

AIR FRYING FOR FAMILIES

Kid-friendly recipes and activities.





WELCOME

Everyone with kids knows finding meals for a picky eater is difficult, especially when you're trying to eat healthy. That's why we've created these recipes with kids' palates in mind, so you'll always be serving up meals your kids will not just love, they'll ask for time and again.

This cookbook is full of kid-friendly favorites for parents to make in the Dash Air Fryer, from re-invented classics like Mac 'n Cheese Bites to easy vegetarian substitutions like Spaghetti Squash. They're so delicious, you'll even want to save a bite for yourself!

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The background is a vibrant yellow color. Scattered throughout are several stylized illustrations of mac and cheese bites. These are depicted as curved, C-shaped pasta pieces with a thick, orange-yellow cheese coating. The pasta pieces are arranged in a way that some are at the top, some at the bottom, and some in the middle, creating a sense of abundance. The title 'MAC N CHEESE BITES' is written in a large, white, playful, rounded font, positioned in the upper right quadrant of the page.

MAC N CHEESE BITES

2 butter

2 tbsp flour

1 cup whole milk

1 cup shredded cheddar
cheese

4 oz macaroni

½ tsp paprika

½ cup panko bread
crumbs

2 tbsp parmesan cheese

½ tsp garlic powder

- 1.** Melt butter in a small sauce pan, add flour and heat until bubbling, add milk and whisk well. Simmer for 5 minutes, remove from heat and add cheddar cheese and paprika.
- 2.** Stir in pasta and allow to cool completely. Refrigerate until firm. Mix bread crumbs, parmesan cheese and garlic powder. Scoop tbsp of Mac n Cheese and roll in bread crumb mixture.
- 3.** Air fry Mac n Cheese Bites at 380°F for 10 minutes.

ZUCCHINI WEDGES

3 cups zucchini, sliced into ¼" thick rectangular fries (approx. 1 zucchini)

1 cup all-purpose flour

3 large eggs, beaten

2 cups panko breadcrumbs

1 tsp kosher salt

1 tsp parmesan cheese, grated (optional)

- 1.** Toss zucchini with flour and shake off excess. Dip zucchini wedges into the egg to coat, then toss thoroughly into the panko.
- 2.** Place 1 cup of wedges at a time into Air Fryer and cook for 20 minutes at 400°F, shaking once halfway through cooking.

SWEET POTATO TOTS

2 sweet potatoes (about
 $\frac{1}{2}$ lb)

2 tbsp whole wheat flour

$\frac{1}{2}$ tsp salt

- 1.** Boil sweet potatoes with their skins on for **20** minutes or until fork tender.
- 2.** Remove skins and grate into a large bowl. Sprinkle with flour and salt and mix well.
- 3.** Press mixture into tater-tot-sized cylinders.
- 4.** Place tater tots in the air fryer at **400°F** and air fry for **15** minutes, turning once half way through.



Fun Fact: People have farmed sweet potatoes for over **5,000** years!



ONION RINGS

1 Vidalia onion, peeled,
ends cut off, sliced into
 $\frac{3}{4}$ " rings

1 cup all-purpose flour

1 egg, beaten

1 cup panko breadcrumbs

$\frac{1}{2}$ tsp kosher salt

1. Dredge onion rings in flour and shake off excess. Combine panko and salt.
2. Dip onion rings in egg, then panko mixture to cover thoroughly.
3. Place into Air Fryer 4-6 at a time, overlapping rings as little as possible. Fry for 15 minutes.
4. Serve with ketchup and mustard, if desired.

**Fun Fact: Ancient
Egyptians
worshipped
the onion.**



SPAGHETTI SQUASH

1 small spaghetti squash

1 tsp olive oil

salt and pepper

marinara sauce (optional)

1. Slice the spaghetti squash in half lengthwise and scoop out seeds. Drizzle with olive oil and sprinkle with salt and pepper.
2. Air fry squash cut-side down at 400°F for 20 minutes or until squash separates easily into strands.
3. Scoop out squash strands, add a little more salt and pepper and top with marinara sauce.

CANDIED BRUSSELS SPROUTS

1 lb Brussels sprouts

**2 oz thick cut bacon,
partially cooked**

2 tbsp maple syrup

1 tsp sea salt

1 tbsp olive oil

- 1.** Slice Brussels sprouts in half and discard any loose leaves.
- 2.** Cut bacon into $\frac{1}{2}$ inch pieces.
- 3.** Toss Brussels sprouts and bacon in the maple syrup, olive oil, and sea salt.
- 4.** Air fry at 400°F for 8-10 minutes.

UNPROCESSED CHICKEN TENDERS

2 chicken breasts, cut into strips (or pre-cut tenders)

2 eggs

2 tbsp lemon juice

1 cup panko bread crumbs or almond flour

¼ cup grated parmesan cheese

½ tsp salt

For the sauce

¼ cup mayonnaise

2 tbsp deli mustard

2 tsp honey

- 1.** Crack eggs into a medium bowl and use a fork or whisk to add lemon juice until fully combined. Add the raw chicken tenders or strips into the bowl and coat with egg mixture. Wash your hands thoroughly after handling raw chicken.
- 2.** Then, in a separate bowl, mix breadcrumbs or almond flour, grated parmesan cheese, and salt. Add a chicken strip to the breading mixture and coat thoroughly, then place in the basket of the air fryer.
- 3.** Continue until you have filled the bottom of the air fryer with tenders in 1 layer and cook at 390°F for 3 minutes. Flip the tenders with tongs and cook for an additional 3 minutes. Once the tenders are cooked through, remove to a wire rack to cool before serving. Depending on the size of the air fryer, you may need to do this in 2 batches.
- 4.** To make the sauce, mix mayonnaise, deli mustard and honey until combined thoroughly.



**CHIPS AND GUAC
ON PAGES 14 & 15**



TORTILLA CHIPS

4 8" corn tortillas, cut into eighths

$\frac{1}{8}$ tsp kosher salt

- 1.** Divide tortilla triangles into 2 batches.
- 2.** Place 1 batch in Air Fryer and air fry at 400°F for 15 minutes, shaking once roughly halfway through cooking.
- 3.** Remove and top with half of the salt. Repeat with second batch

YUMMY HOMEMADE GUACAMOLE

1 ripe avocado

1 clove of garlic

½ tomato, diced

¼ cup of onion, chopped

½ lime juiced

1 tsp salt

Cilantro (optional)

½ tsp mild hot sauce
(optional)

- 1.** Adults should do the work involving a knife for this recipe.
- 2.** Make sure that the avocado is ripe. Slice in half and use a large spoon to scoop the avocado into a bowl. Remove the pit. Using two forks or a potato masher, mash the avocado until it is mostly smooth with some chunks remaining.
- 3.** Slice tomato and remove the seeds. Dice the tomato. Do the same with the onion, chopping into slightly smaller pieces. Use a garlic press for mincing the garlic clove, mix the garlic into the avocado until it is well distributed throughout.
- 4.** Mix in the tomato, onion, lime and salt into the avocado mixture. Mild hot sauce and a small amount of chopped cilantro can be added for additional flavor if desired. Serve with Air Fried tortilla chips!


GRILLED CHEESE

2 slices white, whole wheat, or potato bread

$\frac{1}{2}$ cup to $\frac{3}{4}$ cup sharp cheddar, shredded

1 tbsp butter, melted

1. Spread shredded cheddar evenly between sliced bread.
2. Place sandwich into Air Fryer and fry for 10 minutes.
3. Remove from Air Fryer and brush both sides with melted butter. Serve with tomato soup, if desired.



Cool Tip: Try tomato or an apple in your grilled cheese!





MINI BURGERS

1 lb ground beef, 90% lean

1 egg, beaten

¼ cup panko breadcrumbs

½ tsp garlic powder

½ tsp onion powder

½ tsp smoked paprika

½ tsp ground black pepper

2 tsp kosher salt

½ tsp Worcestershire sauce

**⅛ tsp cayenne pepper
(optional)**

- 1. Combine all ingredients for the burgers in one large bowl and mix by hand until thoroughly combined.**
- 2. Form into 4-5" patties and place, two patties at a time, into Air Fryer.**
- 3. Air fry at 375°F for 10 minutes or until desired doneness. Serve with desired burger bun and accompaniments.**



FISH + CHIPS

Fish

½ lb (8 oz) mild, flaky white fish fillets, skin off and cut into 2-3 oz pieces

1 tsp kosher salt

¼ tsp ground black pepper

½ cup all-purpose flour

2 eggs, beaten

1 cup panko flour

1 tsp parsley, chopped

Chips

2 cups golden Yukon or Russet potatoes, diced

1 tsp vegetable oil

½ tsp kosher salt

1. Pat fish fillets dry with paper towels and season both sides with salt and ground black pepper.
2. Dredge fish in all-purpose flour and shake off any excess. Dip fish in the egg mix, and then in the panko flour to coat thoroughly.
3. Place the pieces in the Air Fryer in one single layer. Air fry at 400°F for 25 minutes, or until the fish is fully cooked through. Remove fish from the Air Fryer and top with parsley.
4. For potatoes, toss the potatoes with oil and salt. Place in the Air Fryer and fry at 400°F for 30 minutes. Serve fish and potatoes together with tartar sauce and malt vinegar, if desired.





POP TARTS



Pastry

1¼ cup flour

1 stick unsalted butter

½ tsp salt

1 tbsp sugar

3 tbsp ice water

Filling

½ cup raspberry jam


Icing

1 tbsp butter

2 cups powdered sugar

1 tbsp milk (more as needed)

½ tsp almond extract

- 
- 1.** Place flour, salt, and sugar in the bowl of a food processor (can be done by hand as well). Pulse once or twice. Add butter and pulse until mixture appears the consistency of cornmeal. Add water and pulse until mixture forms a ball.
 - 2.** Roll out pastry to ⅛ in thick and cut into 3x4 in rectangles.
 - 3.** Place a tbsp of jam on half the rectangles. Prick the other rectangles with a fork and then place on top of the pastry with filling. Seal the edges with the prongs of a fork.
 - 4.** Air Fry pop tarts at 350°F for 10 minutes or until golden brown.
 - 5.** For the icing: melt butter and add powdered sugar and milk until a good spreading consistency. Add almond extract. Spread icing over slightly warm pop tarts.



CINNAMON SUGAR MINI PRETZELS

1 (9") pie crust shell,
thawed or pie crust shell
scraps, thawed

2 tbsp unsalted butter,
melted

2-3 tbsp granulated white
sugar

2 tsp ground cinnamon

1. Separate the softened pie crust into 2" round dough balls.
2. Roll each ball of pie crust into ½" thick cylinders. Fold the ends of the cylinders toward each other so that they form a pretzel shape. Repeat for each ball of pie crust. Pretzels should be 3.5" - 4" at their longest.
3. Place 3 pretzels into the Air Fryer in one layer. Air fry at 400°F for 10-12 minutes, or until desired level of crispiness.
4. Carefully remove the pretzels and dip them into melted butter.
5. Combine sugar with cinnamon and stir to incorporate fully. Toss the pretzels in the cinnamon sugar mix and dust off any excess. Serve hot.



GF CHOCOLATE CHIP COOKIES



1 cup smooth almond
butter

$\frac{2}{3}$ cup dark brown sugar

1 egg

$\frac{1}{2}$ tsp baking soda

$\frac{1}{2}$ tsp almond extract

1 tsp vanilla extract

$\frac{1}{3}$ cup mini dark
chocolate chips

- 1.** Blend almond butter and dark brown sugar with a hand mixer until creamy. Add the egg, baking soda, almond, and vanilla extract and blend until smooth. Add mini chocolate chips and stir.
- 2.** Form into small tsp sized balls. Press cookie balls into discs and place in air fryer.
- 3.** Air fry at 350°F for 6-8 minutes or until just starting to turn golden brown on the edges.



EASY DONUTS

1 can biscuit dough

3 tbsp melted butter

$\frac{1}{3}$ cup granulated sugar

$\frac{1}{2}$ tsp cinnamon (adjust to your taste)

4 tbsp dark brown sugar

pinch of allspice

- 1.** Combine the sugar, cinnamon, brown sugar, and allspice in a small bowl and set aside.
- 2.** Remove biscuits from can (do not flatten), and use a 1-inch circle biscuit cutter to cut holes out of the center of each biscuit.
- 3.** Air fry the donuts for 5 minutes each and air fry the cut-out holes for just 3 minutes.
- 4.** As each batch of donuts and holes comes out of the fryer, use a pastry brush to paint butter over the entire surface of each donut.





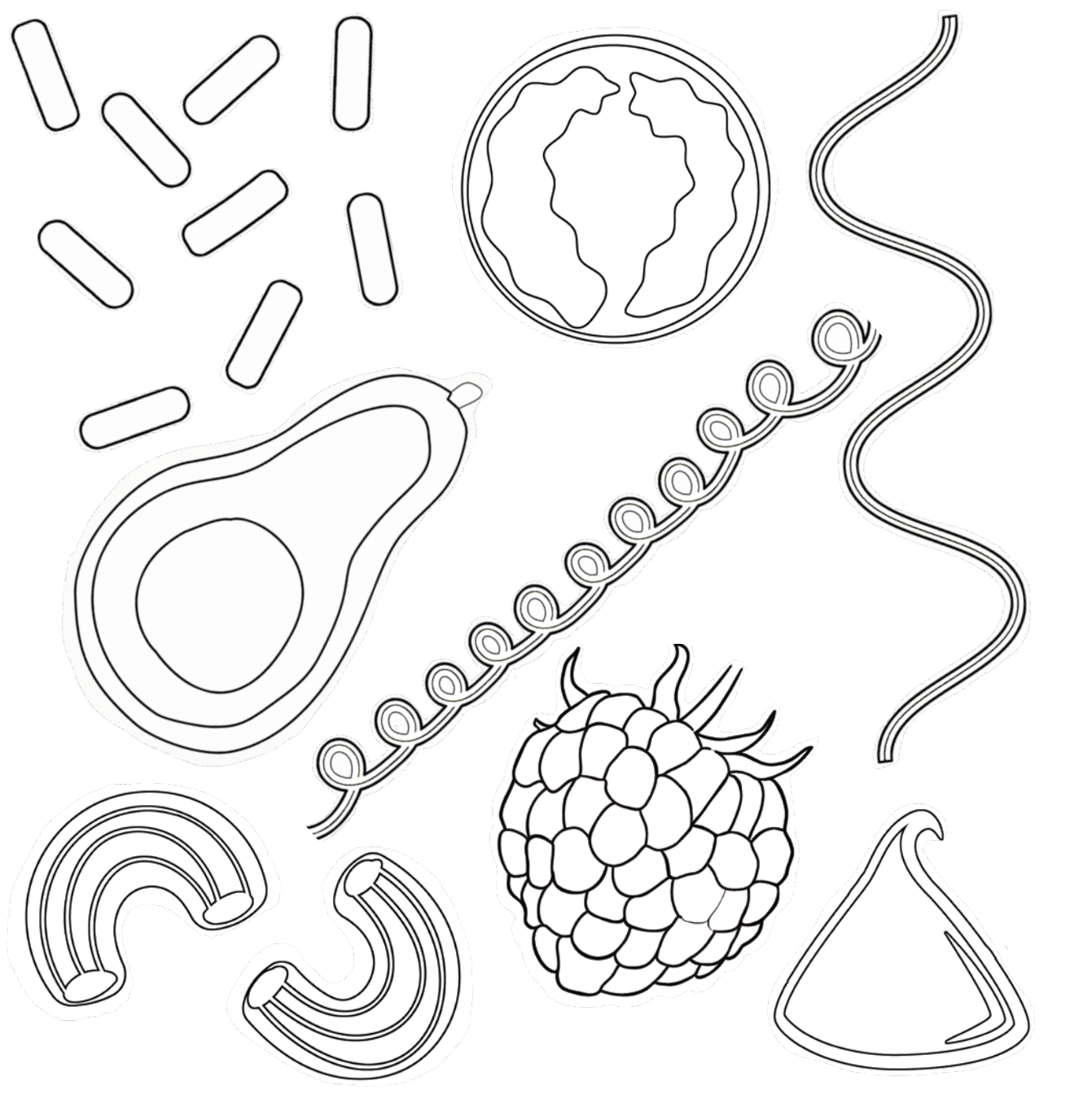
FUN ZONE

Busy in the kitchen? Don't sweat it!
These interactive activities will keep
the kids entertained.

Share their creations with us on
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COLOR IN THE DASH PATTERN
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DRAW YOUR DREAM PLATE!
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