



The Ultimate Air Fryer Cookbook for Beginners



The Ultimate Air Fryer Cookbook for Beginners

The Best Healthy Air Fryer Recipes cookbook for Everyone.

BY:

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The Complete Air Fryer Cookbook for Beginners

The Best Healthy Air Fryer Recipes cookbook for Every Beginners. Quick and Easy Fry, Bake, Grill

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4. Cook the rest of the time. Check desired doneness. I like more crunchy, so I made about 1.5 extra minutes for a total of 11.5 minutes, and mine was perfect.

Notes

If you are making more than one batch, be sure to drain the grease from the lower rack before cooking the second batch.

I liked the thicker bacon for this recipe. If you are using thinner cuts, keep a close eye on it because it may take less time.

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Rub

Salmon

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1. Heat the fryer to 390 ° F or 200 ° C.
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4. Cut a strip of aluminum foil 1-inch thick and long enough to cross the fryer and go up the sides a bit (you don't want them to stick too far off the sides).

5. Using tongs, place the aluminum foil in the fryer basket. Drizzle with oil, then place salmon in foil.
6. Cook for 5-7 minutes and check the salmon with an instant read thermometer. 110-125 ° F - medium temperature - rare recommended. 125-140 ° F - medium - good 140+ - well done
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Ingredients

Instructions

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Sweet version

Spicy version

Instructions

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Ingredients

Instructions

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INGREDIENTS

INSTRUCTIONS

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3. Place milk, chicken broth, butter, and cream cheese in a 4-cup or larger glass measuring cup and microwave until hot and butter is melted, about 3-4 minutes. (This should only be hot enough to melt the butter and cream cheese, not boil)
4. Combine drained pasta, hot liquid, cheddar cheese, mozzarella, salt, pepper, mustard, cayenne pepper, and nutmeg in a large bowl, then pour into the deep fryer handle skillet.

5. Spray a round parchment circle with skillet spray and spray down on the macaroni mixture, pressing down to touch the mixture. Cover the top with aluminum foil and place in the hot air fryer and cook for 45 minutes.

6. Note: Fryer power varies, so check at 35 minutes and cook an additional 5-10 minutes as needed. Our air fryer is a 1800 watt air fryer and our mac n cheese took exactly 45 minutes.

7. Remove foil and parchment, stir, and serve.

NOTES

21. Air Fryer Pork Chops & Broccoli

Ingredients

Instructions

1. Preheat the air fryer according to the manufacturer's instructions to 350 degrees. Spray the basket with nonstick spray.
2. Drizzle 1 tablespoon of oil on both sides of the pork chops.
3. Season the pork chops on both sides with the paprika, onion powder, garlic powder, and 1/2 teaspoon of salt.
4. Place the pork chops in the fryer basket and cook for 5 minutes.
5. While the pork chops are cooking, add the broccoli, garlic, the remaining 1/2 teaspoon salt, and the remaining tablespoon of oil to a dish and toss to coat.
6. Open the air fryer and carefully flip the pork chops.
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AIR FRYER INSTRUCTIONS

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Ingredients

Instructions

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2. Dry the fish completely. Dip the fish fillets in the egg; let excess drip back into pan. Then press the fish into the cornmeal mixed until well coated on both sides.
3. Place the battered fish in the preheated fryer basket. Spray lightly with oil. Cook for 10 minutes, stopping halfway to flip the fish to ensure even cooking. If you notice dry spots, this is the time to spray a little more oil. Return the basket to the air fryer and cook 5 to 7 minutes or until the fish is cooked through.
4. Once done, lightly squeeze with lemon and sprinkle with parsley or top with hot sauce to taste. Serve immediately.

Notes

Spice Swap Idea: Don't have all the spices? Swap out the creole seasoning or old bay leaf!

To make this recipe in a standard oven: Preheat oven to 470 - 475 F. Generously spray a shallow baking dish with cooking spray. Place the cornmeal coated fish on the baking sheet. Bake 10 minutes on the middle rack. Serve hot.

Nutrition info

25. Best Ever Air Fryer Hot Dog

Ingredients

Instructions

1. Preheat your deep fryer to 390 degrees for about 4 minutes. Put two sausages in the fryer, cook for about 5 minutes. Take the hot dog out of the fryer. Place the hot dog on a bun, add cheese if you want. Place the seasoned hot dog in the air fryer and cook for 2 more minutes.

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Ingredients

Instructions

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Nutrition info

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Instructions

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INGREDIENTS

INSTRUCTIONS

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Ingredients

Instructions

1. On a large cutting board, cut the zucchini into 1/4-inch fries.
2. Next, place them in a large bowl and season with olive oil, rosemary, salt and pepper, and stroller cheese.
3. Bake at 300 F for 30 minutes until slightly crisp and golden.

4. Remove from the oven and cool for 15 minutes before chopping.

Nutrition Info

30. Air Fryer Steak (Cooked to Perfection)

Ingredients

Instructions

Nutrition info

31. Air Fryer Asian Glazed Chicken Thighs

Ingredients

Instructions

1. In a bowl, mix together the soy sauce, honey, garlic, tomato sauce, parsley, and oregano; beat until fully incorporated.
2. Reserve 1/4 cup of the marinade in a small bowl and set aside for later. Pour the remaining marinade into a big dish.
3. Add chicken to marinade; Cover and marinate for 30 minutes or up to 8 hours. Refrigerate if you don't plan to cook the chicken in 2 hours.
4. Preheat the fryer to 400°F.
5. Remove chicken from marinade and transfer 4 chicken thighs to deep fryer; you will have to cook in batches.
6. Cook for 8 minutes; Flip the chicken and continue cooking for 6 more minutes. Remove and reserve.
7. Continue with the rest of the chicken.
8. Meanwhile, pour reserved sauce into small skillet or saucepan and cook over medium-low heat for about 2 minutes, or until thickened and slightly reduced.
9. Remove the chicken from the fryer and transfer to a plate.
10. Spread warm glaze over chicken.
11. Garnish with sesame seeds and green onions.
12. To serve.

Nutrition Facts

32. AIR FRYER KETO ONION RINGS RECIPE

INGREDIENTS

INSTRUCTIONS

1. Place 3 small, shallow bowls in a line: coconut flour and sea salt, mixed eggs, whipped pork rinds, almond flour, paprika and garlic powder, mixed
2. Lightly grease 2 air fryer oven racks or one air fryer basket.
3. Dredge an onion ring in coconut flour. Dip it in the egg, shake off the excess and then place it in the pork rind mixture. Pour additional pork rind mixture over it to cover all sides. Place on the fryer rack or basket. Repeat with all the onion rings, placing them in a single layer without touching all rings. (You may need to cook these in two batches if you don't have 2 deep fryer racks.)

4. Preheat the deep fryer or deep fryer oven to 400 degrees F for 2 to 3 minutes.
5. For a deep fryer oven: Place both racks in the deep fryer oven. Bake for about 8 minutes, until the top layer is golden brown. Change the racks and bake for 8 more minutes, until the top layer is golden again. For a normal air fryer: Only half of the onion rings will fit in the basket in a single layer. Place the basket in the fryer. Bake for 16 minutes, until golden. Remove the onion rings, place the next batch of raw rings, and repeat.

NUTRITION INFO

33. Air Fryer Pork Belly Bites

Ingredients

Instructions

1. Preheat the Air Fryer to 400 ° F for 4 minutes.
2. Remove the skin from the bacon, if necessary. Cut the bacon into cubes of” and place in a dish. Season with Worcestershire sauce, garlic powder, salt and chili. Spread the pork belly in an even layer in the fryer basket.
3. Air fry at 405 ° F for 10-20 minutes, stirring and flipping and the pork belly 2 times during the cooking process (time depends on your preferred doneness, the thickness of the bacon, the size and intensity of your fryer).
4. Check the pork belly to see how well done it is. If you want it to be more cooked, add an additional 2 to 5 minutes of cook time.
5. Season with additional salt and pepper if you want. Drizzle with optional BBQ sauce if desired. Serve hot.

Notes

If you use a large air fryer, the recipe may cook faster, so adjust the cook time.

If you cook in multiple batches (if you have a small air fryer or are doubling the recipe), the first batch will take longer to cook if the air fryer is not yet preheated.

Remember to set a timer to shake / flip / toss the food as directed in the recipe.

Nutrition info

34. Air Fryer Mac And Cheese

Ingredients

Kitchen Gadgets:

Air Fryer Mac and Cheese Ingredients:

Additional Air Fryer Mac and Cheese Ingredients:

Instructions

Notes

Total cook time is 18 minutes if you don't add a Parmesan topping or 20 minutes with one.

Avoid milk or creams that are high in fat in the 3 starting ingredients. This is because it is too thick and it will ruin the consistency of the pasta / cheese / milk mixture.

Each time I set the time to 6 minutes, since it is easier to keep track of the need to stir it at 6 minutes, at 12 minutes and when it is cooked at 18 minutes.

The 3 main ingredients are your base ingredients. You can add your others favorite ingredients.
For the bacon pieces, I first fry 3 slices of bacon on the fryer's baking sheet.

Nutrition info

35. Buffalo Roasted Cauliflower (Air Fryer and Oven Recipe)

Ingredients

Instructions

Air Fryer Directions

1. Spray the fryer rack with cooking spray and add the cauliflower.
2. Put the fryer at 400 degrees and cook for 15 minutes. After 7 minutes, stir the cauliflower.
3. Cook for a few more minutes if you prefer toasted and crunchy bites.
4. After removing from the fryer, toss with a tablespoon of warm sauce and serve.

Oven Directions

Nutrition info

36. Air Fryer Green Bean Fries

Ingredients

Instructions

37. Air Fryer Twice Baked Potatoes

Ingredients

Instructions

Notes

NUTRITION INFO Amount Per Serving: CALORIES: 208 TOTAL FAT: 11g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 32mg SODIUM: 230mg CARBOHYDRATES: 19g FIBER: 2g SUGAR: 1g PROTEIN: 8g

38. Crispy Air Fryer Eggplant Parmesan

Ingredients

Instructions

Notes

39. Air Fryer Beef Fried Rice

Ingredients

Instructions

Notes

40. Air Fryer Plate Nachos

Ingredients

Instructions

41. AIR FRYER PORK CHOPS

INGREDIENTS

INSTRUCTIONS

NOTES

Air Fryers vary in temperature by brand and model, so this recipe includes a range of cook time. When cooking pig chops in the air fryer for the first time, start with the lowest cook times, check for doneness, and then adjust accordingly.

When cooking meat, check the temperature with a meat thermometer to make sure the internal temperature has reached a safe level (63 ° C / 145 ° F for pork).

Make sure the chops are not touch each other in the fryer. This provides maximum air circulation so your air fried chops cook evenly and crisp.

The amount of seasoning mix in this recipe can actually season 4 pork chops, but I really like them in my chops so I put them all in when I cook only 2.

NUTRITION INFO

42. Air Fryer Jalapeno Poppers - A delicious gluten-free snack

Ingredients

Instructions

1. Mix half of the crumbs and cream cheese. Once combined add the parsley.
2. Fill each pepper with this mixture.
3. Gently press the tops of the bell peppers into the remaining 1/4 c crumbs to create the top layer.
4. Cook in a deep fryer at 370 degrees F for 6-8 minutes OR in a conventional oven at 375 degrees F for 20 minutes.
5. Let cool and ENJOY!

Notes

Remove all seeds and white membrane (unless you like spicy stuff!)

Wear gloves or be careful after cutting and peeling these jalapenos. Use a spoon to remove seeds and membranes.

Nutrition

43. Korean Air Fried Chicken Wings

Ingredients

Korean Air Fried Chicken Sauce

Instructions

Korean Air Fried Chicken Sauce

1. Add the sauce ingredients to a small saucepan over medium heat and beat until just combined. Bring the sauce to a boil and reduce heat to low and simmer for 5 minutes. Remove from heat and set aside.
2. Once the chicken is ready to cook, add sauce to the wings and stir to coat all the wings. Enjoy

Notes

Oil can be used to drizzle and coat the chicken pieces if the cornstarch still appears on the chicken after frying. It can be prepared without oil, as the chicken will produce its own oil once it is cooked.

Nutrition info

44. Air Fryer Stuffed Peppers

Ingredients

Instructions

Nutrition Info

45. Air Fryer Roasted Corn

Ingredients

Instructions

1. Remove the husk and silk from each ear of corn, wash and pat dry. The corn may need to be cut to fit in the fryer basket. If necessary, chop up the corn.
2. Drizzle vegetable oil over the corn. Try to coat the corn well with vegetable oil. Spice with salt and pepper. Cook at 400 degrees for about 10 to 12 minutes.

Nutrition info

46. Air fryer Parmesan Dill Fried Pickle Chips

Ingredients

Instructions

Note

47. Air Fryer Frittata

Ingredients

Instructions

Notes

Instead of scallions and bell peppers, feel free to use any other combination of greens you want - mushrooms, broccoli, spinach, and tomatoes are great options.

Feel free to substitute bacon, ham, or even shredded chicken for your breakfast sausage.

Nutrition Info

48. AIR FRYER CASHEW BACON BITS

Ingredients

Instructions

1. In a large bowl, mix all the ingredients together, making sure to coat the cashews very well (and very evenly!).
2. Pour the cashews into the fryer basket and cook at 350F for 8-10 minutes, stirring every 2 minutes to make sure they cook evenly and to check for doneness. During the last 2 minutes, you should shake / check every minute to avoid burns. The line between cooked and burned can be thin with this recipe.
3. Let them cool to room temperature, about 10-15 minutes, then transfer them to an airtight storage container.

Notes

49. Air Fryer Spicy Chicken Empanadas

Ingredients

Instructions

Nutrition Info

50. AIR FRYER CHICKEN NUGGETS

INGREDIENTS

INSTRUCTIONS

1. Preheat the fryer to 400 ° F for 8 minutes.
2. In a bowl we put the olive oil and in another the breadcrumbs, the panko and the Parmesan cheese.
3. Season the chicken with salt and pepper, then put it in the bowl with the olive oil and mix well so that the olive oil evenly covers all the chicken.
4. Spoon a few pieces of chicken at a time into the breadcrumb mixture to coat and then into the basket.
5. Lightly spray top with olive oil spray then air fry 8 minutes, flipping halfway. Until it's golden.

Nutrition Info

51. air fryer fish and chips healthy

INGREDIENTS

INSTRUCTIONS

1. Gather 3 small bowls. In a bowl add the flour, in the second bowl add the egg and beat with a whisk, in the third bowl add the panko breadcrumbs and the Old Bay seasoning.
2. Take the fish and drain it in the flour, then in the egg and then in the breadcrumbs. Add to the fryer a long with 15 frozen chips. Air fry for 14-15 minutes at 392 degrees.
3. Serving size: 1 fillet of tilapia. Use the serving size on the potato chip package and measure accordingly.

NUTRITION INFO

52. Air Fryer Bang Bang Fried Shrimp

Ingredients

Bang Bang Sauce

Instructions

1. Combine all ingredients in a small bowl. Mix well to combine.

Notes

Air Fryer Recipes

1. The Best Air Fryer Fried Chicken

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

For the marinade:

- 2 lb. bone-in skin-on chicken pieces blend of cuts
- 1 cup buttermilk
- ¼ cup hot sauce
- one teaspoon EACH paprika garlic powder, black pepper, salt

For the breading:

- 1 cup flour
- Half cup corn starch or replace with more than flour
- One teaspoon EACH paprika garlic powder, onion powder, salt, pepper
- Oil for spraying chicken Canola, Peanuts, Vegetable.

Instructions

1. Combine the buttermilk, hot sauce, and spices for the marinade in a large bowl. Add the chicken and mix to combine. Cover and marinate up to 24 hours or use immediately.
2. Preheat the fryer to 375F.
3. In a medium, shallow bowl, combine the flour, cornstarch, and spices for breading. Drizzle 2-3 tablespoons of the buttermilk batter into the flour mixture and mix with a Spoon.
4. dredge the chicken with the flour mixture and press the flour over the top of the chicken to form a thick crust. Transfer the chicken to a preheated deep fryer in a single layer without overlapping. You should work in batches as needed. Generously drizzle the chicken with oil. Put the fryer on 30 minutes and begin. After 15 minutes, turn the chicken over and lightly spray the other side with oil. Continue cooking for 10 minutes or until

chicken is golden brown and internal temperature reaches 165 °.
Repeat with the rest of the chicken as needed.

Notes

Homemade Buttermilk: To make your own buttermilk, combine 1 cup of milk and 1 tablespoon of white vinegar or lemon juice. Stir and let it rest for 5 minutes or until it begins to set. Use it in the recipe according to the instructions.

Nutrition info

Serving: 11/4th the recipe | Calories: 592kcal | Carbohydrates: 20g | Protein: 45g | Fat: 35g | Saturated Fat: 10g | Cholesterol: 173mg | Sodium: 588mg | Potassium: 530mg | Fiber: 1g | Sugar: 2g | Vitamin A: 884IU | Vitamin C: 15mg | Calcium: 59mg | Iron: 3mg

2. AIR FRYER CHICKEN TENDERS

PREP TIME: 5 mins

COOK TIME: 30 mins

TOTAL TIME: 35 mins

Ingredients

- 12 chicken tenders , (1 1/4 pound)
- 2 large eggs, beaten
- 1 teaspoon kosher salt
- black pepper, to taste
- 1/2 cup seasoned breadcrumbs*
- 1/2 cup seasoned panko*
- olive oil spray

- lemon wedges, for serving

Instructions

1. Season the chicken with salt and chili.
2. Place the egg in a shallow dish. In a second shallow dish, combine the breadcrumbs and panko.
3. Dip the hen in the egg, then in the breadcrumb mixture and shake off the excess and place on a large plate or cutting board. spray around sides of the chicken with oil.
4. Generously spray both sides of the chicken with oil.
5. Preheat the fryer to 400F.
6. Cook chicken in batches for 5 to 6 minutes per side, until cooked through and crispy and golden on the outside. Serve with lemon wedges.
7. Serve with lemon wedges.

NOTES

Swap gluten-free for gluten-free crumbs.

NUTRITION INFO

Serving: 3tenders, Calories: 291kcal, Carbohydrates: 16.5g, Protein: 38.5g, Fat: 7g, Saturated Fat: 2g, Cholesterol: 197mg, Sodium: 653mg, Fiber: 1g, Sugar: 1.5g

Blue Smart Points:3

Green Smart Points:7

Purple Smart Points:3

3. Air Fryer Crispy Potatoes

PREP TIME: 5 MINS

TOTAL TIME: 25 MINS

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

INSTRUCTIONS

1. In a large bowl, toss the potatoes with oil, garlic powder, Italian seasoning, and Cajun seasoning, if using. Spice with salt and pepper.
2. Place the potatoes in the fryer basket and cook at 400 ° for 10 minutes. Shake the baskets and stir in the potatoes and cook until the potatoes are golden brown and smooth, more 8 to 10 minutes.
3. Take lemon juice on top of cooked potatoes and garnish with parsley before serving.

4. Air Fryer Chicken Wings

Total: 40 min

Active: 20 min

Ingredients

- Nonstick cooking spray, for the basket
- two pound chicken wings, split at the joint and tips removed
- Kosher salt
- 4 tablespoons unsalted butter
- Half cup hot sauce like Frank's Red Hot
- Ranch cheese dressing to serve

Instructions

1. Spray the basket of a 3.5 quart air fryer with cooking spray and set aside ok. Pat the chicken wings arid and sprinkle with salt. Place the wings in the fryer basket so that they are not touching (if necessary, align the drumettes vertically on the sides) Set the fryer to 360 degrees F and cook for 12 minutes, then flip the wings with tongs and cook for 12 more minutes. Flip the wings again, increase the temperature to 390°F and cook for more 6 minutes.
2. Meanwhile, heat the butter in a microwave safe dish in the microwave until melted, about 1 minute. Add the hot sauce.
3. Toss the wings with the butter mixture to coat in a large bowl and serve with the dressing on the side.

5. Air Fryer Bacon (Best. Bacon. Ever!)

Cook Time 11 minutes

Total Time 11 minutes

Ingredients

- 11 slices bacon

Instructions

1. Share mean Divide the bacon in half and place the first half in the air fryer.
2. Set the temperature to 400 degrees and set the timer to 10 minutes.
3. Go through it halfway through to see if something needs to be rearranged (tweezers are helpful!)
4. Cook the rest of the time. Check desired doneness. I like more crunchy, so I made about 1.5 extra minutes for a total of 11.5 minutes, and mine was perfect.

Notes

If you are making more than one batch, be sure to drain the grease from the lower rack before cooking the second batch.

I liked the thicker bacon for this recipe. If you are using thinner cuts, keep a close eye on it because it may take less time.

Nutrition info

Calories 91Calories from Fat 72

Daily Value

Fat 8g 12% , Saturated Fat 2g 13% , Cholesterol 14mg 5% , Sodium 145mg 6% , Potassium 43mg 1% , Protein 2g 4% , Vitamin A 10IU 0% , Calcium 1mg 0% , Iron 0.1mg 1%

6. Air Fryer Chicken Breasts

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Ingredients

- 1-4 Chicken Breast (skinless/boneless)
- 2 tsp Olive Oil
- 1/4 tsp Salt (per breast)
- 1/4 tsp Pepper (per breast)
- 1/4 tsp Garlic Powder (per breast)

Instructions

1. Brush the all chicken breast with olive oil.
2. Sprinkle one side with salt, pepper, and garlic powder.
3. Place the brisket in the fryer basket, seasoned side down. Then season the other side.
4. Cook at 360 ° for 9 minutes (for 8 oz chicken breast). Then flip the chicken breast and cook for another 9 minutes. Larger chicken breasts take longer to cook and smaller ones take less time (see Recipe Notes).
5. Open the fryer immediately so it doesn't continue to cook in the heat.
6. Take the temperature at the thickest part with an instant read thermometer. The temperature should be 158-160 ° F. If it is below that, close the fryer lid to allow the chicken to cook in the residual heat for a few minutes. Then check it again.
7. Place it on a plate and cover it loosely with aluminum foil and let it rest for 5 minutes. It will continue to cook in the residual heat (and the juices will return to the meat). Then after 5 minutes, take the heat again. The temperature must be at least 165 ° F.
8. Serve immediately or save to prepare food or for another recipe.

Notes

Air Fryer Chicken Breast Cooking Temperature and Times

Turn halfway through cooking time

(Your fryer model may vary slightly from this)

6 oz 360 ° breast for 15 minutes

8 oz 360 ° breast for 18 minutes

10 oz 360 ° breast for 20 minutes

12 oz 360 ° breast for 22 minutes

To cook multiple breasts at once, use the average weight of the breasts together.

For example, you want to cook 3 breasts. One of them weighs 10 oz, one is 9 oz and the other weighs 12 oz. Add all the weights together, in this case they add up to 31 oz. Then, since you have 3 breasts, divide them by 3, which equals 10. The average weight is 10 oz, so you will cook all three together for 20 minutes.

7. AIR FRYER SOUTHERN FRIED CHICKEN

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes

Ingredients

- 2 lbs. chicken I used 6 legs
- Spice Mix
- 2 teaspoons sea salt
- 1 1/2 teaspoons black pepper
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon Italian Seasoning
- 1 cup self-rising flour
- 1/4 cup cornstarch
- 2 eggs room temperature
- 1 tablespoon hot sauce
- 2 tablespoons milk or buttermilk
- 1/4 cup water
- olive oil

Instructions

1. Wash and dry the chicken, reserve.
2. In a bowl combine seasonings.
3. Top the chicken generously with about a tablespoon of the spice mixture. (Add a drizzle of olive oil to chicken to help distribute the spices if needed. Rub it in for real!). Set aside.
4. In a gallon plastic bag, mix together flour, cornstarch, and remaining spice mix. (VERY IMPORTANT: flour MUST have a good seasoned taste. Add more spices and salt if necessary).

Reservation.

5. In a large plate, combine the eggs, hot sauce, milk, and water.
6. Coat the chicken very lightly with the flour mixture, shaking off the excess.
7. Place on a tray to absorb the flour a little.
8. Coat chicken with egg mixture (shaking off excess).
9. Immediately coat the chicken lightly with the flour mixture, shaking off the excess.
 10. Let the chicken rest for about 15 minutes to absorb some of the flour.
 11. Use an oil spray or brush to coat the chicken very lightly (all over) with olive oil.
 12. Place the chicken in the greased basket of the Air Fryer, leaving room for air to flow around the chicken. (do not stack)
 13. Cook according to your fryer, turning halfway and brushing very lightly with more oil (if necessary) so that no flour shows through. (I cooked at 350 F. for about 18 minutes)
 14. Remove and let the chicken rest for about 5 minutes.
 15. Serve immediately. (Homemade fried chicken doesn't stay crispy for long)

8. Air fryer Any Vegetable

Prep: 5 mins

Cook: 30 mins

Total: 35 mins

INGREDIENTS

Tender vegetables

- Crucifers broccoli, cauliflower, Brussels sprouts
- Soft Veggies like bell pepper, tomato
- Thin Veggies like asparagus

Firm vegetables

- Root Vegetables carrots, beets, potato, parsnip
- Winter Squash butternut, acorn, pumpkin

Frozen vegetables

- Any of the veggies from above

INSTRUCTIONS

1. Tender vegetables: Preheat the fryer to 375 degrees F (190 C). Prepare the chopped vegetables as you like, with the option sprinkled neatly (this will make them taste a little more towards the end).

Add as much flatness as possible to your fryer and cook for 10-15 minutes, even shaking the pan once or twice while cooking to promote cooking.

2. Firm vegetables: Preheat the fryer to 375 degrees F (190 C). Prepare vegetables by cutting them to the size you want (remember: smaller pieces cook faster!). Optionally drizzle with oil and add to your fryer in a layer as flat as possible. Shake the pan a few times while cooking, even to promote cooking, cook for 20 to 30 minutes.
3. Frozen Vegetables - Find out which category your veggie belongs to (tender or firm, see notes above), then just add a few minutes to cooking time to account for veggies that need to be thawed during the cooking process. Make sure to leave space between the veggies to ensure they're perfectly grilled.

9. Air Fryer Pizza

Prep: 5 mins

Cook: 7 mins

Total: 12 mins

INGREDIENTS

- Buffalo mozzarella
- Pizza dough 1 12-inch dough will make two personal sized pizza
- Olive oil
- Tomato sauce
- Optional toppings to finish: fresh basil, parmesan cheese, chili

INSTRUCTIONS

1. Preparation: Preheat the fryer to 375 ° F (190 ° C). Spray the fryer basket well with oil. Pat mozzarella dry with paper towels (to prevent pizza from getting soggy).
2. Assemble: Roll out the pizza dough to the size of your deep fryer basket. Carefully transfer to the deep fryer, then brush lightly with a teaspoon of olive oil. Pour in a light layer of tomato sauce and sprinkle with buffalo mozzarella pieces.
3. Bake: for about 7 minutes until the crust is crisp and the cheese has melted. Optionally top with basil, grated Parmesan, and chili flakes just before serving.

10. Crispy Air Fried Tofu

Prep: 30 mins

Cook: 15 mins

Total: 45 mins

INGREDIENTS

- 1 16-oz block extra-firm tofu 452 g
- 2 Tbsp soy sauce 30 mL
- 1 Tbsp toasted sesame oil 14 mL
- 1 Tbsp olive oil 15 mL
- 1 clove garlic minced¹

INSTRUCTIONS

1. Press: Press the tofu for at least 15 minutes, using or placing a heavy skillet on top, allowing the moisture to drain off. When done, cut the tofu into bite-size blocks and transfer to a bowl.
2. Flavor: Combine all remaining ingredients in a small bowl. Drizzle over tofu and toss to coat. Marinate the tofu for an additional 15 minutes.
3. AirFry: Preheat your fryer to 375 degrees F (190 C). Add blocks of tofu to your fryer basket in a single layer. Cook for 10 to 15 minutes, drink sucked tea and even preach at auction house.

NUTRITION INFO

Serving: 1serving | Calories: 165kcal | Carbohydrates: 3.3g | Protein: 11.1g | Fat: 13.2g | Saturated Fat: 1.9g | Cholesterol: 0mg | Sodium: 460mg | Potassium: 178mg | Fiber: 0.5g | Sugar: 0.2g | Calcium: 460mg | Iron: 7mg

11. THE BEST EASY AIR FRYER FRENCH FRIES RECIPE

PREP TIME 15 minutes

COOK TIME 20 minutes

SOAKING TIME 30 minutes

TOTAL TIME 1 hour 5 minutes

INGREDIENTS

- 3 large russet potatoes
- 2-3 tablespoons olive oil

- Sea salt and pepper, to taste

INSTRUCTIONS

1. With a mandolin, cut the potatoes into chips. I don't care too much about the size of the fry I am
2. doing- some are bigger and some are smaller. It's okay!
3. Next, place the potatoes in a nice cold water bath. Completely submerge the fries in water.
4. Let the fries rest for an hour. This helps remove excess starch and will make the fries more crisp.
5. the oven.
6. Preheat the fryer to 375 degrees.
7. Air out one hour, drain the water and dry the chips with a paper towel.
8. Mix with a couple of tablespoons of olive oil, salt and pepper.
9. Add the fries to the bottom of the fryer basket, making sure they are all level (do not stack
10. them one on top of the other.)
11. Cook for 13 minutes, until crisp and golden.
12. Place on a baking sheet lined with paper towels and a cooling rack on it.
13. Place in hot oven (at minimum temperature, no more than 250 degrees) and let rest while
14. other batches of fries are cooking.
15. Serve hot and enjoy

12. Air-Fryer Coconut Shrimp

Total Time: 30 min

Ingredients

- 1/2-pound uncooked large shrimp
- 1/2 cup sweetened shredded coconut
- 3 tablespoons panko bread crumbs
- 2 large egg whites
- 1/8 teaspoon salt
- Dash pepper
- Dash Louisiana-style hot sauce
- 3 tablespoons all-purpose flour

SAUCE:

- 1/3 cup apricot preserves
- 1/2 teaspoon cider vinegar
- Dash crushed red pepper flakes

INSTRUCTIONS

1. Preheat the fryer to 375 °. Peel and devein the shrimps leaving the tails ok!.
2. In a shallow bowl, mix the coconut with the breadcrumbs. In another shallow bowl, whisk together the egg whites, salt, pepper, and hot sauce. Place the flour in a third deep dish.
3. Dip shrimp in flour to lightly coat; shake off excess. Dip in egg white mixture, then coconut mixture, patting to help layer adhere.
4. Place the shrimp in a single layer in a greased skillet in the fryer basket. Cook 4 minutes; flip shrimp and continue cooking until coconut is lightly browned and shrimp turn pink, another 4 minutes.
5. Meanwhile, combine sauce ingredients in small saucepan; cook

and stir over medium-low heat until preserved is melted. Serve shrimp immediately with sauce.

13. Air Fryer Cauliflower

Prep Time: 20 mins

Cook Time: 15 mins

Ingredients

- 1 cup panko bread crumbs
- 1½ teaspoons smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon cayenne
- ¼ heaping teaspoon sea salt
- 1 large egg

- 2 cups small cauliflower florets
- Extra-virgin olive oil, for drizzling
- Lemon wedges, for serving
- Tartar Sauce, for serving

Instructions

1. On a rimmed platter, combine the panko, smoked paprika, garlic, onion, cayenne pepper, and salt. In a small, shallow dish, lightly beat the egg.
2. Preheat the fryer to 370 ° F.
3. Dip each cauliflower paper in the egg, cover with the panko mixture, and place on a large plate. Drizzle the cauliflower with olive oil and place in the fryer basket in a single layer with a little space between each foil. Don't clutter the basket. Work in batches if necessary. Air fry for 9 to 12 minutes, or until golden brown and crisp. Repeat with any remaining cauliflower.
4. Serve with lemon wedges and tartar sauce.

14. AIR FRYER CHICKEN & BROCCOLI

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

INGREDIENTS

- one pound boneless skinless chicken breast, cut into small pieces
- 1/3-1/2-pound broccoli, cut into florets (1-2 cup)
- 1/2 medium onion, sliced thick
- 2 Tablespoons [olive oil](#)
- 1/2 teaspoon garlic powder
- 1 Tablespoon fresh minced ginger
- 1 Tablespoon [low sodium soy sauce](#)
- 1 teaspoon [sesame seed oil](#)
- 2 teaspoons [rice vinegar](#) (use distilled white vinegar for Gluten Free)

- 2 teaspoons hot sauce (optional)
- additional salt, to taste
- additional black pepper, to taste
- serve with lemon wedges

DIRECTIONS

1. In a large bowl, combine the chicken breast, broccoli, and onion. Mix the ingredients.
2. Prepare the marinade:
3. In a bowl, combine the oil, garlic powder, ginger, soy sauce, sesame oil, rice vinegar, and hot sauce. Add the chicken, broccoli, and onion to the marinade. Stir well to combine the marinade with chicken, broccoli, and onion.
4. Air Fry - Add ingredients to basket for air frying. Air fry 382 ° F for 15-22 minutes, stirring gently and stirring halfway through cooking. Make sure to stir so everything cooks evenly.
5. Check the chicken to make sure it is cooked through. Otherwise, cook for an additional 3-5 minutes.
6. Add additional salt and pepper to taste. Squeeze fresh lemon juice on top and serve warm.

15. Perfect Air Fryer Salmon

Prep Time 10 mins

Cook Time 7 mins

Total Time 17 mins

Ingredients

Rub

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika (optional; for color)

Salmon

- 26 oz salmon cut into 5 or 6 oz fillets
- 2 tablespoons olive oil

Instructions

1. Heat the fryer to 390 ° F or 200 ° C.
2. Mix the mixture in a small bowl.
3. Brush the salmon with olive oil and then sprinkle with the dressing.
Using your hands, rub the spices all over the salmon, pressing gently.
4. Cut a strip of aluminum foil 1-inch thick and long enough to cross the fryer and go up the sides a bit (you don't want them to stick too far off the sides).
5. Using tongs, place the aluminum foil in the fryer basket. Drizzle with oil, then place salmon in foil.

6. Cook for 5-7 minutes and check the salmon with an instant read thermometer. 110-125 ° F - medium temperature - rare recommended. 125-140 ° F - medium - good 140+ - well done
7. Take the salmon out of the deep fryer and place it on a clean plate. Cover with a baking dish and let it rest for 5 minutes.

Notes

Storage: Leftover salmon can be stored in the refrigerator for up to 4 days, although it tastes best within the first 48 hours of cooking.

Nutrition info

Serving: 6oz | Calories: 309kcal | Carbohydrates: 1g | Protein: 34g | Fat: 18g | Saturated Fat: 3g | Cholesterol: 94mg | Sodium: 367mg | Potassium: 833mg | Fiber: 1g | Sugar: 1g | Vitamin A: 191IU | Calcium: 34mg | Iron: 2mg

16. Easy Air Fryer Whole Chicken

Prep Time: 5 minutes

Cook Time: 1 hour

Total Time: 1 hour 5 minutes

- Equipment: Air Fryer

Ingredients

- 1 4-5 pound full chicken - inside packet removed
- cooking spray
- 2 tablespoon Montreal Steak Seasoning
- 1 teaspoon Kosher salt

- 1/2 lemon – optional

Instructions

1. Pat the chicken dry with paper towels. gently coat with cooking spray and sprinkle with Montreal Meat Seasoning and salt on all sides. Place, breast side down, in the Air Fryer basket. Set the temperature at 360 degrees for 40 minutes.
2. Using tongs, flip the chicken and continue cooking at 360 degrees for 15 minutes. Insert an instant read thermometer. The chicken is done when the heat reaches 165 degrees.
3. Let the chicken rest for 15 minutes. Slice, drizzle with fresh lemon juice, and serve.

17. AIR FRYER CHICKEN PARMESAN

Prep Time 5 mins

Cook Time 10 mins

Total Time 15 mins

Ingredients

- 4 chicken cutlets
- 1/3 cup flour
- 2 eggs, lightly beaten
- 1/3 cup Italian breadcrumbs
- 1/3 cup panko breadcrumbs
- 1/3 cup grated parmesan cheese
- 1/2 cup spaghetti sauce
- 1 1/2 cups shredded mozzarella cheese

Instructions

1. Prepare three shallow dishes. Scoop flour into one, eggs into one, and combine Italian breadcrumbs, panko breadcrumbs, and Parmesan cheese on a plate.
2. Season the chicken with salt and pepper if you want. Coat the chicken cutlets with flour, then dip them in the egg and top with the breadcrumb mixture.
3. Place 2 breaded cutlets in the fryer basket. Spray with cooking spray.
4. Cook at 350°F for 6 minutes.
5. Spread 2 tablespoons of spaghetti sauce on each cutlet and top with 1/2 mozzarella cheese.
6. Cook at 400°F for 4 to 5 more minutes.
7. Repeat with the remaining chops.

18. Air Fryer Carrots (Three Ways)

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Ingredients

- 12 cup sliced carrots (1/4-inch thick), washed and patted dry
- 6 tablespoon extra virgin olive oil

Savory version

- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoon dried basil
- 1 1/2 teaspoon dried oregano
- 1 1/2 teaspoon dried parsley
- 1 1/2 teaspoon kosher salt
- 3/4 teaspoon ground black pepper

Sweet version

- 3 tablespoon coconut sugar
- 1 1/2 tablespoon maple syrup
- 3/4 teaspoon kosher salt
- 3/8 teaspoon crushed red pepper flakes

Spicy version

- 3 teaspoon ground cumin
- 3 teaspoon smoked paprika
- 1 1/2 teaspoon kosher salt
- 3/8 teaspoon cayenne pepper
- 3/8 teaspoon ground black pepper

Instructions

1. Add the sliced carrots to a large bowl and coat evenly with oil. Add your choice of seasonings.
2. Place the carrots in the fryer basket and fry at 400F for 18-20 minutes, or until just tender. Shake or stir the carrots after about 10 minutes. Serve immediately.

Notes

Make sure the carrot slices are about 1/4 inch thick so they cook evenly.

The spicy version is more than moderately spicy, so if you like things milder, skip the cayenne pepper.

The sweet version also has a spicy touch, so if you want them strictly sweet, just skip the crushed red pepper flakes.

If you have half the recipe, reduce the frying time to 12-15 minutes.

The recipe instructions are based on a Philips air fryer with a capacity of 2.75 quarts. Depending on the size and brand of your fryer, you may need to slightly adjust the temperature and frying time.

Be sure to check out the tips and substitutions section of the recipe for more detailed tips and suggestions for making this recipe.

Nutrition info

9%Total Fat 7.3g
Saturated Fat 1.1g
0%Cholesterol 0mg
10%Sodium 239.8mg
4%Total Carbohydrate 12.2g
13%Dietary Fiber 3.6g
Sugars 5.8g
3%Protein 1.3g
113%Vitamin A 1018.9µg
8%Vitamin C 7.3mg
4%Calcium 45.9mg
3%Iron 0.5mg

19. Easy Air Fryer Omelette

Ingredients

- 2 eggs
- 1/4 cup milk
- Pinch of salt
- Fresh meat and veggies, diced (I used red bell pepper, green onions, and mushrooms)
- one teaspoon McCormick Good Morning Breakfast Seasoning – Garden Herb
- 1/5 cup shredded cheese (I used cheddar and mozzarella)

Instructions

1. In a small bowl, whisk together the eggs and milk until well combined.
2. Add a little of salt to the egg mixture.
3. Add your vegetables to the egg mixture.
4. Pour egg mixture into well-greased 6 "x 3" skillet.
5. Place the skillet in the fryer basket.
6. Cook at 350° Fahrenheit for 8-10 minutes.
7. Halfway through cooking, sprinkle breakfast seasoning over eggs and sprinkle cheese on top.
8. Use a thin spatula to loosen the tortilla from the sides of the pan and transfer to a plate.
9. Garnish with additional green onions, optional

20. Air Fryer Mac & Cheese

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

INGREDIENTS

- ½ pound dry uncooked pasta
- 2 cups whole milk
- 1 cup chicken stock
- 4 tablespoons butter
- 4 tablespoons cream cheese
- 8-ounce package sharp cheddar cheese, shredded
- 1 cup shredded mozzarella cheese
- ¼ teaspoon kosher salt
- ¼ teaspoon white pepper
- 1 teaspoon dry mustard
- Pinch Cayenne pepper
- Few grinds fresh nutmeg

INSTRUCTIONS

1. Preheat the fryer to 400 degrees F for 10 minutes.
2. Rinse the pasta under hot tap water for two minutes and drain.
3. Place milk, chicken broth, butter, and cream cheese in a 4-cup or larger glass measuring cup and microwave until hot and butter is melted, about 3-4 minutes. (This should only be hot enough to melt the butter and cream cheese, not boil)
4. Combine drained pasta, hot liquid, cheddar cheese, mozzarella, salt, pepper, mustard, cayenne pepper, and nutmeg in a large bowl, then pour into the deep fryer handle skillet.
5. Spray a round parchment circle with skillet spray and spray down on the macaroni mixture, pressing down to touch the mixture. Cover the top with aluminum foil and place in the hot air fryer and cook for 45 minutes.
6. Note: Fryer power varies, so check at 35 minutes and cook an additional 5-10 minutes as needed. Our air fryer is a 1800 watt air fryer and our mac n cheese took exactly 45 minutes.
7. Remove foil and parchment, stir, and serve.

NOTES

Some fryers sell accessories (like the 7-cup skillet we use in this recipe) separately. The skillet we use is 3 "deep and 7" wide. The recipe makes six cups so it fits perfectly in this skillet. If you don't own the pan with a handle, we tried this recipe first with an 8-cup stainless steel mixing bowl and it worked just as well (but having a skillet with a handle definitely made it easier to get it out of the fryer).

21. Air Fryer Pork Chops & Broccoli

prep time: 5 MINUTES

cook time: 10 MINUTES

total time: 15 MINUTES

Ingredients

- 2 5 ounce bone-in pork chops
- 2 tablespoons avocado oil, divided
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon salt, divided
- 2 cups broccoli florets
- 2 cloves garlic, minced

Instructions

1. Preheat the air fryer according to the manufacturer's instructions to 350 degrees. Spray the basket with nonstick spray.
2. Drizzle 1 tablespoon of oil on both sides of the pork chops.

3. Season the pork chops on both sides with the paprika, onion powder, garlic powder, and 1/2 teaspoon of salt.
4. Place the pork chops in the fryer basket and cook for 5 minutes.
5. While the pork chops are cooking, add the broccoli, garlic, the remaining 1/2 teaspoon salt, and the remaining tablespoon of oil to a dish and toss to coat.
6. Open the air fryer and carefully flip the pork chops.
7. Add the broccoli to the basket and return to the air fryer.

8. Cook for 5 more minutes, stirring the broccoli in half.
9. Carefully remove food from fryer and serve.

Notes

To make this recipe in the oven, preheat to 375 and bake on a large rimmed baking sheet for 30 minutes, stirring the broccoli every ten minutes.

I used pork chops about 1/2 inch thick. If you are using thicker or thinner pork chops, adjust the cooking times accordingly.

If you are doubling this recipe to feed a family of four, I recommend cooking all four pork chops at once (assuming your air fryer is big enough) and then transferring to a plate and covering tightly with foil while you cook the broccoli.

22. AIR FRYER STEAK BITES &

MUSHROOMS

Prep Time 10 mins

Cook Time 18 mins

Total Time 28 mins

INGREDIENTS

- 1 lb. (450 g) steaks, cut into 1/2” cubes (ribeye, sirloin, tri-tip)
- 8 oz. (230 g) mushrooms (cleaned, washed and halved)
- 2 Tablespoons (30 ml) Butter melted
- 1 teaspoon (5 ml) Worcestershire sauce
- 1/2 teaspoon (2.6 ml) garlic powder, optional
- [flakey salt](#) , to taste
- fresh cracked black pepper, to taste
- Minced parsley, garnish
- Melted butter, for finishing - optional
- Chili Flakes, for finishing – optional

INSTRUCTIONS

1. Rinse and dry the meat cubes well. Combine the meat cubes and mushrooms. Top with the melted butter then season with Worcestershire sauce, optional garlic powder, and a generous seasoning of salt and pepper.
2. Preheat the Air Fryer to 400 ° F for 4 minutes.
3. Spread the steak and mushrooms in an even layer in the fryer basket. Air fry at 400 ° F for 10-18 minutes, stirring and flipping and the steak and mushrooms 2 times during the cooking process (time depends on your preferred doneness, thickness of steak, size of fryer).
4. Check the steak to see how well done it is. If you want the steak to be more cooked, add an additional 2 to 5 minutes of cook time.

5. Garnish with parsley and drizzle with optional melted butter and / or optional chili flakes. Season with more salt and chili if desired. Serve hot.

NOTES

The recipes were tested in 3-4 qt air fryers. If you use a larger air fryer, the recipe may cook faster, so adjust the cook time.

If you cook in multiple batches and do not preheat before the first batch, the first batch will take longer to cook.

It is preferable to preheat the Air Fryer. If you are not preheating, add more time to cook.

Remember to set a timer to shake / flip / toss the food as directed in the recipe.

23. Air Fryer Buffalo Cauliflower

Prep Time: 10minutes

Cook Time: 12minutes

Ingredients

- 1medium head cauliflower, chopped into 1 1/2" florets (approximately 6 cups)
- 2-3tablespoons Frank's Red-Hot Sauce (start with 2 if temperature-sensitive)
- 1 1/2teaspoons maple syrup

- 2teaspoons avocado oil
- 2-3tablespoons nutritional yeast
- 1/4teaspoon sea salt
- 1tablespoon cornstarch or arrowroot starch

Instructions

AIR FRYER INSTRUCTIONS

1. Set deep fryer to 360 degrees F. Add all ingredients except cauliflower to large mixing bowl. Beat to combine well. Add the cauliflower and stir to coat evenly ok.
2. Add half of your cauliflower to the air fryer (no need to grease the basket). Cook for 12-14 minutes, stirring halfway or until desired consistency. Repeat with the remaining cauliflower, except reduce the cook time to 9-10 minutes. Cauliflower will keep tightly sealed in the refrigerator for up to 4 days. To reheat, add back to the fryer for 1-2 minutes, until hot and slightly crisp.

OVEN ROASTING INSTRUCTIONS

1. Preheat oven to 415 degrees F. Place a baking sheet with nonstick parchment paper. Repeat instructions for making sauce and stir / coat cauliflower. expand the cauliflower evenly on a baking sheet. Roast 40 minutes, turning halfway through, or until cauliflower is tender with dark golden brown edges. Storage instructions are the same as above. To reheat, add to a 400-degree oven for 5 minutes or until heated through.

24. Crunchy Air Fryer Fish

Prep Time 5 mins

Cook Time 15 mins

Total Time 20 mins

Equipment

- air fryer

Ingredients

- 1 lb. white fish fillets (no more than ½ inch thick)
- 1 large egg
- ½ cup yellow cornmeal
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp coarse salt
- oil spray
- lemon and parsley for garnish (Optional)

Instructions

1. Preheat the fryer for at least 3 minutes at 400 F. Beat the egg in a shallow skillet. In another shallow skillet, combine the cornmeal and spices well.
2. Dry the fish completely. Dip the fish fillets in the egg; let excess drip back into pan. Then press the fish into the cornmeal mixed until well coated on both sides.
3. Place the battered fish in the preheated fryer basket. Spray lightly with oil. Cook for 10 minutes, stopping halfway to flip the fish to ensure even cooking. If you notice dry spots, this is the time to spray a little more oil. Return the basket to the air fryer and cook 5 to 7

minutes or until the fish is cooked through.

4. Once done, lightly squeeze with lemon and sprinkle with parsley or top with hot sauce to taste. Serve immediately.

Notes

Spice Swap Idea: Don't have all the spices? Swap out the creole seasoning or old bay leaf!

To make this recipe in a standard oven: Preheat oven to 470 - 475 F.

Generously spray a shallow baking dish with cooking spray. Place the cornmeal coated fish on the baking sheet. Bake 10 minutes on the middle rack. Serve hot.

Nutrition info

Calories: 191kcal | Carbohydrates: 15g | Protein: 24g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 95mg | Sodium: 662mg | Potassium: 561mg | Fiber: 2g | Sugar: 1g | Vitamin A: 359IU | Vitamin C: 1mg | Calcium: 25mg | Iron: 2mg

25. Best Ever Air Fryer Hot Dog

Prep Time 3 minutes

Cook Time 7 minutes

Total Time 10 minutes

Ingredients

- 2 hot dogs 2 hot dogs
- 2 hot dog buns 2 hot dog buns
- 2 tablespoons grated cheese if desired 2 tablespoons grated cheese if desired

Instructions

1. Preheat your deep fryer to 390 degrees for about 4 minutes. Put two sausages in the fryer, cook for about 5 minutes. Take the hot dog out of the fryer. Place the hot dog on a bun, add cheese if you want. Place the seasoned hot dog in the air fryer and cook for 2 more minutes.

Nutrition info

Calories: 289kcal | Carbohydrates: 29g | Protein: 12g | Fat: 13g | Saturated Fat: 5g | Cholesterol: 36mg | Sodium: 613mg | Potassium: 119mg | Fiber: 0g | Sugar: 2g | Vitamin A: 150IU | Vitamin C: 0.6mg | Calcium: 193mg | Iron: 2.6mg

26. Air fryer kale chips recipe

Prep Time 5 minutes

Cook Time 5 minutes

Total Time 10 minutes

Ingredients

- four cups loosely packed kale stemmed (see note)
- 2 teaspoons olive oil
- pinch of salt
- 1-2 spoons seasoning mix of your choice See notes for suggestions.

Instructions

1. Lightly massage the kale with the oil and salt in a medium bowl. You're not going to try a kale salad here, just a little wilt is fine. Next, pour the coated kale into the fryer basket.

2. Cook at 370 ° F for 4-6 minutes (do not preheat), stirring every 2 minutes, checking for doneness. Check every minute for the last 2 minutes. Mix with your favorite seasoning and eat right away.

Notes

About the Kale Stalks: This recipe says that you should chop up the kale, and that's not something you can skip. You can save the stems and put them in soups or stews, but don't leave them on the leaves when you're preparing your kale for this recipe. The woody stems of kale take A LOT longer to fry than the leaves, so if you don't have them, you'll end up with chewy stems in the middle of your crispy cabbage chips. Or, if you cook longer so the stems are crisp, you will end up with burnt leaves. Do not do it. This way I screwed up a nice batch of kale chips. Lesson learned!

Ideas for seasoning

You can season your kale chips however you like, using 1-2 tablespoons of herbs and spices. Here are some ideas for you:

Ranch: one teaspoon dried dill, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, one tablespoon nutritional yeast

Magical: two tablespoons of my magical fairy dust seasoning

With cheese: 1 tablespoon nutritional yeast, 1 teaspoon garlic powder and 1/2 teaspoon onion powder

Italian: 1 tablespoon Italian seasoning

Za'atar: 1 tablespoon za'atar seasoning

Nutrition info

Calories: 105kcal

27. Oil-Free Air Fryer Chips (Garlic Parm Flavor)

Cook Time: 30 mins

Ingredients

- 2 Large Red Potatoes
- 2 tsp salt
- 4 garlic cloves – crushed or minced
- 2 tbsp. homemade vegan parmesan

Instructions

1. Cut the potatoes into thin slices. I recommend using a mandolin (I use a 1.6mm blade).
2. Place the sliced potatoes in a dish and fill with water. Add 2 teaspoons of salt. Soak for 30 minutes.
3. Drain and rinse the potatoes. I know that.
4. Toss the potatoes with powder garlic and vegan Parmesan.
5. Place half of the potato slices in the air fryer, in no more than 4 layers. Do not overload the fryer or the fries will not cook evenly.
6. Fry at 172 degrees Fahrenheit for 18-24 minutes, or until dry to the touch and no longer flimsy. Stir and mix the basket every 5 minutes or so.
7. Raise the temperature to 400 degrees Fahrenheit and fry for 5 more minutes or until the potatoes are crisp.
8. Remove from the fryer and top with more vegan pram or salt.
9. Repeat for the other half of the potato slices.
10. Have a snack!

28. best damn air fryer pork tenderloin

Prep Time: 5 min

Cook Time: 21 minutes

Total Time: 26 minutes

INGREDIENTS

- Pork tenderloin (1.25lbs – 1.75lbs)
- 2 tbs brown sugar
- 1 tbs smoked paprika
- tsp salt
- 1 tsp ground mustard
- 1/2 tsp onion powder
- 1/2 tsp ground black pepper
- 1/4 tsp garlic powder
- 1/4 tsp cayenne powder (optional)
- 1/2 tbs olive oil

INSTRUCTIONS

1. Mix all the dry ingredients in a dish.
2. Trim the pork tenderloin from excess fat / silver skin. Top with 1/2 tablespoon of olive oil. Rub the spice mix all over the pig tenderloin.
3. Preheat the fryer to 400 ° F for 5 minutes. After 5 minutes, carefully place the pork tenderloin in the deep fryer and fry at 400 ° F for 20-22 minutes. Internal temperature should be 145 ° to 160 ° F.
4. When the fryer cycle is complete, carefully remove the pork tenderloin to a cutting board and let it rest for 5 to 8 minutes before cutting. Save juices for serving over sliced meat.

29. Air Fryer Zucchini Chips (Keto)

cook time: 30 MINUTES

total time: 30 MINUTES

Ingredients

- 5 tbsp Extra Virgin Olive Oil
- 2 medium Zucchini
- 1 tbsp Fresh Rosemary
- 1/2 cup Parmesan cheese
- 1/2 tsp Garlic Powder
- Salt and pepper (to taste)

Instructions

1. On a large cutting board, cut the zucchini into 1/4-inch fries.
2. Next, place them in a large bowl and season with olive oil, rosemary, salt and pepper, and stroller cheese.
3. Bake at 300 F for 30 minutes until slightly crisp and golden.
4. Remove from the oven and cool for 15 minutes before chopping.

Nutrition Info

YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 440 TOTAL FAT: 42g SATURATED FAT: 9g TRANS FAT: 0g UNSATURATED FAT: 31g CHOLESTEROL: 22mg SODIUM: 607mg CARBOHYDRATES: 10g FIBER: 2g SUGAR: 4g PROTEIN: 10g

30. Air Fryer Steak (Cooked to Perfection)

Prep Time: 10 minutes

Cook Time: 15 minutes

Aging: 2 days

Total Time: 25 minutes

Ingredients

- 2 strip loin steaks 1.25" thick
- 2 spoon salt (according to taste)

- Two tbsp black pepper (plus more to taste)
- 2 Tbsp butter (melted)

Instructions

1. Sprinkle the fillets with salt and pepper, place on a plate and refrigerate for 2-3 days, uncovered. Turn every 12 hours or so, blotting up the juices with a paper towel. This step is recommended for superior tenderness and improved flavor, but you can skip it if you press for time.
2. Take the steaks out of the fridge 45-60 minutes before cooking and let them rest at room temperature.
3. Spread the steaks with melted butter on both sides, place on the rack of your deep fryer. Cook at 410F for 15 minutes, without preheating, for medium doneness. Cook for about 1 to 2 minutes less for medium rare and rare respectively, and 1-2 minutes longer for medium well and well cooked, respectively. If the air frying sticks are thicker, the times need to be adjusted more. These cook times are approximate, so use an instant read thermometer in conjunction with the chart in the Notes section.
4. Remove the steaks from the air fryer, wrap them in aluminum foil or wax paper and let them rest for 10 minutes, then serve. Try to serving with compound butter, it will add a ton of flavor.

Nutrition info

Calories: 576kcal | Carbohydrates: 1g | Protein: 45g | Fat: 43g | Saturated Fat: 21g | Cholesterol: 168mg | Sodium: 2544mg | Potassium: 632mg | Fiber: 0g | Sugar: 0g | Vitamin A: 390IU | Calcium: 25mg | Iron: 4.1mg

31. Air Fryer Asian Glazed Chicken Thighs

Prep Time: 30 mins

Cook Time: 30 mins

Total Time: 1 hr

Ingredients

- 8 boneless, skinless, chicken thighs
- ½ cup [low sodium soy sauce](#)
- ¼ cup honey
- 4 cloves garlic, finely minced
- 1 tablespoon ketchup
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- sesame seeds, for garnish, optional
- chopped green onions, for garnish, optional

Instructions

1. In a bowl, mix together the soy sauce, honey, garlic, tomato sauce, parsley, and oregano; beat until fully incorporated.
2. Reserve 1/4 cup of the marinade in a small bowl and set aside for later. Pour the remaining marinade into a big dish.
3. Add chicken to marinade; Cover and marinate for 30 minutes or up to 8 hours. Refrigerate if you don't plan to cook the chicken in 2 hours.
4. Preheat the fryer to 400°F.
5. Remove chicken from marinade and transfer 4 chicken thighs to deep fryer; you will have to cook in batches.
6. Cook for 8 minutes; Flip the chicken and continue cooking for 6 more minutes. Remove and reserve.
7. Continue with the rest of the chicken.
8. Meanwhile, pour reserved sauce into small skillet or saucepan and cook over medium-low heat for about 2 minutes, or until thickened and slightly reduced.

9. Remove the chicken from the fryer and transfer to a plate.
10. Spread warm glaze over chicken.
11. Garnish with sesame seeds and green onions.
12. To serve.

Nutrition Facts

Daily Value

Fat 9g14%

Saturated Fat 2g10%

Cholesterol 215mg72%

Sodium 1300mg54%

Potassium 657mg19%

Carbohydrates 23g8%

Fiber 1g4%

Sugar 19g21%

Protein 46g92%

Vitamin A 242IU5%

Vitamin C 4mg5%

Calcium 42mg4%

Iron 3mg17%

32. AIR FRYER KETO ONION RINGS RECIPE

Prep Time 10 minutes

Cook Time 16 minutes

Total Time 26 minutes

INGREDIENTS

- 1 big Onion (sliced into rings 1/2 inch thick)
- 3 Spoon Wholesome Yum Coconut Flour
- 1/4 tsp Sea salt
- 2 large Eggs
- 2/3 cup Pork rinds (~1.8 oz)
- 3 Spoon Wholesome Yum Blanched Almond Flour
- 1/2 tsp Paprika
- 1/2 tsp Garlic powder

INSTRUCTIONS

1. Place 3 small, shallow bowls in a line: coconut flour and sea salt, mixed eggs, whipped pork rinds, almond flour, paprika and garlic powder, mixed
2. Lightly grease 2 air fryer oven racks or one air fryer basket.
3. Dredge an onion ring in coconut flour. Dip it in the egg, shake off the excess and then place it in the pork rind mixture. Pour additional pork rind mixture over it to cover all sizes. Place on the fryer rack or basket. Repeat with all the onion rings, placing them in a single layer without touching all rings. (You may need to cook these in two batches if you don't have 2 deep fryer racks.)
4. Preheat the deep fryer or deep fryer oven to 400 degrees F for 2 to 3 minutes.
5. For a deep fryer oven: Place both racks in the deep fryer oven. Bake for about 8 minutes, until the top layer is golden brown. Change the racks and bake for 8 more minutes, until the top layer is golden again. For a normal air fryer: Only half of the onion rings will fit in the basket in a single layer. Place the basket in the fryer. Bake for 16 minutes, until golden. Remove the onion rings, place the next batch of raw rings, and repeat.

NUTRITION INFO

Calories: 135 | Fat: 7g | Total Carbs: 8g | Net Carbs: 5g | Fiber: 3g | Sugar: 2g
| Protein: 8g

33. Air Fryer Pork Belly Bites

Prep Time 15 mins

Cook Time 15 mins

Ingredients

- 1 lb. (454 or 456 g) pork belly, rinsed patted dry
- one teaspoon (5 ml) Worcestershire sauce or soy sauce
- 1/2 teaspoon (2.5 ml) garlic powder
- salt, to taste
- black pepper, to taste
- 1/4 cup BBQ sauce (optional)

Instructions

1. Preheat the Air Fryer to 400 ° F for 4 minutes.
2. Remove the skin from the bacon, if necessary. Cut the bacon into cubes of and place in a big dish. Season with Worcestershire sauce, garlic powder, salt and chili. Spread the pork belly in an even layer in the fryer basket.
3. Air fry at 405 ° F for 10-20 minutes, stirring and flipping and the pork belly 2 times during the cooking process (time depends on your preferred doneness, the thickness of the bacon, the size and intensity of your fryer).
4. Check the pork belly to see how well done it is. If you want it to be more cooked, add an additional 2 to 5 minutes of cook time.
5. Season with additional salt and pepper if you want. Drizzle with optional BBQ sauce if desired. Serve hot.

Notes

If you use a large air fryer, the recipe may cook faster, so adjust the cook time.

If you cook in multiple batches (if you have a small air fryer or are doubling the recipe), the first batch will take longer to cook if the air fryer is not yet

preheated.

Remember to set a timer to shake / flip / toss the food as directed in the recipes.

Nutrition info

Calories: 590kcal | Carbohydrates: 1g | Protein: 11g | Fat: 60g | Saturated Fat: 22g | Cholesterol: 82mg | Sodium: 342mg | Potassium: 222mg | Sugar: 1g | Vitamin C: 0.3mg | Calcium: 6mg | Iron: 0.7mg

34. Air Fryer Mac And Cheese

Prep Time 5 mins

Cook Time 18 mins

Total Time 23 mins

Ingredients

Kitchen Gadgets:

- [Air Fryer](#)
- [Air Fryer Baking Pan](#)

Air Fryer Mac and Cheese Ingredients:

- 250 g [Macaroni Pasta](#)
- 200 g [Grated Cheese](#)
- 600 ml Skimmed Milk

Additional Air Fryer Mac and Cheese Ingredients:

- 50 g Cooked Bacon Bits
- 50 ml [White Wine](#)
- 50 g Extra Grated Cheese
- 1 Tsp [Garlic Puree](#)
- 1 Tbsp [Oregano](#)
- Salt & Pepper

Instructions

1. Place the 3 main ingredients on the fryer's baking sheet and mix well.
2. Put the fryer at 160 ° C / 320 ° F for 6 minutes.
3. After 6 minutes, when a beep sounds, stir and add the seasonings. Press the button again for another 6 minutes.
4. After 12 minutes, stir and add the rest of the ingredients.
5. After its last 6 minutes and a total of 18 minutes, shake it and it is ready to serve.
6. If you add a parmesan crust, mix the breadcrumbs with 50g of Parmesan cheese in a bowl and place it on top of the baking sheet after it has been stirred for the last time at 18 minutes. Layer it so there are no gaps and cook for the last 2 minutes at 180c / 360f.

Notes

Total cook time is 18 minutes if you don't add a Parmesan topping or 20 minutes with one.

Avoid milk or creams that are high in fat in the 3 starting ingredients. This is because it is too thick and it will ruin the consistency of the pasta / cheese / milk mixture.

Each time I set the time to 6 minutes, since it is easier to keep track of the need to stir it at 6 minutes, at 12 minutes and when it is cooked at 18 minutes. The 3 main ingredients are your base ingredients. You can add your others favorite ingredients.

For the bacon pieces, I first fry 3 slices of bacon on the fryer's baking sheet.

Nutrition info

Calories: 623kcal | Carbohydrates: 58g | Protein: 40g | Fat: 24g | Saturated Fat: 13g | Cholesterol: 72mg | Sodium: 1125mg | Potassium: 536mg | Fiber: 3g | Sugar: 10g | Vitamin A: 885IU | Vitamin C: 1mg | Calcium: 861mg | Iron: 2mg

35. Buffalo Roasted Cauliflower (Air Fryer and Oven Recipe)

Time: 5 mins

Cook Time: 15 mins

Total Time: 20 mins

Ingredients

- 5 cups cauliflower, chopped - (1 or 2 medium head)
- 1/4 cup Buffalo wing sauce
- 1 tsp extra virgin olive oil
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1 tablespoon white whole wheat flour
- One tablespoon Buffalo wing sauce - for serving

Instructions

1. In a large bowl, add the cauliflower, sauce, olive oil, garlic powder, salt, and flour. Mix until the sauce covers all the cauliflower.

Air Fryer Directions

1. Spray the fryer rack with cooking spray and add the cauliflower.
2. Put the fryer at 400 degrees and cook for 15 minutes. After 7 minutes, stir the cauliflower.

3. Cook for a few more minutes if you prefer toasted and crunchy bites.
4. After removing from the fryer, toss with a tablespoon of warm sauce and serve.

Oven Directions

1. Preheat the oven to 450 degrees.
2. Coat a baking sheet with olive oil or cooking spray and spread the cauliflower in the pan evenly.
3. Bake for 30 minutes. Mix at the 15 minute mark so each side is crisp.
4. After removing from the oven, toss with a tablespoon of warm sauce and serve.

Nutrition info

Calories: 50kcal Carbohydrates: 8g Protein: 2g Fat: 1g Sodium:
903mg Potassium: 382mg Fiber: 2g Sugar: 2g Vitamin C: 60.2mg Calcium:
28mg Iron: 0.5mg

36. Air Fryer Green Bean Fries

Prep Time: 5 mins

Cook Time: 7 mins

Total Time: 12 mins

Ingredients

- About 26 fresh green beans rinsed and dried
- 1 egg
- 1 egg white
- 1/4 cup panko breadcrumbs
- 1/4 cup regular whole wheat breadcrumbs
- 2 TBS grated parmesan cheese
- 1/2 TBS garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper

Instructions

1. Prepare the green beans: rinse and dry well. Cut off the odd-looking ends.
2. Add egg and egg white to shallow bowl; beat for 30 seconds to combine completely. Set aside.
3. In another shallow bowl, add panko, breadcrumbs, garlic powder, cheese, salt, and pepper; Stir to mix well and set aside.
4. Make an assembly line with the green beans, then the egg sauce, then the breadcrumb mixture side by side.
5. Taking a handful of green beans at a time, place them in the egg and mix until coated. Using tongs, lift up some of the green beans, let them drain a bit, and then place them in the breadcrumb topping mixture. Shake the green beans until they are completely covered in crumbs.
6. Place them side by side with a bit of room in the air fryer, then repeat the coating for the rest of the green beans and place in the air fryer.
7. Set the fryer for 5 minutes and 400 degrees. When 4 minutes have passed, carefully mix the green beans, turning if necessary, then cook for 3 more minutes. Remove with tongs and serve immediately with your favorite sauce!

37. Air Fryer Twice Baked Potatoes

prep time: 5 MINUTES

cook time: 10 MINUTES

total time: 15 MINUTES

Ingredients

- 2 cooked baked potatoes
- 2 Tablespoon sour cream
- 1/2 cup cheddar cheese
- 1 Tablespoon butter
- 2 slices bacon, cooked

Instructions

1. Cut the baked potatoes in half and place the insides in a bowl.
2. Add the sour cream, 1/4 cup cheddar cheese, and butter to the bowl with the potatoes.
3. Mash the potatoes and other ingredients with a potato masher until they reach the desired consistency.
4. Pour the filling back into the skin of the potatoes, heaping it to fit as needed.
5. Refrigerate until ready to serve.
6. When you're ready to bake the potatoes, place them in a deep fryer basket. Cook at 498 F for 8 to 10 minutes.
7. Top the potatoes with the remaining 1/4 cup of the cheddar cheese and pieces of bacon. Be careful not to touch the hot sides of the fryer basket while doing this.
8. Return the potatoes to the air fryer and cook for 2 more minutes at 400 F to melt the cheese and brown the bacon.

Notes

To cook the potatoes in the oven, bake at 352 F for 18 minutes. Then top with the remaining cheese and bacon and cook for 5 more minutes.

NUTRITION INFO

Amount Per Serving: CALORIES: 208 TOTAL FAT: 11g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 32mg SODIUM: 230mg CARBOHYDRATES: 19g FIBER: 2g SUGAR: 1g PROTEIN: 8g

38. Crispy Air Fryer Eggplant Parmesan

Prep Time 15 mins

Cook Time 25 mins

Total Time 40 mins

Ingredients

- 1 big eggplant mine was around 1.25 lb.
- 1/2 cup [whole wheat bread crumbs](#)

- 3 tbsp finely grated parmesan cheese
- salt to taste
- 1 tsp [Italian seasoning mix](#)
- 3 tbsp [whole wheat flour](#)
- 1 egg + 1 tbsp water
- olive oil spray
- 1 cup marinara sauce
- 1/4 cup grated mozzarella cheese
- fresh parsley or basil to garnish

Instructions

1. Cut the eggplant into approximately 1/2 "slices. Rub a little salt on both sides of the slices and let it sit for at least 10-15 minutes.
2. Meanwhile, in a small bowl mix the egg with the water and the flour to make the dough.
3. In a medium, shallow dish, combine the breadcrumbs, Parmesan cheese, Italian seasoning mix, and a little salt. Mix well.
4. Now apply the batter to each slice of eggplant evenly. Dip the battered slices into the breadcrumb mixture to coat them evenly on all sides. Check out the helpful tips section above to get it right.
5. Place the breaded eggplant slices on a clean, dry flat plate and drizzle with oil. See the notes section for details.
6. Preheat the Air Fryer to 360F. Then put the aubergine slices on the wire rack and cook for about 8 min.
7. Top air-fried slices with about 1 tablespoon marinara sauce and lightly spread fresh mozzarella cheese over them. Cook the eggplant for another 1-2 minutes or until the cheese is melted.
8. Serve hot with your favorite pasta.

Notes

Rubbing a little salt on the front eggplant slices causes the water to seep out of the inner cells. This step softens the eggplant when cooked.

First, drizzle oil over the breaded eggplant slices when you put them on the plate. Then place the oiled side down on the Air Fryer's wire mesh. Now

drizzle oil to coat the other side. This way, both sides of the eggplant will have a uniform brown color when cooked.

39. Air Fryer Beef Fried Rice

prep time: 10 MINUTES

cook time: 20 MINUTES

total time: 30 MINUTES

Ingredients

- 1/2 Pounds Skirt Steak, sliced against the grain
- 4 Cups Cold, Cooked White Rice
- 1/4 Cup White Onion, Diced
- 1/4 Cup Celery, Diced
- 1/4 Cup Carrots, Diced
- 4-6 spoon Soy Sauce or Gluten Free Soy Sauce
- Coconut Oil Cooking Spray or Olive Oil Cooking Spray its your wish
- 2 Great Day Farms Hard-Boiled Eggs

Instructions

1. Cut the steak and place it in the fryer basket.
2. Cook at 390 degrees for 5 minutes.
3. Turn and cook 5 more minutes.

4. Cover the fryer basket with aluminum foil. Remember not to cover the entire basket to make sure the air continues to flow. I usually roll it to the side.
5. Spray the foil with coconut oil or olive oil spray.
6. Add all the ingredients in order to the foil in the basket.
7. Stir to mix and add a nice layer of coconut oil spray to the top of the mixture.
8. Cook in the deep fryer at 390 * for 5 minutes.
9. Carefully open and stir the rice and mix again, adding an extra layer of spray or soy sauce if necessary.
 10. Add sliced or crumbled hard-boiled eggs.
 11. Continue cooking for 3 more minutes at 390 *.
 12. Stir and serve.

Notes

Remember that many times fryers work differently, so if necessary, add a slightly longer or shorter cook time. Signing in at 5 minutes will help you determine if yours needs to cook for 5 more minutes.

40. Air Fryer Plate Nachos

prep time: 10 MINUTES

cook time: 5 MINUTES

total time: 15 MINUTES

Ingredients

- Tortilla Chips
- Grilled Chicken (Cooked Chicken)
- Black Beans, Drained & Rinsed
- White Queso
- Grape Tomatoes, Halved
- Green Onions, Diced

Instructions

1. Cover the fryer basket with aluminum foil.
2. Spray with nonstick spray.
3. Make the nachos, add the fries, chicken and beans.
4. Add a layer of cheese.
5. Top with tomatoes and onions.
6. Turn the fryer on to 355 * for 5 minutes.
7. Add additional time until desired level of crispness.

41. AIR FRYER PORK CHOPS

Prep Time 5 mins

Cook Time 9 mins

Total Time 14 mins

INGREDIENTS

- 2 boneless pig chops that are 0.5 lbs (240g) each
- 1/3 [cup](#) (35 g) almond flour
- 3 tbsp grated Parmesan cheese
- 1 tsp paprika
- 1 spoon Herbes de Provence (or dried mixed herbs)
- 1 spoon Creole Seasoning or Cajun seasoning (or ground coriander)
- Cooking spray

INSTRUCTIONS

1. Preheat the fryer to 180C / 350F.
2. Mix together almond flour, Parmesan cheese, paprika, herbs de Provence, Creole, or other seasoning.
3. Lightly spray both sides of the pig chops with a calorie- limited cooking spray (or if you're not on a calorie-controlled diet, rub in olive oil).
4. Coat both sides of the pork chops with the topping mixture and place the chops in the fryer basket. Make sure the pig chops are not touching.
5. Cooking can be done anytime between 10 and 14 minutes, depending on the thickness of the pork chops. Mine took 9 minutes. When cooking them for the first time, I recommend starting with 8 minutes and then checking that they are done.

NOTES

Air Fryers vary in temperature by brand and model, so this recipe includes a range of cook time. When cooking pork in an air fryer for the first time, start with the minimum cooking time, check for humidity and then adjust accordingly.

When cooking meat, check the temperature with a meat thermometer to make sure the internal temperature has reached a safe level (63 ° C / 145 ° F for pork).

Make sure the chops are not touch each other in the fryer. This provides maximum air circulation so your air fried chops cook evenly and crisp.

The amount of seasoning mix in this recipe can actually season 4 pork chops,

but I really like them in my chops so I put them all in when I cook only 2.

NUTRITION INFO

Calories: 431kcal | Carbohydrates: 5g | Protein: 56g | Fat: 20g | Saturated Fat: 4g | Cholesterol: 162mg | Sodium: 247mg | Potassium: 844mg | Fiber: 2g | Vitamin A: 915IU | Calcium: 173mg | Iron: 3.2mg

42. Air Fryer Jalapeno Poppers - A delicious gluten-free snack

Prep Time 10 mins

Cook Time 8 mins

Total Time 18 mins

Ingredients

- 10 jalapeno peppers halved and deseeded
- 8 or 10 oz of cream cheese I used a dairy-free cream cheese
- 1/4 c fresh parsley
- 3/4 c [gluten-free tortilla or bread crumbs](#) Use any one of your choice

Instructions

1. Mix half of the crumbs and cream cheese. Once combined add the parsley.
2. Fill each pepper with this mixture.
3. Gently press the tops of the bell peppers into the remaining 1/4 c crumbs to create the top layer.

4. Cook in a deep fryer at 370 degrees F for 6-8 minutes OR in a conventional oven at 375 degrees F for 20 minutes.
5. Let cool and ENJOY!

Notes

Remove all seeds and white membrane (unless you like spicy stuff!)

Wear gloves or be careful after cutting and peeling these jalapenos. Use a fork to remove seeds and membranes.

Nutrition

Calories: 951kcal | Carbohydrates: 83g | Protein: 23g | Fat: 69g | Saturated Fat: 22g | Sodium: 890mg | Potassium: 430mg | Fiber: 21g | Sugar: 14g | Vitamin A: 2773IU | Vitamin C: 186mg | Calcium: 184mg | Iron: 4mg

43. Korean Air Fried Chicken Wings

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Ingredients

- 2 lbs chicken wings
- $\frac{3}{4}$ cup [corn starch](#)
- 1 tsp [garlic powder](#)
- 1 tsp onion powder
- $\frac{1}{2}$ tsp salt

Korean Air Fried Chicken Sauce

- 2 Tbsp [gochujang](#) Korean chilli paste
- 3 Tbsp [honey](#)
- 2 Tbsp [brown sugar](#)
- 1 Tbsp [soy sauce](#)
- 1 tsp ginger minced
- 1 tsp garlic minced
- $\frac{1}{2}$ tsp salt

Instructions

1. Rinse and pat dry the chicken wings with a paper towel. Place in a large bowl and season with garlic powder, onion powder, and $\frac{1}{2}$ teaspoon salt.
2. Coat the chicken in cornstarch and use a kitchen tongs to stir, making sure all the chicken pieces are coated. Tap each piece of chicken to one side of the bowl (to remove excess starch) and place in the fryer basket.
3. Close the basket and cook the chicken wings at 392 degrees Fahrenheit for 30 minutes, flipping the chicken every 8 minutes.
4. 4. Ready the sauce while cooking the chicken.

Korean Air Fried Chicken Sauce

1. Add the sauce ingredients to a small saucepan over medium heat and beat until just combined. Bring the sauce to a boil and reduce heat to

- low and simmer for 5 minutes. Remove from heat and set aside.
2. Once the chicken is ready to cook, add sauce to the wings and stir to coat all the wings. Enjoy

Notes

Oil can be used to drizzle and coat the chicken pieces if the cornstarch still appears on the chicken after frying. It can be prepared without oil, as the chicken will produce its own oil once it is cooked.

Nutrition info

Calories: 450kcal | Carbohydrates: 45g | Protein: 24g | Fat: 19g | Saturated Fat: 5g | Cholesterol: 94mg | Sodium: 928mg | Potassium: 242mg | Sugar: 18g | Vitamin A: 195IU | Vitamin C: 2.7mg |

44. Air Fryer Stuffed Peppers

PREP TIME 15 minutes

COOK TIME 15 minutes

TOTAL TIME 30 minutes

Ingredients

- 6 Green Bell Peppers
- 1 Lb Lean Ground Beef
- 1 Tbsp Olive Oil
- 1/4 Cup Green Onion, Diced
- 1/4 Cup Fresh Parsley
- 1/2 Tsp Ground Sage
- 1/2 Tsp Garlic Salt
- 1 Cup Cooked Rice
- one Cup Marinara Sauce, More to Taste
- 1/4 Cup Shredded Mozzarella Cheese

Instructions

1. Heat a medium skillet with the ground beef and cook until cooked through.
2. Drain the meat and return to the pan.
3. Add the olive oil, green onion, parsley, sage, and salt. Mix this well.
4. Add the cooked rice and marinara, mix well.
5. Cut off the top of each pepper and clean the seeds.
6. Pour the mixture into each of the peppers and place in the fryer basket. (I did four the first round, 2 the second to make them fit.)
7. Cook for 10 minutes at 355 * in the deep fryer or deep fryer function, open carefully and add the cheese.
8. Cook 5 more minutes or until peppers are slightly tender and cheese is melted.
9. To serve.

Nutrition Info

Amount Per Serving: CALORIES: 296 TOTAL FAT: 13g SATURATED FAT: 4g TRANS FAT: 0g UNSATURATED FAT: 7g CHOLESTEROL: 70mg SODIUM: 419mg CARBOHYDRATES: 19g FIBER: 2g SUGAR: 6g PROTEIN: 25g

45. Air Fryer Roasted Corn

Ingredients

- 4 fresh ears of corn
- 2 to 3 teaspoons vegetable oil
- salt and pepper to taste

Instructions

1. Remove the husk and silk from each ear of corn, wash and pat dry. The corn may need to be cut to fit in the fryer basket. If necessary, chop up the corn.
2. Drizzle vegetable oil over the corn. Try to coat the corn well with vegetable oil. Spice with salt and pepper. Cook at 400 degrees for about 10 to 12 minutes.

Nutrition info

Calories: 35kcal | Carbohydrates: 0g | Protein: 0g | Fat: 4g | Saturated Fat: 3g | Cholesterol: 0mg | Sodium: 0mg | Sugar: 0g

46. Air fryer Parmesan Dill Fried Pickle Chips

Prep Time 14 mins

Cook Time 16 mins

Total Time 30 mins

Ingredients

- 32 oz. jar whole large dill pickles
- 2 eggs
- 2/3 c. panko bread crumbs
- 1/3 c. grated Parmesan
- 1/4 tsp. dried dill weed

Instructions

1. Cut large pickles diagonally into 1/4 "thick slices. Place on paper towels and pat dry layers.
2. In a shallow bowl, beat the eggs until smooth. In a recyclable bag, add the pancake breadcrumbs, leave and stir and stir until well combined.
3. In batches of 5-6 pieces, dip the pickle slices into the egg mixture, making sure to remove excess egg, then add the Panko mixture.
4. Add half of the coated pickle chips to the Air fryer and bake for 10-12 minutes on the highest setting. Remove from the Air fryer and add the remaining pickle chips and bake for 8-10 minutes. Serve immediately with spicy ranch for dipping.

Note

If you have a larger XL Air fryer, you can cook all the fries in one batch.

47. Air Fryer Frittata

Ingredients

- 2 large Eggs
- 1 breakfast Sausage Patty
- 1 tbsp chopped Spring Onions
- 1 tbsp chopped Bell Peppers

- 2 tbsp Cheddar cheese
- 1 tbsp Melted Butter
- Salt and pepper to taste

Instructions

1. Generously grease a 4-inch cake pan or mini loaf pan (or any oven-safe pan that will fit in the fryer basket) with butter.
2. Add the chopped breakfast sausage to the greased skillet and fry at 350F for 5 minutes.
3. Meanwhile, in a medium bowl, break 2 eggs. Add salt and chili and beat well.
4. Add the chopped chives, bell peppers and mix well. Once the sausage is cooked, add the egg mixture. Mix well with the sausages.
5. Sprinkle with cheddar cheese and fry at 350 F for another 5 minutes.
6. Serve hot with fresh tomato sauce for a delicious low-carb breakfast.

Notes

Instead of scallions and bell peppers, feel free to use any other combination of greens you want - mushrooms, broccoli, spinach, and tomatoes are great options.

Feel free to substitute bacon, ham, or even shredded chicken for your breakfast sausage.

Nutrition Info

Amount Per Serving: CALORIES: 400 TOTAL FAT: 34g SATURATED FAT: 16g TRANS FAT: 1g UNSATURATED FAT: 15g CHOLESTEROL: 441mg SODIUM: 850mg CARBOHYDRATES: 3g FIBER: 0g SUGAR: 1g PROTEIN: 21g

48. AIR FRYER CASHEW BACON BITS

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Ingredients

- 3 cups raw cashews - I recommend whole cashews for this recipe, but you can use halves and slice. Just minimize the baking time by a few minutes.
- 2 teaspoons salt
- 3 tablespoons liquid smoke
- 2 tablespoons blackstrap molasses

Instructions

1. In a large bowl, mix all the ingredients together, making sure to coat the cashews very well (and very evenly!).
2. Pour the cashews into the fryer basket and cook at 350F for 8-10 minutes, stirring every 2 minutes to make sure they cook evenly and to check for doneness. During the last 2 minutes, you should shake / check every minute to avoid burns. The line between cooked and burned can be thin with this recipe.
3. Let them cool to room temperature, about 10-15 minutes, then transfer them to an airtight storage container.

Notes

The variation in cooking time depends on many things. Whole cashews will need more time, halves and pieces will need less (maybe even less than 8, so stay tuned!). The humidity in your kitchen will also affect the cooking time. Your bacon cashews are done when the pan is dry, the cashews have darkened a bit, and the house smells amazing. If you try one while it cooks, don't worry about its ok if it's a bit chewy, like coconut bacon, these bacon cashews will get more crisp once they cool. Trust me: I burned my first

batch, because I was waiting for them to get crispy. Don't be like me! Your bacon cashews will keep up to 2-3 days in an airtight container at room temperature.

49. Air Fryer Spicy Chicken Empanadas

Ingredients

- 1 box of Refrigerated Pie Crust
- 2 rolls
- 1 cup shredded rotisserie Chicken
- 1/2 cup shredded Cheddar Cheese
- 1/4 cup chopped Green Onion/Scallions
- 1/2 cup chopped Cilantro
- 1 chopped Jalapeno, seeds and membrane removed
- 1/2 tsp Garlic Powder
- 1/2 tsp ground Cumin
- 2 tsp Hot Sauce
- Salt and pepper to taste

- Egg wash (1 egg whisked with 2 Tablespoon water)
- 1/2 cup Sour Cream
- 1 tsp chopped Green Onion/Scallion
- 1/2 cup chopped Cilantro
- 1/4 tsp Cayenne Pepper
- 1/4 tsp smoked Paprika
- Salt to taste

Instructions

1. In a large bowl, combine the shredded chicken, cheddar cheese, chopped green onions, jalapeño and cilantro, garlic powder, ground cumin, hot sauce, and salt and pepper. Mix well.
2. Spread the pie crust out on a well-floured surface. Using a 5-inch circular cookie cutter, cut as many circles as possible. Using a rolling pin, roll out the scraps and continue cutting circles until the dough runs out. We got 10 circles from 1 pie crust.
3. Repeat the same with the other cake batter. Place about 1 tablespoon of the spicy chicken filling in the middle of the batter. Moisten the edges with beaten egg.
4. Fold the dough in half in a semicircular structure, then gently press the edge with your fingers and seal.
5. Spread each burger with the beaten egg.
6. Fry the empanadas in the air at 400 F for 10 minutes.
7. Serve hot with chives and cilantro sauce.

Nutrition Info

Amount Per Serving: CALORIES: 1976 TOTAL FAT: 117g SATURATED FAT: 45g TRANS FAT: 2g UNSATURATED FAT: 58g CHOLESTEROL: 714mg SODIUM: 3483mg CARBOHYDRATES: 125g FIBER: 9g SUGAR: 14g PROTEIN: 107g

50. AIR FRYER CHICKEN NUGGETS

TOTAL TIME: 20 mins

INGREDIENTS

- 15 oz 2 large skinless boneless chicken breasts, cut into even 1-inch bite sized pieces
- 1/2 teaspoon kosher salt and black pepper, to your taste
- 2 teaspoons olive oil
- 5 or 6 tablespoons whole wheat Italian seasoned breadcrumbs
- 2 tablespoons panko
- 2 tablespoons grated parmesan cheese
- olive oil spray

INSTRUCTIONS

1. Preheat the fryer to 400 ° F for 8 minutes.
2. In a bowl we put the olive oil and in another the breadcrumbs, the panko and the Parmesan cheese.
3. Season the chicken with salt and pepper, then put it in the bowl with the olive oil and mix well so that the olive oil evenly covers all the chicken.
4. Spoon a few pieces of chicken at a time into the breadcrumb mixture to coat and then into the basket.
5. Lightly spray top with olive oil spray then air fry 8 minutes, flipping halfway. Until it's golden.

Nutrition Info

Serving: 4oz chicken, Calories: 188kcal, Carbohydrates: 8g, Protein: 25g, Fat: 4.5g, Saturated Fat: 1g, Cholesterol: 57mg, Sodium: 427mg, Sugar: 0.5g
Blue Smart Points:3 Green Smart Points:5 Purple Smart Points:3 Points+:4

51. air fryer fish and chips healthy

INGREDIENTS

- 2 4-6 oz Tilapia Filets
- 2 tablespoons of flour
- 1 egg
- 1/2 cup of panko bread crumbs
- Old Bay Seasoning
- salt and pepper
- Crinkled Cut Frozen French Fries Like Ore Ida

INSTRUCTIONS

1. Gather 3 small bowls. In a dish add the flour, in the second bowl add the egg and beat with a whisk, in the third bowl add the panko breadcrumbs and the Old Bay seasoning.
2. Take the fish and drain it in the flour, then in the egg and then in the breadcrumbs. Add to the fryer a long with 15 frozen chips. Air fry for 14-15 minutes at 392 degrees.
3. Serving size: 1 fillet of tilapia. Use the serving size on the potato chip package and measure accordingly.

NUTRITION INFO

Serving Size: 1 Calories: 219 Sugar: 1 Sodium: 356 Fat: 5 Saturated Fat: 3 Carbohydrates: 18 Fiber: 1

52. Air Fryer Bang Bang Fried Shrimp

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Ingredients

- 1-pound raw shrimp peeled and deveined
- 1 egg white 3 tbsp
- 1/2 cup all-purpose flour
- 3/4 cup panko bread crumbs
- 1 tsp paprika
- McCormick's Grill Mates Montreal Chicken According to taste
- salt and pepper to taste
- cooking oil

Bang Bang Sauce

- 1/3 cup plain, non-fat Greek yogurt
- 2 tbsp Sriracha
- 1/4 cup sweet chili sauce

Instructions

1. Preheat the fryer to 400 degrees.
2. Season the shrimp with the seasonings.
3. Place the flour, egg whites, and panko breadcrumbs in three separate bowls.
4. Create a cooking station. Dip the shrimp in the flour, then the egg whites and breadcrumbs last.
5. When dipping the shrimp in the egg whites, it is not necessary to dip the shrimp. Give it a light touch so that most of the flour is on the shrimp. You want the egg white to stick to the panko crumbs.
6. Drizzle the shrimp with cooking oil.
7. Add the shrimp to the Air Fryer basket. Cook for 4 minutes. Open the basket and flip the shrimp to the others side. Cook for 4 more minutes or until crisp.

Bang Bang Sauce

1. Combine all ingredients in a small bowl. Mix well to combine.

Notes

Air Fryer Bang Bang Shrimp Recipe Tips:

Find the biggest shrimp / prawns you can! Large shrimp are a huge plus for this recipe.

Bang bang shrimp are a recipe that includes crispy fried shrimp that are usually mixed with a spicy sweet chili sauce. Instead of adding the shrimp to the sauce, I decided to create a separate dipping sauce. This will ensure that the shrimp stay crisp for as long as possible.

I also added nonfat plain Greek yogurt to the dipping sauce to replace it. Greek yogurt also provides an extra protein boost.

If you don't have panko breadcrumbs on hand, standard breadcrumbs will work just fine.

Use your judgment for cooking time. I like my shrimp to be crispier so 8-10 minutes works for me.