's true! Leave it to the air fryer to cook a perfect piece of steak all without filling your kitchen with smoke or turning on the grill. As for the

herb butter? It's not mandatory, but it sure is delicious.

We chose a thick cut ribeye here, but if you prefer a different cut of steak, you can still use the air fryer. Just be sure to adjust the time for a thinner cut.

Ingredients

- 4 tbsp. butter, softened
- 2 cloves garlic, minced
- 2 tsp. freshly chopped parsley
- 1 tsp. freshly chopped chives
- 1 tsp. freshly chopped thyme
- 1 tsp. freshly chopped rosemary
- 1 (2 lb.) bone-in ribeye
- Kosher salt
- Freshly ground black pepper

Nutritional Information

- Calories 122
- Fat 8g
- Saturated Fat 2g
- Unsaturated Fat 5g
- Protein 10g
- Carbohydrate 0g
- Fiber 0g
- Sugars 0g
- Added sugars 0g
- Sodium 254mg
- Calcium 2% DV
- Potassium 4% DV

Directions

In a small bowl, combine butter and herbs. Place in center of a piece of plastic wrap and roll into a log. Twist ends together to keep tight and refrigerate until hardened, 20 minutes.

Season steak on both sides with salt and pepper.

Place steak in basket of air fryer and cook at 400° for 12 to 14 minutes, for

medium, depending on thickness of steak, flipping halfway through.
Top steak with a slice of herb butter to serve.

Air Fryer Pork Chops



- Yields: 4 Servings

- Prep Time: 5 Mins
- Total Time: 20 Mins

Most of the time, we don't get very excited over pork chops. Often overdone, they come out dry, sad, and flavorless. The air fryer changes all that. These get coated in Parmesan and plenty of spices for the perfect crust, and the quick cooking time in the air fryer ensures they don't dry out. It's dinner in an instant.

Ingredients

- 4 boneless pork chops
- 2 tbsp. extra-virgin olive oil
- 1/2 c. freshly grated Parmesan
- 1 tsp. kosher salt
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. freshly ground black pepper

Nutrition Facts

- Calories 305.7
- Total Fat 13.4 g
- Saturated Fat 4.4 g
- Polyunsaturated Fat 1.4 g
- Monounsaturated Fat 5.6 g
- Cholesterol 67.2 mg
- Sodium 1,630.3 mg
- Potassium 468.4 mg
- Total Carbohydrate 11.1 g
- Dietary Fiber 0.7 g
- Sugars 1.1 g
- Protein 25.9 g

Directions

Pat pork chops dry with paper towels, then coat both sides with oil. In a medium bowl, combine Parmesan and spices. Coat both sides of pork chops with Parmesan mixture.

Place pork chops in basket of air fryer and cook at 375° for 9 minutes, flipping halfway through.

Crispy Air Fryer Bacon



- Yields: 8
- Prep Time: 5 Mins
- Total Time: 15 Mins

Cooking bacon in the oven is the classic move, and it's a great one, but we are here to tell you to give the air fryer a chance. It will be done faster than your oven can preheat and we are always looking for faster ways to bacon! The air fryer makes the crispiest bacon of all time without all of the crazy amounts of grease. You'll love yourself for it.

Ingredients

- 3/4 lb. thick-cut bacon

Nutrition

- Calories: 37
- Sugar: .1
- Saturated Fat: 2.8
- Carbohydrates: .1
- Fiber: 0
- Protein: 2.7

Directions

Lay bacon inside air fryer basket in a single layer.

Set air fryer to 400° and cook until crispy, about 10 minutes. (You can check halfway through and rearrange slices with tongs.)

Air Fryer Mustard-Crusted Pork Tenderloin with Potatoes and Green Beans



- Yields: 4 Servings
- Prep Time: 10 Mins
- Total Time: 40 Mins

Perfectly cooked mustard-crusted pork tenderloin with potatoes and green beans in an air fryer for four."

Ingredients

- 1/4 cup Dijon mustard
- 2 tablespoons brown sugar
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/4 pounds pork tenderloin
- 3/4 pound small potatoes, halved
- 1 (12 ounce) package fresh green beans, trimmed
- 1 tablespoon olive oil salt and ground black pepper to taste

Nutrition Facts

- 286 calories; 6.5 g fat; 31.4 g carbohydrates; 25.4 g protein; 61 mg cholesterol; 620 mg sodium.

Directions

Preheat an air fryer to 400 degrees F (200 degrees C) according to manufacturer's instructions.

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.

Air Fryer Bacon-Wrapped Scallops with Sriracha Mayo



- Yields: 9 Servings
- Prep Time: 15 Mins
- Total Time: 35 Mins

This delicious appetizer is prepared quickly and easily in the air fryer and served with a spicy Sriracha mayo dipping sauce. I use the smaller bay scallops for this. If you are using jumbo scallops it will require a longer cooking time and longer strips of bacon.

Ingredients

- 1/2 cup mayonnaise
- 2 tablespoons Sriracha sauce
- 1 pound bay scallops (about 36 small scallops)
- 1 pinch coarse salt
- 1 pinch freshly cracked black pepper
- 12 slices bacon, cut into thirds
- Olive oil

- Cooking spray

Nutrition Facts

- 222 calories; 15.3 g fat; 3.3 g carbohydrates; 17.3 g protein; 49 mg cholesterol; 683 mg sodium.

Directions

Mix mayonnaise and Sriracha sauce together in a small bowl. Refrigerate Sriracha mayo until ready to serve.

Preheat the air fryer to 390 degrees F (200 degrees C).

Spread scallops out onto a plate or cutting board and blot dry with a paper towel. Season with salt and pepper. Wrap each scallop with 1/3 slice of bacon and secure with a toothpick.

Spray the air fryer basket with cooking spray. Place bacon-wrapped scallops in the basket in a single layer; split into 2 batches if necessary.

Cook in the air fryer for 7 minutes. Check for doneness; scallops should be opaque and bacon should be crispy. Cook 1 to 2 minutes longer, if necessary, checking every minute. Remove scallops carefully with tongs and place on a paper towel-lined plate to absorb excess oil from the bacon. Serve with Sriracha mayo.