



TAOTRONICS

AIR FRYER OVEN

—
COOK BOOK

To download recipes, search model "TT-AF002" in the following link, and click on the model name.

www.taotronics.com/pages/user-manual





TT-AF002



CONTENTS

WARM YOUR STOMACH

- 01** BREAKFAST
- 02** APPETIZERS & SNACKS
- 03** POULTRY
- 04** BEEF, PORK & LAMB
- 05** SEAFOOD
- 06** VEGETABLE MAINS & SIDES
- 07** DESSERTS

SECRETS FOR COOKING SUCCESS

USE COOKING SPRAY

Foods that are typically deep-fried or breaded will taste best if they are sprayed with olive oil and a little goes a long way. For best results, spray both sides of your food with a light spray of olive oil before cooking.

DO NOT OVERLAP /CROWD

Always cook food in a single layer. If an item does not fit, cook in batches to avoid overcrowding. Overcrowding prevents the air from circulating around the food and keeps it from browning and turning crisp. To ensure food comes out hot at the same time, once all the food is cooked and browned in batches, you can put it back and heat it together for one to two minutes.

FLIP OR TURN HALFWAY

Flipping or turning your food halfway is essential for evenly cooked and browned food on both sides. For smaller foods, such as French fries or vegetables, shaking a few times will result in everything getting evenly browned and crisp.





BREAKFAST

- 01 English Muffin Breakfast Sandwich
- 03 Grilled Cheese
- 05 French Toast Sticks
- 07 Stuffed French Toast
- 09 Chipotle Tuna Melt
- 11 Fried Bacon
- 13 Baked Potted Egg
- 15 Egg In Avocado
- 17 Baked Macaroni and Cheese
- 19 Sausage and Spinach Quiche
- 21 Chicken Quiche
- 23 Hot Dogs
- 25 Breakfast Pizza with Pesto & Bacon
- 27 Garlic Bread

01



ENGLISH MUFFIN BREAKFAST SANDWICH



SERVES
1



PREP TIME
5 Min



COOK TIME
10 Min

INGREDIENTS

- Cooking spray
- 1 large egg
- 1 Tbsp milk
- Salt & pepper, to taste
- 1 slice white cheddar cheese
- 1 slice Canadian bacon, or ham
- 1 English muffin, split

DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 SPRAY the inside of a 3-ounce ramekin with oil.
- 3 WHISK together the eggs, milk, salt and pepper.
- 4 POUR the egg mixture into the ramekin and place into the oven.
- 5 ADD the cheese and Canadian bacon to 1 half of the English muffin.
- 6 PLACE both halves into the oven.
- 7 TAKE the English muffins out after 7 minutes, leaving the egg for the full time.
- 8 ASSEMBLE the sandwich by placing the cooked egg on the top and serve.

*Quick and delicious sandwich
can be made ahead of time 😊*

GRILLED CHEESE



SERVES
2



PREP TIME
5 Min



COOK TIME
8 Min

INGREDIENTS

- 3 Tbsp butter, softened, divided
- 4 slices white bread
- ½ cup sharp cheddar cheese, shredded, divided

*Crispy-crunchy on the outside,
melted cheddar middle ♡♡*



DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 BRUSH butter on each side of the bread slices.
- 3 SPLIT the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
- 4 PLACE the grilled cheese sandwiches on the baking sheet
- 5 COOK until bread is golden and cheese melts, about 8 minutes.
- 6 CUT diagonally and serve.

FRENCH TOAST STICKS



SERVES

4



PREP TIME

20 Min



COOK TIME

10 Min

INGREDIENTS

- 6 slices thick cut bread (Texas toast)
- 4 large eggs
- 1 cup whole milk
- 2 Tbsp sugar
- 1 tsp vanilla extract
- ¼ to ½ tsp ground cinnamon
- 1 cup crushed cornflakes, optional
- Confectioners' sugar, for dusting
- Maple syrup, for serving

DIRECTIONS

- 1 CUT each slice of bread into thirds, place in an ungreased dish.
- 2 WHISK eggs, milk, sugar, vanilla and cinnamon in a large bowl.
- 3 POUR over bread, soak for 2 minutes on each side. If desired, coat bread with cornflake crumbs on all sides.
- 4 PLACE on a greased baking sheet. Freeze until firm, about 45 minutes.
- 5 PREHEAT the air fryer oven to 350°F.
- 6 COOK for 10 minutes, until golden brown.
- 7 SPRINKLE with confectioners' sugar if desired. Serve topped with maple syrup.

A pile of French toast tasting like doughnuts but a whole lot healthier





STUFFED FRENCH TOAST



SERVES

1



PREP TIME

4 Min



COOK TIME

10 Min

INGREDIENTS

- 1 slice brioche bread, 2½-inch thick
- 4 oz cream cheese
- 2 eggs
- 2 Tbsp milk
- 2 Tbsp heavy cream
- 3 Tbsp sugar
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Cooking spray
- Maple syrup, for serving

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 CUT a slit in the middle of the brioche slice.
- 3 STUFF the slit with cream cheese. Set aside.
- 4 WHISK together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
- 5 SOAK the stuffed French toast in egg mixture for 10 seconds on each side.
- 6 SPRAY each side with cooking spray.
- 7 PLACE into the oven and cook for 10 minutes.
- 8 REMOVE carefully with a spatula when done.
- 9 SERVE topped with maple syrup.

*Cream cheese stuffed. 😊
perfect for brunch season or a fun
treat for any morning*

CHIPOTLE TUNA MELT



SERVES

2



PREP TIME

10 Min



COOK TIME

8 Min

INGREDIENTS

- 1 can (10 oz) of tuna
- 3 Tbsp mayonnaise
- ¼ cup green onions chopped
- 1 Chipotle pepper minced
- 1 Tbsp Adobo sauce from the Chipotles
- 4 slices sandwich bread
- Salt & pepper, to taste

DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 TRANSFER tuna to a medium size bowl and break pieces apart with a fork.
- 3 ADD mayonnaise, minced chipotle pepper, and adobo sauce and mix.
- 4 STIR in the chopped onions and combine with the tuna mixture. Season with salt and pepper.
- 5 SPREAD tuna mixture on 2 slices of bread. Top with the other slices.
- 6 PLACE the sandwiches on the baking sheet.
- 7 COOK until golden brown, about 8 minutes.
- 8 CUT diagonally and serve.

*Tastiest and trendy way to have
tuna in sandwiches ♡ ♡*



FRIED BACON



SERVES

2



PREP TIME

2 Min



COOK TIME

8 Min

INGREDIENTS

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

Simple, mostly hands off but perfectly crisp without crazy amounts of grease ♡ ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 MIX together the seasonings until well combined.
- 3 DREDGE the bacon in the seasoning until fully coated. Set aside.
- 4 LAY the bacon in a single layer into the oven.
- 5 COOK until crispy, about 8 minutes (thick cut bacon) or shorter for thinner bacon. You can check halfway through and rearrange slices with tongs.



BAKED POTTED EGG



SERVES

3



PREP TIME

3 Min



COOK TIME

14 Min

INGREDIENTS

- Cooking spray
- 3 eggs
- 6 slices smoked streaky bacon, diced
- 2 cups baby spinach, washed
- ½ cup heavy cream
- 3 Tbsp Parmesan cheese, grated
- Salt & pepper, to taste

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 SPRAY three 3-inch ramekins with cooking spray.
- 3 ADD 1 egg to each greased ramekin.
- 4 COOK the bacon in a pan until crispy, about 5 minutes.
- 5 ADD the spinach and cook until wilted, about 2 minutes.
- 6 MIX in the heavy cream and Parmesan cheese. Cook for 2 to 3 minutes.
- 7 POUR the cream mixture on top of the eggs.
- 8 PLACE into the oven and cook for 4 minutes, until the egg white is fully set.
- 9 SEASON to taste with salt and pepper.

Healthy, hearty, quick and easy-peasy individual baked eggs

EGG IN AVOCADO



SERVES

2



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

Avocado:

- 2 avocados halved and pitted
- 4 medium eggs
- Salt & pepper, to taste

Optional toppings:

- 2 strips of bacon diced and cooked till crispy
- ½ red bell pepper finely chopped
- ¼ cup spinach chopped
- Chopped fresh herbs for garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 370°F.
- 2 CUT avocados in half and scoop an additional 1-2 tablespoons of the avocado flesh out to create a larger nest for the eggs.
- 3 POSITION the avocado halves propped against the baking dish or touching the other avocados snugly to avoid spilling over.
- 4 CRACK one egg in each avocado half gently.
- 5 COOK for 13 to 15 minutes, or until the whites are set and the egg yolks are cooked to your liking.
- 6 SERVE with the toppings as desired.

A healthy and nutritious breakfast option to start your day off right ♡ ♡





BAKED MACARONI AND CHEESE



SERVES
4



PREP TIME
15 Min



COOK TIME
20 Min

INGREDIENTS

- 6 oz elbow macaroni
- 1 Tbsp butter
- 1/8 cup flour
- 1/8 cup minced onion
- 1 cup skim milk
- 1/2 cup chicken broth
- 4 oz reduced fat cheddar
- Salt & pepper
- 2 cups baby spinach
- 1 Tbsp grated Parmesan
- 1/8 cup seasoned bread crumbs
- Olive oil spray

DIRECTIONS

- 1 **COOK** pasta in salted water until cooked. Spray a baking dish with oil.
- 2 **PREHEAT** the air fryer oven to 375°F.
- 3 **MELT** butter in a large skillet. Add flour and cook over low heat stirring with a whisk.
- 4 **ADD** onion and cook another 2 minutes. Add milk and chicken broth and continue whisking, raising to medium-high heat until boils and becomes smooth and thick. Season with salt and pepper.
- 5 **REMOVE** from heat, add cheese 1/8 cup and mix well until cheese is melted.
- 6 **ADJUST** salt and pepper to taste, add cooked macaroni and baby spinach.
- 7 **POUR** into baking dish. Top with grated cheese and bread crumbs. Spray a little more oil on top.
- 8 **COOK** for 15 to 20 minutes to get the bread crumbs golden.

A rich, creamy casserole that is truly a show-stopper ♡ ♡

SAUSAGE AND SPINACH QUICHE



SERVES

6



PREP TIME

15 Min



COOK TIME

45 Min

INGREDIENTS

- Cooking spray
- 3 (8.5 oz) sweet Italian sausage
- 12 oz bag baby spinach
- 1 cup grated cheddar
- ¼ cup grated parmesan cheese
- 2/3 cup 2% milk
- ¼ cup half & half cream
- 5 large eggs
- ¾ tsp kosher salt
- ½ tsp ground black pepper
- Pinch freshly grated nutmeg

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F. Spray a pie dish with oil.
- 2 COOK the sausage in a large skillet over medium heat, about 5 minutes.
- 3 ADD the spinach and reduce heat to low, cook, about 7 minutes. Drain spinach well.
- 4 SPREAD the spinach sausage mixture in the dish evenly and top with the grated cheddar and parmesan cheese.
- 5 WHISK together the milk, half and half, eggs, salt, black pepper, and the nutmeg.
- 6 POUR the custard mixture into the dish and cook for 35 to 40 minutes, until the center is set.
- 7 CUT the quiche into 6 pieces and serve.

Buttery, creamy and perfect for a delicious make ahead breakfast ♡♡





CHICKEN QUICHE



SERVES

4



PREP TIME

10 Min



COOK TIME

1 Hour

INGREDIENTS

- Refrigerated Dough for 7-inch pie crust
- 5 large eggs, beaten
- ½ cup skim milk
- 2 cups diced cooked chicken
- 1 cup chopped baby spinach
- ⅓ cup part skim Swiss cheese
- 3 oz mushrooms, chopped
½-inch pieces
- 2/3 tsp salt
- ⅛ tsp black pepper
- ½ tsp dried thyme

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 ROLL the dough out to 9-inch in diameter. Transfer it to a 7-inch pie dish.
- 3 PRESS it firmly into the bottom and sides. Then fold/crimp the overhanging dough. Prick the bottom and sides with a fork.
- 4 TRANSFER the pie crust to a cookie sheet. Cook for 12 to 15 minutes.
- 5 BEAT the eggs with milk in a large bowl, add the remaining ingredients and pour into the pie crust.
- 6 PLACE quiche on cookie sheet, cover the crust edges with foil and cook until the eggs are set and a knife inserted in center comes out clean, for 40 to 50 minutes.
- 7 LET it cool before serving. Serve with a crisp green salad on the side.

*An open-faced pastry crust with
a variety of fillings* ♡ ♡

HOT DOGS



SERVES

4



PREP TIME

5 Min



COOK TIME

7 Min

INGREDIENTS

- 4 hot dogs
- 4 hot dog buns
- 4 Tbsp grated cheese, optional

*Fast, easy, and mess free
to cook hot dog* ♡♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 390°F.
- 2 PLACE hot dogs on the baking sheet and cook for 5 minutes.
- 3 TRANSFER hot dogs to buns, add cheese if desired.
- 4 PLACE dressed hot dog into the oven, and cook for an additional 2 minutes.
- 5 SERVE with your favorite toppings.

BREAKFAST PIZZA WITH PESTO & BACON



SERVES

3



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 1 pre-made or homemade pizza crust
- $\frac{1}{3}$ - $\frac{1}{2}$ cup pesto
- 1 cup mozzarella or mixed cheese
- 4 slices of bacon, cut crosswise into $\frac{1}{2}$ inch strips
- 3 eggs
- Salt & pepper, to taste
- Fresh parsley, green onions, or chives to garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 COOK bacon until just barely crisp. Move to a paper towel lined plate.
- 3 SPREAD pizza with a thin layer of the pesto.
- 4 SPRINKLE the dough with cheese and bacon.
- 5 MAKE three little indents for your eggs, and crack each one over the top and season with a little salt and pepper.
- 6 COOK for about 12-14 minutes, until crust is golden brown and eggs are done to your liking.
- 7 REMOVE from the oven and top with parsley, green onions, or chives if using.
- 8 ALLOW to cool a minute or two before slicing and serving.

*A great on the go breakfast idea
that is packed full of protein ♡♡*



GARLIC BREAD



SERVES
4



PREP TIME
5 Min



COOK TIME
8 Min

INGREDIENTS

- 1 French baguette (12-inch), cut lengthwise & widthwise
- 4 garlic cloves, minced
- 3 Tbsp butter, room temperature
- 1 Tbsp olive oil
- 2 Tbsp Parmesan cheese, grated
- 2 Tbsp parsley, freshly chopped

Perfectly crisp edges, soft buttery center, and golden brown toasted top with fresh garlic and herbs 🍷



DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 SLICE the baguette in half lengthwise, then each piece in half widthwise, creating four slices.
- 3 COMBINE garlic, butter, freshly chopped parsley and olive oil together to form a paste.
- 4 SPREAD the paste evenly onto the bread and sprinkle with Parmesan cheese.
- 5 PLACE the bread into the preheated oven.
- 6 COOK for about 8 minutes, until golden brown.
- 7 CUT into slices and serve warm.



APPETIZERS & SNACKS

- 31 Bacon-Burger Bites
- 33 Chicken Nuggets
- 35 Cauliflower Rice Balls
- 37 Quinoa Arancini
- 39 Buffalo Chicken Egg Rolls
- 41 French Fries
- 43 Potato Wedges
- 45 Sweet Potato Fries
- 47 Onion Rings
- 49 Potato Chips
- 51 Twice Baked Potatoes
- 53 Avocado Fries
- 55 Tortilla Chips
- 57 Parmesan Crisp
- 59 Crunchy Roasted Chickpeas

BACON-BURGER BITES



SERVES

15



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 2 lbs 90% beef
- 4 oz center cut raw bacon, minced
- 2 Tbsp yellow mustard
- ½ tsp kosher salt
- ½ tsp onion powder
- ¼ tsp black pepper
- 1 head butter lettuce
- 30 cherry tomatoes
- 2-3 jalapeño sliced in 30 thin slices, optional
- 30 dill pickle chips or slices
- Ketchup, mayo and/or yellow mustard

DIRECTIONS

- 1 MIX together the beef, bacon, mustard, salt, onion powder and pepper.
- 2 FORM into 30 (golf ball size) balls.
- 3 PREHEAT the air fryer oven to 380°F.
- 4 ARRANGE burgers in a single layer.
- 5 COOK to your desired doneness, 8 to 10 minutes for medium.
- 6 PLACE each burger on a skewers with lettuce, pickles and tomatoes and serve with dipping sauces.

*A great low-carb appetizer. perfect for
the Super Bowl 🍷❤️*





CHICKEN NUGGETS



SERVES

4



PREP TIME

5 Min



COOK TIME

15 Min

INGREDIENTS

- 16 oz 2 large skinless boneless chicken breasts, cut into even 1-inch bite sized pieces
- ½ tsp kosher salt and black pepper, to taste
- 2 tsp olive oil
- 6 Tbsp seasoned bread crumbs
- 2 Tbsp panko
- 2 Tbsp grated parmesan cheese
- Olive oil spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 PUT the olive oil in one bowl and the bread crumbs, panko and parmesan cheese in another.
- 3 SEASON chicken with salt and pepper, then put in the bowl with the olive oil and mix well.
- 4 PUT a few chunks of chicken at a time into the bread crumb mixture to coat, then on a baking sheet.
- 5 SPRAY the top with olive oil spray
- 6 COOK for 15 minutes, turning halfway until golden.

Juicy and tender inside with a nice crispy crust ♡ 0 ♡

CAULIFLOWER RICE BALLS



SERVES

2



PREP TIME

5 Min



COOK TIME

20 Min

INGREDIENTS

- 1 Italian chicken sausage (2¾ oz)
- 2¼ cups riced cauliflower
- ¼ tsp kosher salt
- 2 Tbsp homemade marinara, optional more for serving
- ½ cup part skim shredded mozzarella
- 1 large egg, beaten
- ¼ cup bread crumbs
- 1 Tbsp grated Pecorino Romano or parmesan
- Cooking spray

DIRECTIONS

- 1 COOK the sausage over medium-high heat, about 4 to 5 minutes.
- 2 ADD the cauliflower, salt and marinara and cook 6 minutes on medium heat, until tender and heated through.
- 3 REMOVE from heat and add mozzarella and stir well. Let it cool 3 to 4 minutes.
- 4 SCOOP out into your palm and roll into a ball. Set aside on a dish. Repeat.
- 5 PREHEAT the air fryer oven to 380°F.
- 6 PLACE the egg in one bowl and the bread crumbs in another.
- 7 ADD the parmesan to the crumbs and mix.
- 8 DIP the ball in the egg, then in the crumbs and transfer to a baking sheet.
- 9 COOK for 20 minutes, until golden.
- 10 SERVE with marinara sauce, for dipping.

*Lower in carbs with cauliflower
in place of rice* ♡♡





QUINOA ARANCINI



SERVES

3



PREP TIME

15 Min



COOK TIME

10 Min

INGREDIENTS

- 9 oz ready-to-serve quinoa or 1- $\frac{3}{4}$ cups cooked quinoa
- 2 large eggs, lightly beaten, divided
- 1 cup seasoned bread crumbs, divided
- $\frac{1}{4}$ cup shredded Parmesan cheese
- 1 Tbsp olive oil
- 2 Tbsp minced fresh basil or 2 tsp dried basil
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- 6 cubes part-skim mozzarella cheese ($\frac{3}{4}$ inch each)
- Cooking spray
- Warmed pasta sauce, optional

DIRECTIONS

- 1 PREHEAT the air fryer oven to 375°F.
- 2 PREPARE quinoa according to package directions. Stir in 1 egg, $\frac{1}{2}$ cup bread crumbs, Parmesan cheese, oil, basil and seasonings.
- 3 DIVIDE into 6 portions. Shape each portion around a cheese cube to cover completely, forming a ball.
- 4 PLACE remaining egg and $\frac{1}{2}$ cup bread crumbs in separate shallow bowls.
- 5 DIP quinoa balls in egg, then roll in bread crumbs.
- 6 PLACE on a greased baking sheet. Spritz with cooking spray.
- 7 COOK until golden brown, 8 to 10 minutes. If desired, serve with pasta sauce.

A healthy appetizer made with protein-rich quinoa and melty cheese



BUFFALO CHICKEN EGG ROLLS



SERVES

6



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

- 2 cup cooked and shredded chicken (12 oz total)
- 2 oz $\frac{1}{3}$ less fat cream cheese, softened
- $\frac{1}{2}$ cup Frank's Red Hot Sauce
- $\frac{1}{2}$ cup crumbled blue cheese
- $\frac{1}{3}$ cup shredded carrots, chopped
- $\frac{1}{3}$ cup chopped scallions
- 12 egg roll wrappers
- Olive oil spray
- Blue cheese dressing for serving

DIRECTIONS

- 1 PREHEAT the air fryer oven to 370°F.
- 2 COMBINE the cream cheese and hot sauce together until smooth. Add chicken, blue cheese, carrots and scallions and mix well.
- 3 LAY egg roll wrappers on a clean work surface.
- 4 SPOON 3 tablespoons of the mixture onto the bottom third of the wrapper.
- 5 WET your finger and run it along the wrapper edges. Lift the point nearest you and wrap it around the filling.
- 6 FOLD the left and right corners in toward the center and continue to roll into a tight cylinder.
- 7 SET aside and repeat with remaining wrappers and filling.
- 8 TRANSFER to the baking sheet and spray each roll evenly with cooking spray.
- 9 COOK until browned and crisp, about 12 to 15 minutes.

Spicy, creamy, crispy and perfect appetizer for game night or any night





FRENCH FRIES



SERVES

2



PREP TIME

10 Min



COOK TIME

20 Min

INGREDIENTS

- 2 medium potatoes, 12 oz, washed and dried
- 2 tsp olive oil
- ¼ tsp kosher salt
- ¼ tsp garlic powder
- Fresh cracked black pepper, to taste
- Cooking spray
- Grated Parmesan cheese, optional

DIRECTIONS

- 1 SLICE each potato into even ¼-inch thick fries.
- 2 COVER potatoes with water and let soak for 5 minutes to release excess starches.
- 3 DRAIN and cover with boiling water. Let sit for 10 minutes.
- 4 DRAIN potatoes and transfer onto some paper towels. Blot off the excess water and let cool completely, at least 10 minutes.
- 5 PREHEAT the air fryer oven to 380°F.
- 6 TOSS the potatoes and oil in a medium bowl. Season with salt, garlic powder and black pepper to taste, toss to coat.
- 7 PLACE in a single layer without overlapping or crowding.
- 8 COOK for 20 to 25 minutes, until golden brown and crisp. Serve with your favorite dipping sauce.

*Easy to make and seriously addictive
fries in minutes 😊*

POTATO WEDGES



SERVES

4



PREP TIME

5 Min



COOK TIME

25 Min

INGREDIENTS

- 2 medium Russet potatoes, cut into wedges
- 1 ½ Tbsp olive oil
- ½ tsp paprika
- ½ tsp parsley flakes
- ½ tsp chili powder
- ½ tsp sea salt
- ⅛ tsp ground black pepper
- Ketchup or ranch, for serving

*Perfectly crisp and seasoned
easy side dish or snack* 🍷❤️



DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 CUT the potatoes into 4-inch long wedges
- 3 COAT the potatoes in olive oil and toss with paprika, parsley, chili, salt, and pepper until well coated.
- 4 PLACE the wedges in a single layer without overlapping or crowding.
- 5 COOK for 20 to 25 minutes, until crisp.
- 6 SERVE with ketchup or ranch.

SWEET POTATO FRIES



SERVES
2



PREP TIME
10 Min



COOK TIME
15 Min

INGREDIENTS

- 2 medium peeled sweet potatoes, 12 oz total
- 2 tsp olive oil
- ½ tsp kosher salt
- ½ tsp garlic powder
- ¼ tsp sweet paprika
- Fresh black pepper, to taste

Healthy, legitcrispy, easy to make and full of flavor ♡ ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SLICE each sweet potato into even ¼-inch thick fries.
- 3 TOSS the potatoes with oil, salt, garlic powder, black pepper and paprika.
- 4 PLACE in a single layer without overlapping or crowding.
- 5 COOK for 12 to 15 minutes, until browned and crisp. Serve with your favorite dipping sauce.

ONION RINGS



SERVES

2



PREP TIME

10 Min



COOK TIME

20 Min

INGREDIENTS

- 1 small white onion, sliced into ½-inch thick & separated into rings
- 1 cup panko bread crumbs
- 1 tsp smoked paprika
- 1 tsp salt
- 2 eggs
- 1 cup buttermilk
- ½ cup all-purpose flour
- Cooking spray

DIRECTIONS

- 1 SLICE the onion into ½-inch thick rounds and separate into rings.
- 2 COMBINE the bread crumbs, paprika, and salt in a bowl. Set aside.
- 3 WHISK the eggs and buttermilk together until fully mixed.
- 4 PAT dry the onion rings with paper towels to remove excessive moisture.
- 5 DREDGE each onion ring into the flour, then dip in the beaten eggs, and then the bread crumb mixture.
- 6 PREHEAT the air fryer oven to 370°F.
- 7 SPRAY the onion rings with cooking spray.
- 8 PLACE in a single layer and cook for 10 minutes until golden brown.
- 9 SERVE with your favorite dipping sauce.

*Incredibly crispy and crave-worthy
without any extra fat and calories* ♡♡





POTATO CHIPS



SERVES

4



PREP TIME

40 Min



COOK TIME

15 Min

INGREDIENTS

- 2 liters water
- 1 Tbsp salt
- 2 large potatoes, thinly sliced
- 1 Tbsp olive oil
- Salt & pepper, to taste

DIRECTIONS

- 1 MIX the water and salt until the salt dissolves.
- 2 SLICE the potatoes thinly using a mandolin or vegetable peeler.
- 3 SOAK the potatoes in the salt water for 30 minutes.
- 4 DRAIN the potatoes and pat dry.
- 5 PREHEAT the air fryer oven to 380°F.
- 6 COAT the potato slices with olive oil.
- 7 PLACE in a single layer without overlapping or crowding.
- 8 COOK for 15 minutes, until crisp.
- 9 SEASON with salt and pepper when serving.

*Crispy, crunchy, addictive and
actually pretty healthy 😊😊*

TWICE BAKED POTATOES



SERVES

2



PREP TIME

10 Min



COOK TIME

1 Hour

INGREDIENTS

- 4 russet potatoes, scrubbed
- 1 cup shredded cheese
- ¼ cup sour cream or Greek yogurt
- ¼ cup buttermilk
- 4 Tbsp unsalted butter room temperature
- 2-4 medium scallions thinly sliced, divided
- 4 strips bacon cut into ¼-inch lardons, cooked crisp, divided
- Kosher salt
- Freshly ground black pepper
- Minced fresh parsley thyme, cilantro, chives for garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 400°F.
- 2 RUB each potato with oil and sprinkle with salt & black pepper.
- 3 COOK the potatoes until fork tender, 45 minutes to 1 hour.
- 4 CUT the potatoes in half crosswise.
- 5 SCOOP out the potato flesh into a medium-large mixing bowl. Leave a ⅛ inch thickness of flesh in each shell.
- 6 MASH together half the cheese, sour cream, buttermilk, half the butter, half the scallions, half the bacon lardons to the potato flesh until smooth. Season with salt & pepper and mix together.
- 7 FILL the potato shells with the mashed potato mixture and top with remaining cheese, scallions, bacon lardons and butter.
- 8 COOK until the cheese has melted and little crispy on top, about 5-10 minutes.

*Cheesy mashed potatoes stuffed into
crisp, buttery potato skins* ♡ ♡





AVOCADO FRIES



SERVES

4



PREP TIME

15 Min



COOK TIME

8 Min

INGREDIENTS

Avocado:

- 8 oz 2 small avocados, peeled, pitted and cut into 16 wedges
- 1 large egg, lightly beaten
- ¾ cup panko bread crumbs
- 1 ¼ tsp lime chili seasoning salt

Dipping Sauce:

- ¼ cup Greek Yogurt
- 3 Tbsp light mayonnaise
- 2 tsp fresh lime juice
- ½ tsp lime chili seasoning salt
- ⅛ tsp kosher salt

DIRECTIONS

- 1 COMBINE sauce ingredients and refrigerate until ready to cook.
- 2 PREHEAT the air fryer oven to 390°F.
- 3 PLACE egg in a shallow bowl. Combine panko with 1 teaspoon Tajin salt on another plate.
- 4 SEASON avocado wedges with ¼ teaspoon Tajin salt. Dip each piece first in egg, and then in panko.
- 5 PLACE in a single layer. Spray both sides with oil.
- 6 COOK for 7 to 8 minutes, until golden brown.
- 7 SERVE hot with dipping sauce.

Perfectly crispy on the outside with a creamy inside 😊

TORTILLA CHIPS



SERVES
3



PREP TIME
2 Min



COOK TIME
8 Min

INGREDIENTS

- 3 corn tortillas (6-inch), cut into 8 pieces each
- 1 Tbsp olive oil
- ½ tsp salt
- Salsa, for serving

*Perfectly fresh and crunchy
homemade tortilla chips with
just 3 ingredients ♡ ♡*



DIRECTIONS

- 1 PREHEAT the air fryer oven to 300°F.
- 2 CUT the tortillas in half, then each half into quarters, making a total of 8 pieces per tortilla.
- 3 TOSS the tortillas in the olive oil and salt until all the chips are well coated.
- 4 PLACE the tortillas chips in a single layer on the baking sheet.
- 5 COOK until browned and crisp, about 8 minutes.
- 6 SERVE with salsa.

PARMESAN CRISP



SERVES

3



PREP TIME

15 Min



COOK TIME

10 Min

INGREDIENTS

- ½ cup freshly grated Parmesan, using the large holes of a box grater
- ¾ tsp sesame seeds
- ¾ tsp minced dried onion flakes
- ¾ tsp minced dried garlic flakes
- ¾ tsp poppy seeds

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 POUR 2 tablespoon of grated cheese onto a silicone lined baking sheet and lightly pat down with your fingers to make about 4-inch round.
- 3 REPEAT with remaining cheese, leaving ½-inch space in between each circle.
- 4 COOK for 3 minutes, until almost done.
- 5 COMBINE the sesame seeds, onion, garlic and poppy seeds in a small bowl.
- 6 TOP each with ¾ teaspoon mixture.
- 7 COOK for 5 minutes or until golden and crisp. Cool before eating.

Salty, crunchy, addictive and magical low-carb snack 🍷❤️





CRUNCHY ROASTED CHICKPEAS



SERVES

8



PREP TIME

10 Min



COOK TIME

25 Min

INGREDIENTS

- 1 can (15 oz) chickpeas
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp ground coriander
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ to 1 Tbsp olive oil

DIRECTIONS

- 1 PREHEAT the air fryer oven to 375°F.
- 2 PAT the chickpeas with paper towels and let stand to dry completely.
- 3 MIX together cumin, paprika, garlic powder, sea salt, onion powder and pepper in a small bowl. Set aside.
- 4 COOK dried chickpeas on the baking sheet until crunchy all the way through, about 15 minutes.
- 5 REMOVE the chickpeas and drizzle ½ tablespoon olive oil over the chickpeas, stirring until evenly coated.
- 6 TOSS with the spices until evenly coated.
- 7 COOK for 10 more minutes, until desired crispiness is achieved.

*Easy, flavorful and healthy
snack or salad topper ♡ ♡*



POULTRY

- 63 Juicy Chicken Breasts
- 65 Herbed Buttermilk Chicken Breast
- 67 Turkey Breast
- 69 Grilled Chicken with Spinach
- 71 Broccoli and Cheese Stuffed Chicken
- 73 Chicken Milanese with Arugula
- 75 Buttermilk Roast Chicken
- 77 Chicken Wings
- 79 Buffalo Wings
- 81 Garlic Parmesan Chicken Wings
- 83 Crumbed Chicken Tenders
- 85 Buffalo Chicken Tenders
- 87 Southern Fried Chicken
- 89 Crispy Curry Drumsticks
- 91 Roasted Chicken Thighs
- 93 Turkey Pot Pie Empanadas
- 95 Jalapeño Popper Stuffed Chicken
- 97 Chicken Parmesan

JUICY CHICKEN BREASTS



SERVES

4



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 4 boneless chicken breasts, about 6 oz each
- Kosher salt
- Olive oil spray
- ¾ tsp garlic powder
- ¾ tsp onion powder
- ½ tsp dried parsley
- ½ tsp smoked paprika
- ⅛ cayenne pepper

DIRECTIONS

- 1 POUND the chicken to make both sides leveled out for even cook.
- 2 FILL a large bowl with 6 cups of lukewarm water and add ¼ cup kosher salt.
- 3 ADD the chicken breasts to the water and refrigerate at least 1 to 1.5 hours to brine.
- 4 REMOVE from water, pat dry and discard the water.
- 5 COMBINE ¾ teaspoon salt with the remaining spices in a small bowl.
- 6 SPRAY the chicken with oil and rub all over, then rub the spice mix over the chicken.
- 7 PREHEAT the air fryer oven to 380°F.
- 8 PLACE the chicken on the greased baking sheet and cook, turning halfway until browned and cooked through, about 10 minutes.

Forget dry chicken with this easy recipe for tender and flavorful chicken breasts ♡ ♡





HERBED BUTTERMILK CHICKEN BREAST



SERVES

2



PREP TIME

30 Min



COOK TIME

55 Min

INGREDIENTS

- 1 large bone-in skin-on split chicken breast
- 1 cup 1% buttermilk
- 1 ½ tsp dried parsley
- 1 ½ tsp chives
- ¾ tsp kosher salt
- ½ tsp dried dill
- ½ tsp onion powder
- ¼ tsp garlic powder
- Olive oil spray

DIRECTIONS

- 1 PLACE the chicken in a bowl and cover with buttermilk over.
- 2 SET aside for at least 20 minutes or refrigerated up to 4 hours.
- 3 PREHEAT the air fryer oven to 300°F.
- 4 COMBINE the remaining spices in a bowl.
- 5 REMOVE the chicken from the buttermilk, then place skin side up into the oven.
- 6 SPRINKLE the seasoning mix over the top and let it stand for 5 minutes.
- 7 SPRAY the top with oil. Cook at 300°F for 10 minutes then 350°F for 30 to 35 minutes.
- 8 TRANSFER to a cutting board, and cut into thick slices for serving.

Perfectly juicy chicken brined in buttermilk and seasoned with a mix of herbs and spices ♡ ♡

TURKEY BREAST



SERVES

10



PREP TIME

5 Min



COOK TIME

55 Min

INGREDIENTS

- 4 lbs turkey breast, on the bone with skin (ribs removed)
- 1 tsp olive oil
- 2 tsp kosher salt
- ½ Tbsp dry turkey or poultry seasoning

DIRECTIONS

- 1 RUB ½ tablespoon of oil all over the turkey breast.
- 2 SEASON both sides with salt and turkey seasoning.
- 3 RUB in the remaining half tablespoon of oil over the skin side.
- 4 PREHEAT the air fryer oven to 350°F.
- 5 COOK skin side down for 20 minutes.
- 6 TURN over and cook for about 30 to 40 minutes more depending on the size of the breast
- 7 TRANSFER to a cutting board, and carve for serving.

Moist and juicy and perfectly cooked with a beautiful deep golden brown skin





GRILLED CHICKEN WITH SPINACH



SERVES

6



PREP TIME

2 Min



COOK TIME

15 Min

INGREDIENTS

- 3 large chicken breasts (24 oz) sliced in half lengthwise
- Kosher salt & pepper, to taste
- 1 tsp olive oil
- 3 cloves garlic, crushed
- 10 oz frozen spinach, drained
- 3 oz shredded part skim mozzarella
- ½ cup roasted red pepper, sliced in strips
- Olive oil spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SEASON the chicken with salt and pepper. Lightly spray a grill with oil. Cook chicken for about 2 to 3 minutes per side.
- 3 HEAT a skillet over medium heat. Add oil and garlic, sauté a 30 seconds, add spinach, salt and pepper. Cook until heated through, 2 to 3 minutes.
- 4 PLACE chicken on a baking sheet, divide spinach evenly between the 6 pieces and place on top.
- 5 TOP each with ½ oz mozzarella, roasted peppers and bake until melted, about 3 minutes.

A quick and easy chicken dish topped with spinach, mozzarella and roasted peppers ♡ ♡

BROCCOLI AND CHEESE STUFFED CHICKEN



SERVES

4



PREP TIME

10 Min



COOK TIME

25 Min

INGREDIENTS

- 2 cups finely chopped broccoli floret
- 8 thin chicken breast cutlets, about 3 to 4 oz each
- 1 large egg
- 2 tsp water
- ¾ cup seasoned bread crumbs
- 4 slices cheddar cheese, cut in half 3 oz
- ¾ tsp kosher salt
- Olive oil spray
- Toothpicks

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 COOK broccoli until soft. Drain and season with ¼ teaspoon salt.
- 3 COMBINE egg, water and a little salt in a small bowl and beat with a fork, set aside. Fill a second bowl with bread crumbs.
- 4 POUND the chicken ¼-inch thin with wax paper and a mallet. Season both sides with ½ teaspoon salt.
- 5 PLACE a ½ slice cheese in the center and top with 2 tablespoons broccoli.
- 6 ROLL the chicken around to completely cover cheese, using toothpicks to secure.
- 7 DIP chicken into egg wash, then bread crumbs and transfer to the baking sheet.
- 8 SPRAY both sides with oil and cook for about 25 minutes, until cooked. Remove toothpicks before enjoying.

Juicy, tender stuffed chicken with a fantastic crisp exterior 😊





CHICKEN MILANESE WITH ARUGULA



SERVES

4



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

- 2 boneless, skinless chicken breasts, 16 oz total
- $\frac{3}{4}$ tsp kosher salt
- Freshly ground black pepper
- $\frac{1}{2}$ cup seasoned whole wheat bread crumbs
- 2 Tbsp grated Parmesan cheese
- 1 large egg, beaten
- Olive oil spray
- 6 cups baby arugula
- 3 lemons, cut into wedges

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 CUT chicken into 4 cutlets and pound out to $\frac{1}{4}$ -inch thick.
- 3 SPRINKLE both sides with salt and pepper.
- 4 BEAT the egg and 1 teaspoon of water together in a shallow plate.
- 5 COMBINE bread crumbs and parmesan cheese in a shallow bowl.
- 6 DIP chicken into egg wash, then bread crumbs and transfer to the baking sheet.
- 7 SPRAY both sides with oil and cook for about 15 minutes, until golden and cooked through.

Crisp, golden, delicious chicken Milanese with baby arugula and lemon wedges 😊

BUTTERMILK ROAST CHICKEN



SERVES

4



PREP TIME

12 Hour



COOK TIME

30 Min

INGREDIENTS

- 3 lbs trimmed whole chicken
- Kosher salt
- 1 pint 1% buttermilk

DIRECTIONS

- 1 SEASON the chicken with 2 teaspoons kosher salt and let it sit for 30 minutes. Tightly tie together the legs.
- 2 PLACE the chicken in a large mixing bowl and pour in the buttermilk. Cover tight and refrigerate overnight.
- 3 REMOVE the chicken from the fridge an hour before cooking, then remove from the buttermilk shaking excess and discarding.
- 4 PREHEAT the air fryer oven to 380°F. Transfer the chicken to the baking sheet with belly side down. Season with 1 teaspoon salt.
- 5 COOK for about 30 minutes until golden and crisp all over and the juices run clear.
- 6 TRANSFER to a platter when done and let it rest for 10 minutes before carving and serving.

*Unbelievably juicy and delicious
with just 3 ingredients* ♡ ♡ ♡





CHICKEN WINGS



SERVES

4



PREP TIME

5 Min



COOK TIME

20 Min

INGREDIENTS

- 1 lb chicken wings
- 1 chicken bouillon cube, reduced sodium
- 1 Tbsp granulated garlic
- 1 Tbsp salt-free garlic and herb seasoning blend
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tsp Old Bay seasoning, less sodium
- 1 tsp onion powder
- ½ tsp dried oregano
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 COMBINE seasonings in a bowl and mix well.
- 3 SEASON the chicken wings with half of the seasoning blend and spray liberally with cooking spray.
- 4 PLACE the chicken wings on the baking sheet.
- 5 COOK until evenly browned, about 20 minutes.
- 6 TRANSFER to a bowl and sprinkle with the other half of the seasoning until well coated.

*Crisp on the outside and perfectly
tender on the inside ♡♡*

BUFFALO WINGS



SERVES

9



PREP TIME

5 Min



COOK TIME


25 Min

INGREDIENTS

- 3 lbs about 18 chicken wings
- ½ cup + 2 Tbsp Franks hot sauce
- ¼ cup white vinegar
- 2 Tbsp oregano
- 4 tsp paprika
- 1 Tbsp garlic powder
- 1 Tbsp chili powder
- Salt & fresh pepper, to taste
- 2 celery stalks, sliced into strips
- 2 carrots, peeled and sliced into strips
- Low fat blue cheese dressing

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 COMBINE chicken, 2 tablespoons hot sauce, vinegar, oregano, paprika, garlic powder, chili powder salt and pepper in a large bowl.
- 3 MIX well and let marinate for 30 minutes.
- 4 PLACE the chicken on the baking sheet. Cook for about 25 minutes.
- 5 HEAT the remaining hot sauce until warm.
- 6 TOSS the hot sauce with the chicken and arrange on a platter.
- 7 SERVE with celery and carrot strips and blue cheese dressing or dipping.

Ultra crispy chicken wings tossed in classic buffalo sauce 





GARLIC PARMESAN CHICKEN WINGS



SERVES

4



PREP TIME

20 Min



COOK TIME

30 Min

INGREDIENTS

- 2 lbs chicken wings
- 1 ½ quarts cold water
- 1/6 cup balsamic vinegar
- 2 Tbsp cup salt
- ½ bay leaf
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp dried rosemary
- 4 cloves garlic, minced
- 1 pinch salt
- 1 ½ Tbsp olive oil
- ½ Tbsp freshly ground black pepper
- 1 tsp red pepper flakes, or to taste
- 1 Tbsp fine bread crumbs
- 1 cup finely grated Parmesan cheese, divided
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 COMBINE water, vinegar, ¼ cup salt, bay leaf, thyme, oregano, and rosemary in a large stockpot and bring to a boil.
- 3 ADD chicken wings, return to a boil, and cook for 10 minutes. Allow to dry for 15 minutes.
- 4 MASH garlic and a pinch of salt together in a mortar and pestle until smooth.
- 5 COMBINE mashed garlic, olive oil, black pepper, and red pepper flakes in a large bowl.
- 6 TOSS the chicken wings with the mixture. Sprinkle with bread crumbs and ½ cup Parmesan cheese.
- 7 TRANSFER to the baking sheet and sprinkle with remaining ½ cup Parmesan cheese.
- 8 COOK until browned, 20 to 25 minutes.

*Deliciously crispy chicken wings
that burst with flavor in every bite*



CRUMBED CHICKEN TENDERS



SERVES

4



PREP TIME

15 Min



COOK TIME

12 Min

INGREDIENTS

- 1 egg
- ½ cup dry bread crumbs
- 2 Tbsp vegetable oil
- 8 chicken tenderloins
- ½ teaspoon kosher salt and black pepper, to taste

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 WHISK egg in a small bowl.
- 3 MIX bread crumbs and oil together in a second bowl until mixture becomes loose and crumbly.
- 4 SEASON chicken with salt and pepper.
- 5 DIP each chicken tenderloin into the bowl of egg. Shake off any residual egg.
- 6 DIP chicken into the crumb mixture, making sure it is evenly and fully covered.
- 7 PLACE the tenderloins on the baking sheet.
- 8 COOK for about 12 minutes, until cooked through and crisp. Serve immediately.

Golden and juicy, easy to make and perfect for weeknight cooking 😊





BUFFALO CHICKEN TENDERS



SERVES

4



PREP TIME

20 Min



COOK TIME

15 Min

INGREDIENTS

- 1 lb skinless, boneless chicken breasts, cut into 1-inch strips
- ½ cup Greek yogurt
- 1 large egg, beaten
- 1 Tbsp + 1 tsp hot sauce
- 1 cup panko bread crumbs
- 1 Tbsp sweet paprika
- 1 Tbsp garlic pepper seasoning
- 1 Tbsp cayenne pepper

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 WHISK Greek yogurt, egg, and 1 tablespoon plus 1 teaspoon hot sauce in a bowl.
- 3 MIX panko bread crumbs, paprika, garlic pepper, and cayenne pepper in a separate bowl.
- 4 DIP chicken strips into yogurt mixture, then coat with panko bread crumb mixture.
- 5 ARRANGE coated chicken strips in a single layer, spritz with cooking spray.
- 6 COOK until evenly browned, about 15 minutes. Serve with dipping sauce.

Delicious, crispy and packed with flavor for a great dinner or game time snack 😊

SOUTHERN FRIED CHICKEN



SERVES
6



PREP TIME
15 Min



COOK TIME
25 Min

INGREDIENTS

- 2 cups crushed Ritz crackers
- 1 Tbsp minced fresh parsley
- 1 tsp garlic salt
- 1 tsp paprika
- ½ tsp pepper
- ¼ tsp ground cumin
- ¼ tsp rubbed sage
- 1 large egg, beaten
- 1 broiler/fryer chicken (3 to 4 lbs), cut up
- Cooking spray

A flavorful crispy breading on the outside with a tender and moist center ♡ ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 MIX the crackers, parsley, salt, paprika, pepper, cumin and sage in a shallow bowl.
- 3 PLACE egg in a separate shallow bowl.
- 4 DIP chicken in egg, then in cracker mixture, patting to help coating adhere.
- 5 ARRANGE chicken in a single layer, spritz with cooking spray.
- 6 COOK until golden brown and juices run clear, about 22 to 25 minutes. Serve immediately.

CRISPY CURRY DRUMSTICKS



SERVES

4



PREP TIME

35 Min



COOK TIME

20 Min

INGREDIENTS

- 1 lb chicken drumsticks
- ¾ tsp salt, divided
- 2 Tbsp olive oil
- 2 tsp curry powder
- ½ tsp onion salt
- ½ tsp garlic powder
- Minced fresh cilantro, optional

DIRECTIONS

- 1 PLACE chicken in a large bowl with enough water to cover.
- 2 ADD ½ teaspoon salt, let stand for 15 minutes at room temperature. Drain and pat dry.
- 3 PREHEAT the air fryer oven to 380°F.
- 4 MIX oil, curry powder, onion salt, garlic powder and remaining ¼ teaspoon salt in another bowl.
- 5 ADD chicken and toss to coat.
- 6 PLACE chicken in a single layer on the greased baking sheet.
- 7 COOK until a thermometer inserted in chicken reads 170°F-175°F, 18-20 minutes, turning halfway.
- 8 SPRINKLE with cilantro, if desired.

Flavorful, crispy on the outside and juicy on the inside 😊





ROASTED CHICKEN THIGHS



SERVES

4



PREP TIME

10 Min



COOK TIME

20 Min

INGREDIENTS

- 4 skin-on, boneless chicken thighs
- 2 tsp extra-virgin olive oil
- 1 tsp smoked paprika
- ¾ tsp garlic powder
- ½ tsp salt
- ½ tsp ground black pepper

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 PAT chicken thighs dry with a paper towel and brush the skin-side with oil.
- 3 PLACE chicken thighs, skin-side down, in a single layer on a plate.
- 4 COMBINE smoked paprika, garlic powder, salt, and pepper in a bowl and sprinkle half the seasoning mixture evenly over the 4 chicken thighs.
- 5 TURN thighs over and evenly sprinkle remaining seasoning mixture on top.
- 6 PLACE chicken thighs in a single layer on the greased baking sheet, skin-side up.
- 7 COOK until chicken is brown and juices run clear, about 18 minutes.

*Perfectly seasoned tender juicy thighs
and deliciously crispy skin* ♡ ♡

TURKEY POT PIE EMPANADAS



SERVES

10



PREP TIME

10 Min



COOK TIME

30 Min

INGREDIENTS

- 1 tsp unsalted butter
- ¼ cup chopped onion
- ¼ cup chopped celery
- 2 Tbsp chopped fresh parsley
- 1 clove garlic, minced
- 1 Tbsp corn starch
- ½ cup chicken or turkey broth
- 1 ¼ cups leftover shredded cooked turkey breast, 5 oz
- ¾ cup peas and carrots
- ¾ tsp kosher salt
- ⅛ tsp ground black pepper
- ½ tsp dried thyme
- 10 frozen Goya Empanada Discos, for baking, thawed
- Cooking spray
- 1 large egg, whisked

DIRECTIONS

- 1 MELT butter over medium heat. Add onion, celery, and parsley cooking until onions are translucent. Add minced garlic.
- 2 MIX the broth and cornstarch.
- 3 ADD the turkey, peas and carrots, ¾ teaspoon salt, pepper, thyme and broth, stir and cook medium heat, until thickened and heated through, 2-3 minutes.
- 4 PLACE 2 tablespoon of the turkey mixture in the center of each disc. Brush the egg wash on the outer edges.
- 5 FOLD the disc over and use a fork to seal the edges.
- 6 PREHEAT the air fryer oven to 380°F.
- 7 BRUSH the egg wash over the empanadas.
- 8 COOK for 26 to 30 minutes, until golden.

A delicious way to use up your leftover Thanksgiving turkey 😊





JALAPEÑO POPPER STUFFED CHICKEN



SERVES

4



PREP TIME

15 Min



COOK TIME

25 Min

INGREDIENTS

- 2 slices center cut bacon, cooked and crumbled
- 3 jalapeños, chopped (remove seeds for milder)
- 3 oz $\frac{1}{3}$ less fat cream cheese, softened
- 4 oz reduced fat shredded cheddar jack, Sargento
- 2 Tbsp chopped scallions
- 8 thin sliced skinless chicken breast cutlets, 3 oz each
- $\frac{1}{2}$ cup Italian seasoned whole wheat bread crumbs
- 1 $\frac{1}{2}$ juicy limes
- 1 Tbsp olive oil
- Salt and fresh pepper
- Olive oil spray

DIRECTIONS

- 1 SEASON chicken cutlets with salt and pepper.
- 2 PREHEAT the air fryer oven to 380°F.
- 3 COMBINE cream cheese, cheddar, scallions, jalapeño and bacon crumbles in a bowl.
- 4 LAY chicken cutlets on a surface and spread 2 tablespoons of cheese mixture on each.
- 5 ROLL each one, secure the ends with toothpicks.
- 6 PLACE bread crumbs in a bowl. In a second bowl combine olive oil, lime juice, salt and pepper.
- 7 DIP chicken in lime-oil mixture, then in bread crumbs and place seam side down on a greased baking sheet. Repeat.
- 8 SPRAY the top of the chicken with oil spray.
- 9 COOK for 22-25 minutes, serve immediately.

Flavor bomb chicken with crunchy coating and creamy jalapeño filling ♡ ♡

CHICKEN PARMESAN



SERVES

4



PREP TIME

5 Min



COOK TIME

12 Min

INGREDIENTS

- 2 chicken breast (8 oz each), sliced in half to make 4 thinner cutlets
- 6 Tbsp seasoned bread crumbs, 2 Tbsp grated Parmesan cheese
- 1 Tbsp butter, melted (or olive oil)
- 6 Tbsp mozzarella cheese
- ½ cup marinara
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 360°F.
- 2 COMBINE bread crumbs and parmesan cheese in a bowl. Melt the butter in another bowl.
- 3 BRUSH the butter onto the chicken, then dip into bread crumb mixture.
- 4 PLACE the cutlets on the greased baking sheet and spray the top with oil.
- 5 COOK for 5 minutes, turn and top each with 2 tablespoons sauce and 1 ½ tablespoons of shredded mozzarella cheese.
- 6 COOK for 3 more minutes or until cheese is melted, serve immediately.

Super crispy, flavorful and delicious chicken parmesan topped with mozzarella





BEEF, PORK & LAMB

- 101 Marinated Flank Steak
- 103 Filet Mignon for Two
- 105 Herb Butter Ribeye Steak
- 107 Roasted Rack of Lamb
- 109 Za'atar Lamb Chops
- 111 Baby Back Ribs
- 113 Crispy Breaded Pork Chops
- 115 Fried Pork Chops
- 117 Meatloaf
- 119 Italian Meatballs
- 121 Bacon Wrapped Chicken Bites
- 123 Beef Empanadas
- 125 Pepperoni Pizza
- 127 Scotch Eggs



MARINATED FLANK STEAK



SERVES

4



PREP TIME

12 Hour



COOK TIME

12 Min

INGREDIENTS

- 4 Tbsp reduced-sodium soy sauce
- 2 Tbsp toasted sesame oil
- 2 Tbsp toasted sugar
- 1 Tbsp grated fresh ginger
- 1 shallot, minced
- 1 garlic clove, minced
- ¼ tsp crushed red pepper flakes
- 1½ lbs flank steak
- 1 scallion, thinly sliced
- Toasted sesame seeds

DIRECTIONS

- 1 COMBINE the soy sauce, sesame oil, sugar, ginger, shallot, garlic and pepper flakes in a bowl.
- 2 MIX until the sugar dissolves.
- 3 ADD the steak and massage the marinade into the meat.
- 4 COVER with plastic and refrigerate over night.
- 5 PREHEAT the air fryer oven to 400°F.
- 6 REMOVE the steak from the marinade, then place into the oven.
- 7 COOK for 12 minutes for medium rare, or until it reaches your desired doneness.
- 8 LET rest for 5 minutes. Serve topped with the scallion and sesame seeds.

*Melting-in-your-mouth delicious cut
Benefiting from marinating overnight*

FILET MIGNON FOR TWO



SERVES

2



PREP TIME

5 Min



COOK TIME


15 Min

INGREDIENTS

- 2 (6 oz) beef tenderloin filet mignon steaks, trimmed of fat
- Olive oil spray
- Kosher salt
- Fresh cracked pepper

DIRECTIONS

- 1 LET the steak rest to room temperature at least 30 minutes before ready to cook.
- 2 PREHEAT the air fryer oven to 400°F.
- 3 SPRAY lightly all over with oil, then season both side with kosher salt and black pepper.
- 4 HEAT the skillet over high heat when the oven is ready.
- 5 ADD the steak when hot and cook, without moving for 2½ minutes. Turn over and cook an additional 2 to 2½ minutes.
- 6 SEAR the sides for about 1 minute so it's browned all over.
- 7 PLACE into the oven for about 4 to 5 minutes, then check with the thermometer inserted into the side of the steak.
- 8 REMOVE when the steak reads 125° F for Medium Rare, or 130° F for medium.
- 9 LET rest for 5 to 10 minutes before serving.

*Most tender cut perfect for a
delectable date-night dinner* 





HERB BUTTER RIBEYE STEAK



SERVES

2



PREP TIME

30 Min



COOK TIME

12 Min

INGREDIENTS

- 24 Tbsp butter, softened
- 2 cloves garlic, minced
- 2 tsp freshly chopped parsley
- 1 tsp freshly chopped chives
- 1 tsp freshly chopped thyme
- 1 tsp freshly chopped rosemary
- 1 (2 lb) bone-in ribeye
- Kosher salt
- Freshly ground black pepper

DIRECTIONS

- 1 COMBINE butter and herbs in a small bowl. Place in center of a piece of plastic wrap and roll into a log. Twist ends together to keep tight and refrigerate until hardened, 20 minutes.
- 2 PREHEAT the air fryer oven to 400°F.
- 3 SEASON steak on both sides with salt and pepper.
- 4 PLACE into the oven and cook for medium, about 12 to 14 minutes, flipping halfway.
- 5 TOP steak with a slice of herb butter to serve.

Perfect ribeye with unforgettable tantalizing fragrance of herbs 😊

ROASTED RACK OF LAMB



SERVES

8



PREP TIME

15 Min



COOK TIME

25 Min

INGREDIENTS

- 4 cloves garlic, crushed
- 1 tsp chopped fresh rosemary leaves
- 2 racks of lamb (2 lbs each, 8 ribs each)
- ¼ lemon
- 1 ½ tsp kosher salt and freshly ground pepper, to taste

DIRECTIONS

- 1 SEASON the lamb racks with lemon juice and salt and pepper on both sides.
- 2 RUB the garlic all over and sprinkle with rosemary.
- 3 SET the racks fat side up on a baking sheet lined with foil and let stand for 1 hour.
- 4 PREHEAT the air fryer oven to 400°F.
- 5 ROAST for about 25 minutes.
- 6 TRANSFER to a carving board and let rest, tented with foil for 10 minutes.
- 7 CARVE the lamb in between the rib bones and transfer to plates. Serve immediately.

Tender roasted rack of lamb infused with rosemary and garlic 🍷





ZA'ATAR LAMB CHOPS



SERVES

4



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 8 lamb loin chops, trimmed (about 3.5 oz each bone-in)
- 3 cloves garlic, crushed
- 1 tsp extra-virgin olive oil
- ½ fresh lemon
- 1 ¼ tsp kosher salt
- 1 Tbsp Za'atar (a Mediterranean blend of sumac, thyme, sesame and salt)
- Fresh ground pepper, to taste

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 RUB the lamb chops with oil and garlic.
- 3 SQUEEZE the lemon over both sides, then season with salt, zatar and black pepper.
- 4 PLACE into the oven and cook to desired liking, about 4 to 5 minutes on each side.

*A perfect pairing of lamb chops
seasoned with tasty blend of
spices Za'atar* 😊

BABY BACK RIBS



SERVES

4



PREP TIME

15 Min



COOK TIME

35 Min

INGREDIENTS

- 1 rack baby back ribs
- 1 Tbsp olive oil
- 1 Tbsp liquid smoke flavoring
- 1 Tbsp brown sugar
- ½ tsp salt
- ½ tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- 1 cup BBQ sauce

DIRECTIONS

- 1 REMOVE membrane from back of ribs and dry with a paper towel. Cut into 4 pieces.
- 2 MIX olive oil and liquid smoke in a small bowl and rub on both sides of the ribs.
- 3 COMBINE brown sugar, salt, pepper, garlic powder, onion powder and chili powder in a bowl.
- 4 SEASON the ribs generously with seasoning mix. Let rest for 30 minutes.
- 5 PREHEAT the air fryer oven to 380°F.
- 6 PLACE the ribs on the baking sheet, bone-side down. Cook for 15 minutes.
- 7 FLIP ribs over (meat-side down) and cook an additional 10 minutes.
- 8 REMOVE ribs from the oven and brush bone-side with ½ cup BBQ sauce. Cook for 5 minutes.
- 9 FLIP ribs over, brush meat-side with remaining BBQ sauce. Cook for 5 minutes or until desired char is achieved.

A foolproof, simple recipe for the most tender, delectable ribs ♡♡





CRISPY BREADED PORK CHOPS



SERVES

6



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 6 ¾-inch thick center cut boneless pork chops (5 oz each)
- Kosher salt
- 1 large egg, beaten
- ½ cup panko bread crumbs
- ⅓ cup crushed cornflakes crumbs
- 2 Tbsp grated parmesan cheese
- 1 ¼ tsp sweet paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp chili powder
- ⅛ tsp black pepper
- Olive oil spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SEASON pork chops on both sides with ½ tsp kosher salt.
- 3 COMBINE panko, cornflake crumbs, parmesan cheese, ¾ teaspoons kosher salt, paprika, garlic powder, onion powder, chili powder and black pepper in a large shallow bowl.
- 4 PLACE the beaten egg in another. Dip the pork into the egg, then crumb mixture.
- 5 PLACE the chops on the baking sheet and spray the top with oil.
- 6 COOK for 10 minutes until crispy, serve immediately.

Juicy, delicious. Boneless pork chops coated with a seasoned crisp crust 😊

FRIED PORK CHOPS



SERVES

4



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 4 boneless, center-cut pork chops, 1-inch thick
- Cooking spray
- 2 tsp dry ranch salad dressing mix
- Aluminum foil

Tender, juicy, delicious chops perfectly flavored with a few simple ingredients ♡ 0 ♡



DIRECTIONS

- 1 PLACE pork chops on a plate and lightly spray both sides with cooking spray.
- 2 SPRINKLE both sides with ranch seasoning mix and let sit at room temperature for 10 minutes.
- 3 PREHEAT the air fryer oven to 390°F.
- 4 PLACE the chops on the greased baking sheet and spray the top with oil.
- 5 COOK for 5 minutes. Flip chops and cook 5 minutes more. Let rest on a foil-covered plate for 5 minutes before serving.

MEATLOAF



SERVES

4



PREP TIME

10 Min



COOK TIME

8 Min

INGREDIENTS

- 1 lb lean ground beef
- 2 tsp cooking oil
- ½ small onion, chopped
- ¼ cup dry bread crumbs
- 2 Tbsp ketchup, divided
- 1 tsp Worcestershire sauce
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper
- 1 egg, lightly beaten
- 1 Tbsp ketchup
- 1 Tbsp yellow mustard

DIRECTIONS

- 1 HEAT oil in a skillet over medium heat. Add the onion and sauté until softened.
- 2 Transfer onion to a large bowl. Add ground beef, bread crumbs, 1 tablespoon of the ketchup, Worcestershire sauce, Italian seasoning, garlic powder, salt, pepper and egg.
- 3 MIX the spices into the meat with your hands.
- 4 PREHEAT the air fryer oven to 370°F.
- 5 TRANSFER to the baking sheet lined with foil and shape into a 4×6 inch loaf. Cook for 5 minutes.
- 6 COMBINE the remaining 1 tablespoon of ketchup and mustard in a small bowl.
- 7 REMOVE meatloaf from oven and spread with ketchup and mustard mixture.
- 8 RETURN to the oven and cook for 3 to 5 more minutes.
- 9 LET rest for 10-15 minutes before slicing and serving.

A family favorite. Healthier and comfort food at its finest ♡ ♡ ♡





ITALIAN MEATBALLS



SERVES

2



PREP TIME

15 Min



COOK TIME

8 Min

INGREDIENTS

- ½ lb ground beef
- ¼ cup panko bread crumbs
- ⅛ cup milk
- 1 egg
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp dried oregano
- 1 Tbsp dried parsley
- Salt & pepper, to taste
- 3 Tbsp Parmesan cheese, grated, plus more for serving
- Cooking spray
- Marinara sauce, for serving

DIRECTIONS

- 1 **COMBINE** the ground beef, bread crumbs, milk, egg, spices, salt, pepper, and Parmesan and mix well.
- 2 **ROLL** the meat mixture into medium-sized balls. Set aside in the fridge for 10 minutes.
- 3 **PREHEAT** the air fryer oven to 380°F.
- 4 **REMOVE** meatballs from the fridge and add to the preheated oven.
- 5 **SPRAY** the meatballs with cooking spray and cook for 8 minutes.
- 6 **SERVE** with marinara sauce and more grated Parmesan.

Juicy, soft and full of flavor Italian American-style meatballs 😊

BACON WRAPPED CHICKEN BITES



SERVES
10



PREP TIME
10 Min



COOK TIME
8 Min

INGREDIENTS

- 1.25 lbs 3 boneless skinless chicken breast, cut in 1-inch chunks (about 30 pieces)
- 10 slices center cut bacon, cut into thirds
- Optional, duck sauce or Thai sweet chili sauce for dipping

Bacon comes out crisp on the outside, and chicken juicy and tender inside ♡ ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 WRAP a piece of bacon around each piece of chicken and secure with a toothpick.
- 3 TRANSFER to the baking sheet and cook for 8 minutes, turning halfway until the chicken is cooked and the bacon is browned.
- 4 BLOT on a paper towel and serve right away.

BEEF EMPANADAS



SERVES
8



PREP TIME
10 Min



COOK TIME
8 Min

INGREDIENTS

- 8 Goya empanada discs, in frozen section, thawed
- 1 cup picadillo
- 1 egg white, whisked
- 1 tsp water

A must try empanada, easy to make, delicious and ready in minutes ♡
0 ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 PLACE 2 tablespoon of the picadillo in the center of each disc.
- 3 FOLD the disc over and use a fork to seal the edges.
- 4 BRUSH the egg wash over the empanadas.
- 5 TRANSFER to the baking sheet and cook for 8 minutes, until golden.

PEPPERONI PIZZA



SERVES

4



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 1 pre-made or homemade pizza crust
- 18-20 slices pepperoni
- 4 vine ripened tomatoes
- 1 garlic clove chopped
- 3 Tbsp chopped fresh oregano
- 2 Tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ lb buffalo mozzarella sliced
- Fresh basil leaves

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 CHOP up the tomatoes roughly. Place chopped tomatoes in a bowl with the oregano, garlic, and oil. Add salt and pepper to taste.
- 3 ROLL out the pizza and place on the baking sheet.
- 4 SPREAD the tomato mixture over the dough.
- 5 TOP with the cheese and pepperoni. Drizzle the oil over the pizza.
- 6 COOK for about 12-14 minutes, until crust is golden brown to your liking.
- 7 REMOVE from the oven and top with Fresh basil.
- 8 ALLOW to cool a minute or two before slicing and serving.

A great crust, gooey cheese, and tons of pepperoni 😊





SCOTCH EGGS



SERVES

6



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

Dipping Sauce:

- 3 Tbsp Greek yogurt
- 2 Tbsp mango chutney
- 1 Tbsp mayonnaise
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 tsp curry powder
- 1/8 tsp cayenne pepper (Optional)

Scotch Eggs:

- 1 lb pork sausage
- 6 eggs, hard-boiled and shelled
- 1/3 cup flour
- 2 eggs, lightly beaten
- 1 cup panko bread crumbs
- Cooking spray

DIRECTIONS

- 1 COMBINE sauce ingredients and refrigerate until ready to cook.
- 2 DIVIDE pork sausage into 6 even portions. Flatten each portion into a thin patty.
- 3 PLACE one egg in the middle and wrap the sausage around, sealing all sides. Set aside on a plate.
- 4 PREHEAT the air fryer oven to 350°F.
- 5 PLACE flour into a small bowl and beaten eggs into another small bowl. Place bread crumbs onto a plate.
- 6 DIP each wrapped egg into flour, then into beaten egg, letting the excess drip off. Roll in bread crumbs and place onto a plate.
- 7 PLACE eggs on the baking sheet. Cook for 15 minutes.
- 8 SERVE with dipping sauce.

Full of flavor, easy to make and perfect fun appetizer to serve at gatherings



SEAFOOD

- 131 Sweet and Spicy Glazed Salmon
- 133 Cajun Style Salmon
- 135 Basil-Parmesan Salmon
- 137 Fish Sticks
- 139 Spice Rubbed Fish In Foil
- 141 Crumbed Fish Fillet
- 143 Catfish with Herbs
- 145 Coconut Shrimp
- 147 Classic Fried Shrimp
- 149 Shrimp Scampi In Foil
- 151 Shrimp Fajitas
- 153 Corn and Crab Cakes
- 155 Bacon Wrapped Scallops
- 157 Breaded Sea Scallops

SWEET AND SPICY GLAZED SALMON



SERVES

4



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 1 lb wild salmon filets, cut in 4 pieces
- Kosher salt
- ¼ cup sweet red chili sauce
- 1 tsp Sriracha sauce
- ½ tsp fresh grated ginger
- Sliced scallions, for garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SPRAY a baking sheet with olive oil and set aside.
- 3 PLACE salmon on the baking sheet and season with ¼ teaspoon salt.
- 4 COMBINE red chili sauce, sriracha and ginger in a small bowl.
- 5 BRUSH the seasoning mix over the salmon.
- 6 COOK for 8 to 10 minutes. Garnish with scallions.

Healthy baked with a simple glaze made with sweet red chili sauce and sriracha 😊





CAJUN STYLE SALMON



SERVES

2



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 2 (6 oz) skin-on salmon fillets
- 1 Tbsp Cajun seasoning
- 1 Tbsp olive oil
- ¼ tsp ground black pepper
- ¼ tsp red pepper flakes
- 1 tsp brown sugar
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 RUB olive oil over the tops of the fillets.
- 3 COMBINE Cajun seasoning, black pepper, red pepper flakes and brown sugar in a small bowl.
- 4 SPRINKLE onto a plate. Press flesh sides of fillets into the seasoning mixture.
- 5 PLACE salmon fillets skin-side down on the greased baking sheet.
- 6 MIST salmon again lightly with cooking spray.
- 7 COOK for 8 minutes. Let rest for 2 minutes before serving.

An ultra-easy and flavorful dinner to make during your busy weeknights

BASIL-PARMESAN SALMON



SERVES

4



PREP TIME

5 Min



COOK TIME


15 Min

INGREDIENTS

- 4 salmon fillets, skin removed, about 5 oz each
- ½ lemon
- ¼ tsp Kosher salt
- Freshly ground black pepper
- 3 Tbsp mayonnaise
- 6 fresh basil leaves, minced, plus more for garnish
- 3 Tbsp grated Parmesan or Romano cheese
- Olive oil spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SEASON the salmon with lemon juice, salt and pepper.
- 3 MIX the mayonnaise with basil and 2 tablespoons Parmesan in a small bowl.
- 4 SPREAD completely over the top of salmon. Sprinkle remaining Parmesan cheese on top.
- 5 PLACE on the greased baking sheet and cook for 10 to 12 minutes, depending on thickness of the salmon.

*Juicy inside and delicious crust
combining mayonnaise, basil and
Parmesan* 





FISH STICKS



SERVES

4



PREP TIME

15 Min



COOK TIME

12 Min

INGREDIENTS

Fish Sticks:

- 1 lb skinless cod fillet, about 1-inch thick
- 3 large egg whites
- 1 Tbsp Dijon mustard
- ½ lemon, squeezed
- ⅛ tsp paprika
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- Cooking spray

Crumbs:

- 1 cup plain or gluten-free Panko bread crumbs
- 1 ½ tsp Old Bay seasoning
- 2 tsp dried parsley flakes
- ½ tsp paprika

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 SLICE the fish crosswise into 2-inch long strips, about 1-inch wide.
- 3 COMBINE egg whites, Dijon mustard, lemon juice, paprika, salt and pepper in a medium bowl.
- 4 COMBINE the Panko crumbs with Old Bay seasoning, dried parsley and remaining paprika in a second bowl.
- 5 PAT fish dry with paper towels and dip the fish into the egg mixture, then into crumbs and place on the baking sheet.
- 6 SPRAY the top with oil and cook until the crumbs are golden and the fish is cooked through, about 12 minutes.

Crispy, tender, kid-friendly covered in bread crumbs and baked to perfection

SPICE RUBBED FISH IN FOIL



SERVES

4



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

Watermelon Salsa:

- 2 cups diced seedless watermelon, ¼ inch
- ¼ small red onion, finely diced
- 2 Tbsp chopped fresh cilantro
- 1 lime, juiced
- ½ jalapeno pepper, finely diced
- 1 Tbsp olive oil

Fish:

- 4 boneless, skinless fish filets
- 1 tsp smoked paprika
- 1 tsp kosher salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp ground cayenne pepper
- ¼ tsp ground oregano
- ⅛ tsp black pepper
- ½ lime, juiced
- 4 tsp olive oil
- 4 sheets of Aluminum Foil
- Lime wedges, for serving



DIRECTIONS

- 1 COMBINE salsa ingredients and refrigerate at least 20 minutes until ready to cook.
- 2 MIX the dried spices and seasoning together in a small bowl, squeeze the lime on the fish then rub the seasoning onto it.
- 3 TEAR off 4 18" sheets of Aluminum Foil. Put the fish in the center of each and drizzle with olive oil.
- 4 BRING the short ends of the foil together and fold twice to seal. Fold in the sides to seal, leaving room for steam.
- 5 PREHEAT the air fryer oven to 375°F.
- 6 PUT the foil packets on a baking sheet, cook for 12 to 15 minutes.
- 7 TOP with salsa and serve with lime wedges.

CRUMBED FISH FILLET



SERVES

4



PREP TIME

10 Min



COOK TIME

12 Min

INGREDIENTS

- 1 cup dry bread crumbs
- ¼ cup vegetable oil
- 4 flounder fillets
- 1 egg, beaten
- 1 lemon, sliced

*An easy and crispy fish dinner
using minimal ingredients ♡ ♡*



DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 MIX bread crumbs and oil together in a bowl. Stir until mixture becomes loose and crumbly.
- 3 DIP fish fillets into the egg. Shake off any excess.
- 4 DIP into the bread crumb mixture. Coat evenly and fully.
- 5 LAY coated fillets gently on the baking sheet.
- 6 COOK until fish flakes easily with a fork, about 12 minutes.
- 7 SERVE immediately with lemon slices.



CATFISH WITH HERBS



SERVES

4



PREP TIME

5 Min



COOK TIME

8 Min

INGREDIENTS

- 4 whole catfish fillets
- 2 Tbsp minced fresh parsley
- 1 tsp salt
- ¾ tsp paprika
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp ground black pepper
- Juice of one lemon
- 2 Tbsp melted butter
- ¼ tsp garlic powder
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 370°F.
- 2 COMBINE the parsley, salt, paprika, thyme, oregano, basil and pepper in a small bowl.
- 3 COAT the fish liberally on each side with the seasoning mix.
- 4 PLACE the fillets on the greased baking sheet.
- 5 ADD the melted butter, lemon juice and garlic powder to a small bowl. Mix well to combine.
- 6 DRIZZLE the butter-lemon-garlic mixture over the fillets.
- 7 COOK uncovered for 8 to 10 minutes or until the fish flakes easily.

A healthy twist on battered fried catfish. low calories but full of flavor 😊

COCONUT SHRIMP



SERVES

8



PREP TIME

10 Min



COOK TIME

8 Min

INGREDIENTS

- 1 lb 24 large raw shrimp, peeled and deveined
- ½ cup + 1 Tbsp unsweetened coconut flakes
- ½ cup + 1 Tbsp panko crumbs
- 2 Tbsp all-purpose flour
- 1 large egg
- Pinch salt
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer to 370°F.
- 2 COMBINE coconut flakes, panko crumbs and salt in a bowl.
- 3 PLACE the flour on a small dish. Whisk egg in another bowl.
- 4 SEASON the shrimp with salt. Coat each shrimp in the flour, shaking off excess.
- 5 DIP into the egg, then in the coconut crumb mixture.
- 6 LAY shrimp on the baking sheet then spray the top with cooking spray.
- 7 COOK for about 8 minutes until cooked though. Serve with your favorite dipping sauce.

*Crispy, golden and delicious served a
sweet and spicy apricot dipping sauce* 😊



CLASSIC FRIED SHRIMP



SERVES

4



PREP TIME

15 Min



COOK TIME

8 Min

INGREDIENTS

- 1 lb large shrimp, peeled and deveined
- 2 eggs
- ½ cup fish fry breading mix (such as Andy's®)
- Cooking spray

*Crispy to perfection with a light
breading and tons of flavor ♡ ♡*



DIRECTIONS

- 1 PREHEAT the air fryer oven to 400°F.
- 2 BEAT eggs lightly in a shallow dish. Pour breading mix into a separate shallow dish.
- 3 DIP shrimp into egg, letting excess drip off.
- 4 TOSS shrimp in the fish fry breading and set on a plate. Let rest for 10 minutes.
- 5 LAY shrimp on the baking sheet then spray the top with more cooking spray.
- 6 COOK for about 8 minutes until cooked though.



SHRIMP SCAMPI IN FOIL



SERVES

4



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 4 sheets of Aluminum Foil
- 4 garlic cloves, 2 grated, 2 thinly sliced
- ½ tsp kosher salt
- 1 Tbsp extra virgin olive oil
- 40 jumbo shrimp, peeled and deveined
- ¼ cup dry white wine
- 1 Tbsp fresh lemon juice
- 4 pinches red pepper flakes
- 2 Tbsp unsalted butter, melted
- 3 Tbsp chopped parsley
- 1 lemon, cut into wedges
- Whole wheat crusty bread, optional for serving

DIRECTIONS

- 1 WHISK the grated garlic, salt, oil in a medium bowl.
- 2 ADD shrimp, toss to coat, and chill at least 30 minutes and up to 1 hour.
- 3 TEAR off 4 16" sheets of Aluminum Foil.
- 4 PLACE 10 shrimp on the center of each foil sheet. Top with remaining garlic slices, 1 tablespoon wine, lemon juice, pinch red pepper flakes and ½ tablespoon melted butter.
- 5 BRING the short ends of the foil together and fold twice to seal. Fold in the sides to seal, leaving room for steam.
- 6 PREHEAT the air fryer oven to 375°F and cook about 10 minutes.
- 7 TOP with chopped parsley and serve with lemon wedges.

Fast and easy. perfect to make all summer long 😊

SHRIMP FAJITAS



SERVES

2



PREP TIME

15 Min



COOK TIME

10 Min

INGREDIENTS

- ½ lb large shrimp, peeled and deveined
- 1 small onion, cut into thin strips
- 1 small red bell pepper, cut into thin strips
- 1 small green bell pepper, cut into thin strips
- Cooking spray
- 1 Tbsp family-style fajita seasoning, or to taste
- 2 tsp lime juice
- 4 flour tortillas, warmed

DIRECTIONS

- 1 PREHEAT the air fryer oven to 370°F.
- 2 COMBINE shrimp, onion, and bell peppers in a bowl and lightly coat with oil spray.
- 3 SPRINKLE fajita seasoning over the shrimp mixture. Mix to combine.
- 4 TRANSFER to the baking sheet. Cook for 8 minutes.
- 5 SQUEEZE lime juice over the shrimp mixture.
- 6 SERVE immediately with warm tortillas.

Tender shrimp cooked with fresh crisp peppers and piled high in tortillas





CORN AND CRAB CAKES



SERVES

8



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

- 1 cup corn kernels, fresh
- 1 cup Ritz crackers, crushed
- 1 whole egg + 2 egg whites, beaten
- 4 scallions, chopped fine
- ¼ cup minced red bell pepper
- 2 Tbsp light mayonnaise
- 2 Tbsp fat free yogurt
- ¼ cup fresh parsley
- 1 lemon, juiced
- 16 oz premium lump crab meat
- Salt & pepper, to taste
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 COMBINE corn, crushed crackers, eggs, scallions, pepper, mayo, yogurt, parsley, lemon juice, salt and pepper in a bowl.
- 3 MIX well, then fold in crab meat, careful not to over mix so the crab remains in large chunks.
- 4 SHAPE into 8 patties using a ½ cup measuring cup.
- 5 CHILL in the refrigerator for at least 1 hour before cooking.
- 6 COOK until the edges are golden, about 12 to 15 minutes.

Delightful with little sweet bits of corn in each bite 😊

BACON WRAPPED SCALLOPS



SERVES

4



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 16 large sea scallops, cleaned and pat dry with paper towels
- 8 slices center cut bacon
- 16 toothpicks
- Olive oil spray
- Freshly ground black pepper, to taste

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 REMOVE any side muscles on the scallops. Pat dry with paper towels.
- 3 WRAP each scallop in slice of bacon and secure it with a toothpick.
- 4 SPRITZ olive oil over scallops and season lightly with black pepper.
- 5 ARRANGE scallops in a single layer.
- 6 COOK until scallop is opaque and bacon is cooked through, about 10 minutes. Serve hot.

*Elegant enough to impress guests yet
easy enough to make any weeknight* ♡ ♡





BREADED SEA SCALLOPS



SERVES

4



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- ½ cup finely crushed buttery crackers
- ½ tsp garlic powder
- ½ tsp seafood seasoning
- 2 Tbsp butter, melted
- 1 lb sea scallops, patted dry
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 MIX cracker crumbs, garlic powder, and seafood seasoning together in a shallow bowl. Place melted butter in a second shallow bowl.
- 3 DIP each scallop in the melted butter and then roll in the breading until completely coated. Set on a plate and repeat with the remaining scallops.
- 4 ARRANGE scallops on the greased baking sheet.
- 5 COOK for about 12 to 15 minutes until opaque. Serve hot.

A delightful balance of crunchy, golden-brown topping and tender, sweet scallops 😊



VEGETABLE MAINS & SIDES

- 161 Bacon Wrapped Asparagus
- 163 Cheesesteak Stuffed Mushrooms
- 165 Baked Parmesan Tomatoes
- 167 Cheesesteak Stuffed Peppers
- 169 Eggplant Sticks
- 171 Zucchini Sticks
- 173 Mexican Street Corn
- 175 Broccoli Parmesan
- 177 Roasted Brussels Sprouts
- 179 Roasted Carrots
- 181 Pepper Poppers
- 183 Cheddar Broccoli Gratin

BACON WRAPPED ASPARAGUS



SERVES
4



PREP TIME
10 Min



COOK TIME
10 Min

INGREDIENTS

- 20 asparagus spears, tough ends trimmed
- 4 slices/strips center-cut bacon
- ½ tsp grated lemon zest
- ⅛ tsp kosher salt
- Olive oil spray
- Fresh ground black pepper

Salty, crunchy, and totally satisfying low carb and keto diet snack ♡ 0 ♡



DIRECTIONS

- 1 PREHEAT the air fryer oven to 320°F.
- 2 CUT off the woody ends of the asparagus spears and discard.
- 3 DRIZZLE the asparagus spears with oil. Season with the lemon zest, salt and pepper to taste, tossing to coat.
- 4 WRAP 1 slice of bacon around each asparagus spear, top to bottom, and place on the baking sheet.
- 5 COOK until the bacon is brown and the asparagus is slightly charred on the edges, 8 to 10 minutes.

CHEESESTEAK STUFFED MUSHROOMS



SERVES

4



PREP TIME

5 Min



COOK TIME

25 Min

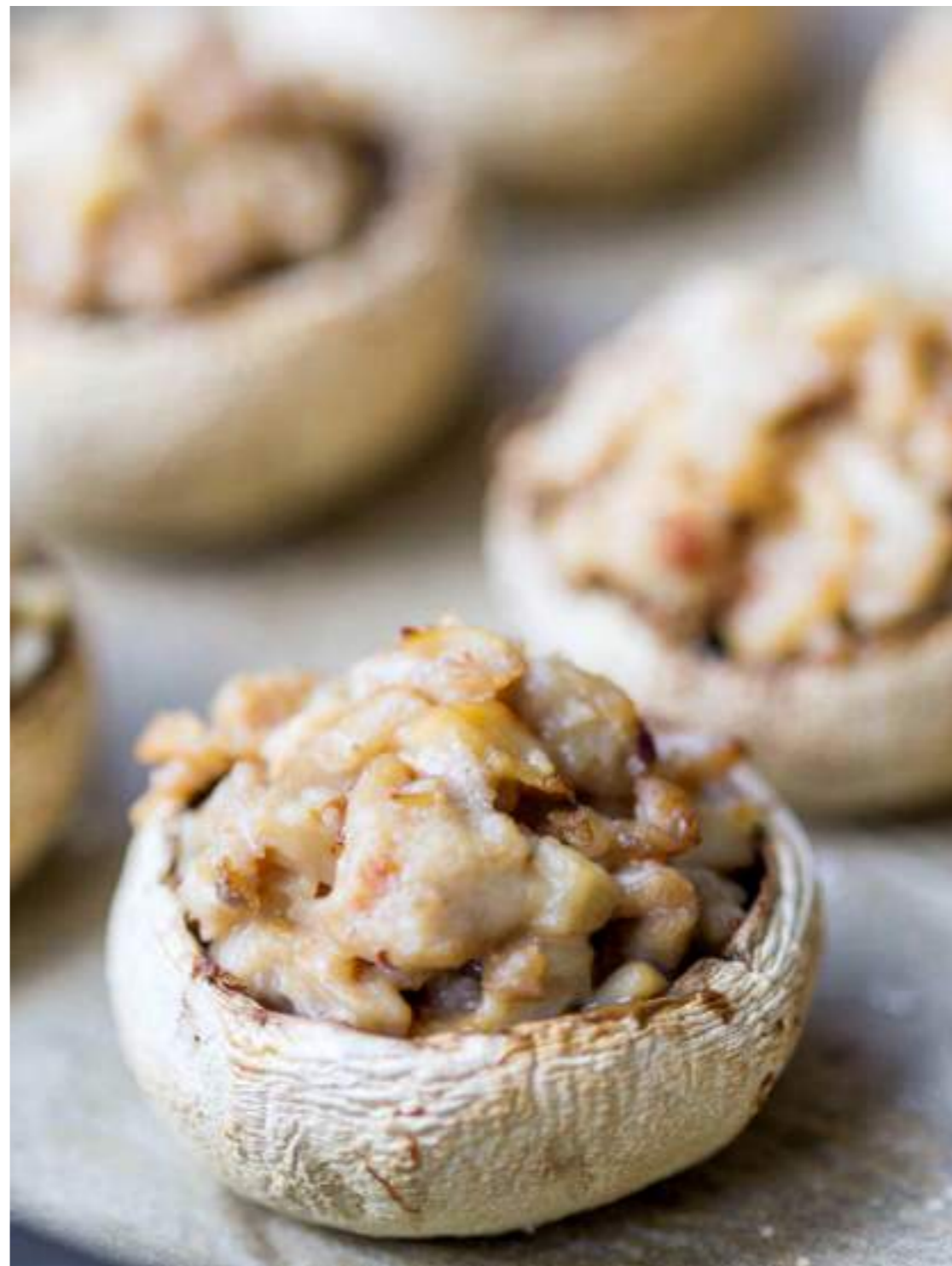
INGREDIENTS

- 6 oz thin sliced sirloin steaks
- $\frac{1}{8}$ tsp kosher salt
- Black pepper, to taste
- Cooking spray
- $\frac{3}{4}$ cup diced onion
- $\frac{3}{4}$ cup diced green pepper
- $\frac{1}{4}$ cup light sour cream
- 2 Tbsp light mayonnaise
- 2 oz cream cheese, softened
- 3 oz shredded mild provolone cheese
- 4 medium portobello mushrooms

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 REMOVE the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with $\frac{1}{8}$ tsp salt and fresh pepper.
- 3 SEASON steak with salt and pepper on both sides.
- 4 COOK the steak on high heat about 1 to 2 minutes on each side, until cooked through.
- 5 TRANSFER to a cutting board and slice thin.
- 6 REDUCE the heat to medium-low, spray with more oil and sauté onions and peppers 5 to 6 minutes, until soft.
- 7 COMBINE all the ingredients in a medium bowl. Transfer to the mushroom caps.
- 8 ARRANGE mushrooms on the baking sheet.
- 9 COOK until the cheese is melted and the mushrooms are tender, about 20 minutes.

*A healthier twist on the typical
cheesesteak sandwich* ♡ ♡





BAKED PARMESAN TOMATOES



SERVES

4



PREP TIME

5 Min



COOK TIME

15 Min

INGREDIENTS

- 2 large tomatoes cut into 3 slices each
- ½ cup Parmesan cheese grated
- 1 tsp oregano dried
- ¼ tsp salt or to taste
- ¼ tsp pepper or to taste
- 1 Tbsp olive oil for drizzling over the top
- Parsley chopped, for garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 TOSS together the Parmesan cheese, dried oregano, salt and pepper in a small bowl.
- 3 TOP each tomato slice evenly with the Parmesan cheese mixture. Drizzle with a bit of olive oil, this is optional.
- 4 COOK until the Parmesan cheese is slightly browned and melted, about 10-15 minutes.
- 5 GARNISH with parsley and serve immediately.

Juicy, delicious roasted tomatoes topped with Parmesan cheese 😊

CHEESESTEAK STUFFED PEPPERS



SERVES

4



PREP TIME

10 Min



COOK TIME

35 Min

INGREDIENTS

- 4 bell peppers, halved
- 1 Tbsp vegetable oil
- 1 large onion, sliced
- 16 oz cremini mushrooms, sliced
- Kosher salt
- Freshly ground black pepper
- 1½ lb sirloin steak, thinly sliced
- 2 tsp Italian seasoning
- 16 slices provolone
- Freshly chopped parsley, for garnish

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 PLACE peppers in a large baking dish and cook until tender, 30 minutes.
- 3 HEAT oil in a large skillet over medium-high heat. Add onions and mushrooms and season with salt and pepper. Cook until soft, 6 minutes.
- 4 ADD steak and season with more salt and pepper. Cook, stirring occasionally, 3 minutes. Stir in Italian seasoning.
- 5 ADD provolone to bottom of baked peppers and top with steak mixture.
- 6 TOP with another piece of provolone and cook until golden, 3 minutes.
- 7 GARNISH with parsley before serving.

An easy, cheesy, filling low-carb meal packed with flavor you're craving ♡♡





EGGPLANT STICKS



SERVES

4



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 10 oz eggplant
- 1 tsp olive oil
- ½ tsp kosher salt and fresh cracked pepper
- ½ cup Italian seasoned bread crumbs
- 2 Tbsp Parmesan cheese
- 1 large egg white
- Olive oil spray
- 1 cup quick marinara sauce

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 PLACE eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside.
- 3 COMBINE bread crumbs and parmesan cheese in a bowl, and egg whites in another.
- 4 DIP a few strips at a time in egg whites, roll in bread crumbs, then onto a baking sheet in a single layer.
- 5 SPRAY with more oil and cook for 10 minutes.
- 6 TURN over and cook for 5 more minutes, or until golden. Serve hot.

Healthy and crispy baked eggplant parmesan fries perfect for snacking 😊

ZUCCHINI STICKS



SERVES

4



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 4 medium, 7 oz each zucchinis
- 3 large egg whites, beaten
- ¼ tsp kosher salt
- Fresh black pepper, to taste
- 1 cup seasoned bread crumbs
- 2 Tbsp grated Pecorino Romano
- ¼ tsp garlic powder
- Cooking spray
- ½ cups marinara sauce for dipping

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 CUT each zucchini into 16 equal size sticks about 3-inch long and ½-inch thick.
- 3 BEAT the egg whites in a small bowl and season with salt and pepper.
- 4 COMBINE the bread crumbs, Romano cheese, garlic powder in another bowl and mix well.
- 5 DIP zucchini sticks into the egg whites then into the bread crumbs, then onto a baking sheet in a single layer.
- 6 SPRAY with more oil on top.
- 7 COOK for about 12 to 15 minutes, or until golden brown.
- 8 SERVE with ½ cup marinara sauce for dipping if desired.

Healthy, nutritious and completely addictive with a crispy junk food taste





MEXICAN STREET CORN



SERVES

8



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 4 medium ears corn, husked
- ¼ cup of Mexican Agrid Sour Cream or regular sour cream
- ¼ cup of mayonnaise
- ½ cup of Cotija cheese, crumbled
- 2 cloves of garlic, crushed (or finely minced)
- ¼ tsp of fine sea salt
- Juice and zest of 1 lime
- ¼ cup of Cilantro, finely chopped
- ½ tsp of chipotle chili powder
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 400°F.
- 2 SPRAY the corn with olive oil. Arrange ears of corn in a single layer.
- 3 COOK for about 10 minutes, flipping halfway through cooking.
- 4 WHISK together the Sour Cream, mayonnaise, cotija cheese, garlic, lime zest and juice, and cilantro.
- 5 TOP each ear of corn with the cheese mixture.
- 6 SPRINKLE with a bit of chipotle chili powder, and top with a bit of extra cotija cheese and cilantro. Serve immediately.

Easy to make, delicious, and perfect side dish for any barbecue or summer gettogether 😊

BROCCOLI PARMESAN



SERVES

2



PREP TIME

5 Min



COOK TIME

8 Min

INGREDIENTS

- 1 small head of broccoli, chopped into florets
- 2 garlic cloves, minced
- 2 Tbsp extra virgin olive oil
- ¼ cup grated fresh parmesan cheese (more for topping, if desired)
- Chili flakes for garnish, optional

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 MIX the garlic, olive oil and parmesan cheese in a bowl.
- 3 ADD the broccoli to the bowl.
- 4 COAT each floret with the mixture using a spatula.
- 5 PLACE the broccoli florets on the baking sheet. Sprinkle some extra cheese on top, if desired.
- 6 COOK for 5 to 8 minutes until cooked.
- 7 SPRINKLE chili flakes on top for garnish, if desired.

*Perfectly roasted broccoli with
crunchy garlic Parmesan coating* ♡ ♡





ROASTED BRUSSELS SPROUTS



SERVES

2



PREP TIME

5 Min



COOK TIME

10 Min

INGREDIENTS

- 1 tsp avocado oil
- ½ tsp salt
- ½ tsp ground black pepper
- 10 oz Brussels sprouts, trimmed and halved lengthwise
- 1 tsp balsamic vinegar
- 2 tsp crumbled bacon, optional

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 COMBINE oil, salt, and pepper in a bowl and mix well.
- 3 ADD Brussels sprouts and turn to coat.
- 4 TRANSFER to the baking sheet and cook for 10 minutes.
- 5 TURN halfway and add bacon.
- 6 COAT with balsamic vinegar and sprinkle with bacon.

*Crispy, addictive and healthier side
that pairs well with any main course* 😊

ROASTED CARROTS



SERVES

4



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 1 lb. carrots, peeled and sliced in diagonal pieces.
- 2 Tbsp olive oil
- ½ tsp salt
- Fresh ground black pepper, to taste

Moroccan Spice Mix:

- 2 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp chili powder
- ½ tsp sweet paprika
- ½ tsp ground cinnamon
- ¼ tsp ground allspice
- ¼ tsp ground ginger
- ⅛ tsp cayenne pepper
- Pinch of ground cloves, optional

DIRECTIONS

- 1 PEEL carrots and cut into diagonal slices.
- 2 MIX all ingredients for Moroccan Spice together.
- 3 PREHEAT the air fryer oven to 360°F.
- 4 TOSS carrots with olive oil, salt, fresh-ground black pepper, and 1 tsp of the spice mix.
- 5 SPREAD carrots out in a single layer.
- 6 COOK for 12 to 15 minutes, until carrots are starting to brown and are slightly shriveled. Serve immediately.

Sweet, tender and delicious for a family favorite side dish 🍷





PEPPER POPPERS



SERVES

4



PREP TIME

20 Min



COOK TIME

15 Min


INGREDIENTS

- 8 oz cream cheese, softened
- ¾ cup shredded cheddar cheese
- ¾ cup shredded Monterey Jack cheese
- 6 bacon strips, cooked and crumbled
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp chili powder
- ¼ tsp smoked paprika
- 1 lb fresh jalapeños, halved lengthwise and seeded
- ½ cup dry bread crumbs
- Sour cream, French onion dip and ranch salad dressing, optional

DIRECTIONS

- 1 PREHEAT the air fryer oven to 325°F.
- 2 COMBINE the cheeses, bacon and seasonings in a large bowl and mix well.
- 3 SPOON 1 ½ to 2 tablespoons into each pepper half. Roll in bread crumbs.
- 4 PLACE poppers in a single layer. Cook until cheese is melted and heated through, 15-20 minutes.
- 5 SERVE with sour cream, dip or dressing, if desired.

Fresh and plump jalapeños filled with a rich, creamy and cheesy filling



CHEDDAR BROCCOLI GRATIN



SERVES

2



PREP TIME

5 Min



COOK TIME

15 Min

INGREDIENTS

- 2 cups (5 oz) broccoli florets, roughly chopped
- ½ Tbsp olive oil
- 1 Tbsp all-purpose flour
- ⅛ cup fat-free milk
- ½ tsp ground sage
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 6 Tbsp (1 ½ oz) shredded extra-sharp cheddar cheese
- 2 Tbsp panko bread crumbs
- 1 Tbsp freshly grated Parmesan cheese

DIRECTIONS

- 1 PREHEAT the air fryer oven to 330°F.
- 2 SPRAY a 7-inch round baking dish or cake pan with oil.
- 3 WHISK together the olive oil, flour, milk, sage, salt and pepper in a medium bowl.
- 4 ADD the broccoli, cheddar, panko and Parmesan and mix well.
- 5 TRANSFER to the baking dish.
- 6 COOK for about 12 to 15 minutes, until the broccoli is crisp-tender and the cheese is golden brown on top. Serve immediately.

Tender broccoli florets with a buttery cracker topping perfect for an everyday dinner ♡ ♡





DESSERTS

- 187 Pumpkin Chocolate Chip Cookies
- 189 Double Chocolate Cookies
- 191 Strawberry Cream Scones
- 193 S'mores
- 195 Pecan Pie
- 197 Cranberry Bread Pudding
- 199 Chocolate Bread Pudding
- 201 Flourless Chocolate Brownies
- 203 Carrot Coffee Cake
- 205 Banana Muffins
- 207 Blueberry Lemon Yogurt Muffins
- 209 Caramelized Banana
- 211 Toasted Marshmallow



PUMPKIN CHOCOLATE CHIP COOKIES



SERVES

35



PREP TIME

15 Min



COOK TIME

12 Min

INGREDIENTS

- 2 ¼ cup all-purpose flour
- 1 tsp baking soda
- 1 tsp pumpkin pie spice
- ½ tsp kosher salt
- 1 cup (2 sticks) unsalted butter, softened
- ¾ cup brown sugar
- ½ cup granulated sugar
- ¾ cup pumpkin purée
- 1 large egg
- 2 tsp pure vanilla extract
- 2 cup semi-sweet chocolate chips

DIRECTIONS

- 1 WHISK together flour, baking soda, pumpkin spice, and salt in a small bowl.
- 2 CREAM together butter and sugars in a large bowl until light and fluffy using a hand mixer.
- 3 BEAT in pumpkin, egg, and vanilla extract until combined, then add flour mixture. Beat on low until no raw flour appears, then fold in chocolate chips.
- 4 REFRIGERATE dough for 30 minutes.
- 5 LINE baking sheet with parchment paper.
- 6 SCOOP 1" balls onto a baking sheet, 2" apart.
- 7 COOK at 360°F until puffed up and golden around edges, about 12 minutes.

A heavenly pillow-like cookie with major autumn vibes 😊

DOUBLE CHOCOLATE COOKIES



SERVES

2



PREP TIME

10 Min



COOK TIME

30 Min

INGREDIENTS

- 1 cup quick oats
- ¼ cup (20 g) unsweetened cocoa powder
- 1 tsp baking powder
- ½ cup unsweetened almond milk
- 1 medium-size ripe banana
- 2 Tbsp maple syrup
- 2 Tbsp nut/seed butter
- 1 tsp vanilla extract
- 2 Tbsp vegan chocolate chips

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 GREASE 2 individual sized ramekins or oven-safe dishes with cooking spray.
- 3 ADD the oats, cocoa powder, and baking powder to a blender and process on high, about 10 seconds.
- 4 ADD all the remaining ingredients except for the chocolate chips, and process on high, about 20 seconds. Finally, fold in the chocolate chips by hand.
- 5 DIVIDE the dough into the two ramekins and fold in the chocolate chips.
- 6 COOK at 350°F for 30-35 minutes.
- 7 REMOVE from oven and allow to cool for 5-10 minutes before enjoying.

*Irresistible for chocolate lovers with
crispy edges and a chewy,
fudgy center* ♡ ♡





STRAWBERRY CREAM SCONES



SERVES

6



PREP TIME

10 Min



COOK TIME

12 Min

INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup granulated sugar
- 2 tsp baking powder
- ⅛ tsp salt
- 6 Tbsp butter, cut into pieces
- ½ cup fresh strawberries, chopped
- ½ cup heavy cream
- 2 large eggs
- 2 tsp vanilla extract
- 1 tsp water

DIRECTIONS

- 1 SIFT together the flour, sugar, baking powder, and salt in a large bowl.
- 2 CUT the butter into the flour until the mixture resembles coarse crumbs.
- 3 WHISK together the heavy cream, 1 egg, and the vanilla extract in a separate bowl. Set aside.
- 4 FOLD the cream mixture into the flour mixture, add the strawberries until it combines.
- 5 REFRIGERATE dough for 30 minutes.
- 6 ROLL it out to a 1½-inch thickness.
- 7 CUT the scones with a round cookie cutter.
- 8 PLACE the scones on the baking sheet. Brush with an egg wash made from 1 egg and the water.
- 9 BAKE at 350°F for 12 minutes, until golden brown.

Tender, flaky, and bursting with fresh strawberries in every bite 😊

S'MORES



SERVES

4



PREP TIME

5 Min



COOK TIME

3 Min

INGREDIENTS

- 4 graham crackers (each broken in half to make 2 squares, for a total of 8 squares)
- 4 marshmallows
- 8 squares Hershey's chocolate bar broken into individual squares

DIRECTIONS

- 1 PREHEAT the air fryer oven to 390°F.
- 2 PLACE 4 graham cracker squares on the baking sheet.
- 3 PLACE 2 chocolate bar squares on each cracker.
- 4 COOK in the air fryer oven for 1 minute to melt the chocolate. Remove the baking sheet from the oven.
- 5 TOP each cracker with a marshmallow. Push it down into the melted chocolate a little bit.
- 6 PLACE back into the oven and cook for 2 minutes until the marshmallows puffed up and starting to brown on the tops.
- 7 REMOVE each cracker carefully with tongs and put on a plate. Top each marshmallow with a second graham cracker square.

Perfect combination of chocolate, gooey toasty marshmallow and crisp graham cracker ♡ ♡





PECAN PIE



SERVES

10



PREP TIME

10 Min



COOK TIME


45 Min

INGREDIENTS

- 1 cup Light or Dark Corn Syrup
- 3 eggs
- 1 cup granulated sugar
- 2 Tbsp butter, melted
- 1 tsp pure vanilla extract
- 1 ½ cups (6 oz) coarsely chopped pecans
- 1 (7-inch) unbaked or frozen deep-dish pie crust

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 COMBINE Light Corn Syrup, eggs, sugar, butter and vanilla using a spoon or a rubber spatula in a medium bowl.
- 3 STIR in pecans and mix well.
- 4 POUR the mixture into the prepared pie crust.
- 5 COOK for 40 to 50 minutes. Tap center surface lightly - it should spring back when done.
- 6 COOL for at least 2 hours before serving.

*A classic old-fashioned dessert
perfect for Thanksgiving and Christmas* 

CRANBERRY BREAD PUDDING



SERVES

4



PREP TIME

15 Min



COOK TIME

1 Hour

INGREDIENTS

- 1 ½ cups milk
- ¾ cups heavy whipping cream
- 3/8 cup white sugar
- 3 eggs
- ¾ tsp lemon zest
- ¾ tsp kosher salt
- ⅛ tsp ground cinnamon
- ¾ vanilla bean, split and seeds scraped away
- ¾ French baguettes, cut into 2-inch slices
- ¼ cup golden raisins
- ½ cup cranberries
- 1 tsp butter

DIRECTIONS

- 1 WHISK milk, cream, sugar, eggs, lemon zest, salt, cinnamon, and vanilla bean together in a bowl.
- 2 FOLD in baguette slices, raisins, and cranberries. Set aside to soak for 40 minutes.
- 3 PREHEAT the air fryer oven to 350°F. Butter a 7-inch deep-dish pie dish.
- 4 TRANSFER bread mixture to prepared pie dish, remove and discard vanilla bean. Cover with aluminum foil.
- 5 COOK for 45 minutes. Remove foil and cook until pudding is set and lightly browned, about 15 more minutes.

A childhood favorite with a gooey soft center and crusty top ♡ ♡





CHOCOLATE BREAD PUDDING



SERVES

2



PREP TIME

15 Min



COOK TIME

15 Min

INGREDIENTS

- 2 oz semisweet chocolate, chopped
- ½ cup half-and-half cream
- 2/3 cup sugar
- ½ cup 2% milk
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ¼ tsp salt
- 4 slices bread, crusts removed and cut into cubes (about 3 cups)
- Confectioners' sugar and whipped cream, optional for topping

DIRECTIONS

- 1 MELT chocolate in a small microwave-safe bowl.
- 2 STIR until smooth. Stir in cream and set aside.
- 3 WHISK the sugar, milk, egg, vanilla and salt in a large bowl.
- 4 STIR in chocolate mixture. Add bread cubes and toss to coat. Let stand for 15 minutes.
- 5 PREHEAT the air fryer oven to 350°F.
- 6 SPOON bread mixture into 2 greased 2-cup soufflé dishes.
- 7 COOK until a knife inserted in the center comes out clean, 12 to 15 minutes.
- 8 SPRINKLE with confectioners' sugar and top with a dollop of whipped cream if desired.

*A sinfully rich, comforting dessert ♡
different from traditional bread pudding ♡*

FLOURLESS CHOCOLATE BROWNIES



SERVES

12



PREP TIME

15 Min



COOK TIME

30 Min

INGREDIENTS

- Cooking spray
- 2 large egg whites
- ¾ cup raw sugar
- 1 cup finely ground almond meal
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ¼ tsp kosher salt
- ½ cup unprocessed raw honey
- 1 tsp vanilla extract
- ¾ cup semisweet chocolate chips

DIRECTIONS

- 1 PREHEAT the air fryer oven to 325°F.
- 2 LINE a 7-inch baking pan with parchment paper.
- 3 WHISK the egg whites, sugar and vanilla with a mixer until frothy in a medium bowl.
- 4 WHISK together the almond flour, cocoa powder, salt, and baking soda in a large bowl.
- 5 ADD the egg whites, honey and vanilla and stir with the spatula until combined.
- 6 FOLD in the chocolate chips. Pour the batter into the prepared pan.
- 7 COOK until a toothpick inserted into the center comes out clean, about 30 minutes.
- 8 LET cool about 30 minutes. Cut into 12 squares and serve.

Rich and fudgy, gluten free and super moist for Brownie lovers ♡♡





CARROT COFFEE CAKE



SERVES

6



PREP TIME

20 Min



COOK TIME

35 Min

INGREDIENTS

- 1 large egg, lightly beaten, room temperature
- ½ cup buttermilk
- ⅓ cup sugar + 2 Tbsp sugar, divided
- 3 Tbsp canola oil
- 2 Tbsp dark brown sugar
- 1 tsp grated orange zest
- 1 tsp vanilla extract
- 2/3 cup all-purpose flour
- ⅓ cup white whole wheat flour
- 1 tsp baking powder
- 2 tsp pumpkin pie spice, divided
- ¼ tsp baking soda
- ¼ tsp salt
- 1 cup shredded carrots
- ¼ cup dried cranberries
- ⅓ cup chopped walnuts, toasted

DIRECTIONS

- 1 PREHEAT the air fryer oven to 350°F.
- 2 GREASE and flour a 6-inch round baking pan.
- 3 WHISK egg, buttermilk, ⅓ cup sugar, oil, brown sugar, orange zest and vanilla in a large bowl.
- 4 WHISK flours, baking powder, 1 tsp pumpkin pie spice, baking soda and salt in another bowl.
- 5 BEAT into egg mixture gradually. Fold in carrots and dried cranberries. Pour into the prepared pan.
- 6 COMBINE walnuts, remaining 2 tablespoons sugar and 1 teaspoon pumpkin spice in a small bowl. Sprinkle evenly over batter.
- 7 PLACE the pan on a wire rack into the oven.
- 8 Cook until a toothpick inserted in center comes out clean, 35-40 minutes.
- 9 COVER with foil if top gets too dark. Cool for 10 minutes before removing from the pan. Serve warm.

Sweet and moist with lots of warm spices perfect for an Easter brunch

BANANA MUFFINS



SERVES

6



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 3 large ripe bananas
- ¾ cup white sugar
- 1 egg
- ⅓ cup oil vegetable oil is best
- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt

DIRECTIONS

- 1 PREHEAT the air fryer oven to 300°F.
- 2 MASH the bananas with a fork until no large pieces remain in a large bowl.
- 3 ADD the sugar, egg and oil and mix with a wooden spoon until everything is incorporated.
- 4 MIX together flour, baking powder, baking soda and salt in a separate bowl.
- 5 DUMP the dry ingredients into the wet and mix gradually, until smooth.
- 6 POUR batter in muffin cups until cups are ¾ full.
- 7 COOK for about 15 minutes, or until golden brown.
- 8 REMOVE and cool for 10 minutes on a cooling rack. Then serve.

*Incredibly soft, fluffy and moist with
perfect amount of sweetness* ♡♡





BLUEBERRY LEMON YOGURT MUFFINS



SERVES

6



PREP TIME

10 Min



COOK TIME

15 Min

INGREDIENTS

- 1 ½ Tbsp unsalted butter, room temperature
- 6 Tbsp sugar
- 1 large egg
- 1 large egg white
- 1 tsp vanilla extract
- 1 tsp fresh lemon juice
- 1 lemon, zested
- 5 oz (10 Tbsp) Greek yogurt
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 cup fresh or frozen blueberries
- Cooking spray

DIRECTIONS

- 1 PREHEAT the air fryer oven to 300°F.
- 2 BEAT the butter and sugar in a bowl on medium speed until well combined.
- 3 WHISK together the whole egg, egg white and vanilla in a small bowl.
- 4 ADD to the butter and sugar mixture along with the lemon juice and zest and beat until combined.
- 5 BEAT in the yogurt, then the flour, baking powder and baking soda, mixing on low speed until combined.
- 6 FOLD in the blueberries using a spatula.
- 7 POUR batter in muffin cups until ¾ full.
- 8 COOK for about 15 minutes, or until golden brown.
- 9 REMOVE and cool for 10 minutes on a cooling rack. Then serve.

Tender moist muffins filled with the goodness of yogurt and blueberries ♡ ♡

CARAMELIZED BANANA



SERVES

1



PREP TIME

2 Min



COOK TIME

6 Min

INGREDIENTS

- 12 bananas
- ¼ of a lemon, juiced
- 1 Tbsp coconut sugar
- Cinnamon, nuts, coconut cream, yogurt, granola for topping

DIRECTIONS

- 1 PREHEAT the air fryer oven to 400°F.
- 2 WASH the bananas with the peel on, then slice them straight down the middle, lengthwise.
- 3 SQUEEZE lemon juice over top of each banana.
- 4 SPRINKLE the coconut sugar over top of the bananas until coated.
- 5 PLACE on the baking sheet and cook for 6 to 8 minutes.
- 6 SERVE with your favorite toppings.

Naturally sweet, excellent choice for a healthy dessert without extra calories





TOASTED MARSHMALLOW



SERVES

8



PREP TIME

10 Min



COOK TIME

10 Min

INGREDIENTS

- 2 cup marshmallows
- 6 (1.5-oz.) chocolate bars, broken into squares
- 1 sleeve graham crackers, broken into rectangles
- ½ cup semisweet chocolate chips, melted

DIRECTIONS

- 1 PREHEAT the air fryer oven to 380°F.
- 2 GREASE a baking dish with cooking spray.
- 3 ADD half of marshmallows, then top with half of chocolate squares and half of graham crackers. Repeat.
- 4 COOK until marshmallows are golden and chocolate squares have melted, about 10 minutes.
- 5 DRIZZLE with melted chocolate and serve.

An easy dessert dip loaded with melted chocolate and toasty marshmallows ♡ ♡

