

HOT 🔥 AF

An Air Fryer Recipe Book by:

NINJA

x

**WHOLLY
VEGGIE!**

2 Friends.

1 crazy idea about vegetables.

After spending 4 years working together for an organic meat company, David and John decided they had enough. They quit their jobs, combined their savings, and started Wholly Veggie on the belief that the world would be a better place with more veggies on our plates. Today, Wholly Veggie is proudly making veggie packed meals more accessible in partnership with Ninja air fryers. Just preheat, cook, and enjoy!

Learn more at [WhollyVeggie.com](https://www.whollyveggie.com)



Table of Contents

Sides & Snacks



- Cheeze Stick Poutine
 - Cheeze Stick Caprese
 - Cauliflower Wing Veggie-Skewers
-

Easy Meals



- Cheddar Jalapeno Tacos
 - Sesame Cauliflower Noodle Bowl
 - Buffalo Cauliflower Baos
 - Sweet Potato Hummus Bowl
-

Coupons!



Grocery List



Stars of the Show!

Products you'll find in the guide + our preferred air fryer for the best results!



[Learn More!](#)



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Cheeze Stick Poutine

Ingredients:

- 1 bag Frozen French Fries
- 2 boxes Mozzarella Sticks
- 2 cups Vegan Gravy (Primal Kitchen)
- To Taste Salt, Black Pepper
- Garnish Fresh Parsley (optional)

Instructions:

1. Preheat your air fryer to 400°F.
2. Spread the frozen French fries in a single layer in the air fryer basket and cook for 7 minutes.
3. At the 6 minute mark, shake the basket and add the Mozzarella Style Sticks. Cook for 7 minutes.
4. Once cooking time is complete, cut Mozzarella cheese sticks into quarter pieces.
5. Heat the vegan gravy in a saucepan over medium heat until it comes to a simmer. Season with salt and pepper to taste.
6. Once the fries are done, transfer them to a serving dish.
7. Sprinkle the Wholly Veggie mozzarella style stick pieces over the fries.
8. Pour the gravy over the fries and mozzarella style sticks.
9. Garnish with fresh parsley, if desired.



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Cheeze Stick Caprese

Ingredients:

- 1 box Mozzarella Style Sticks
- 2 Medium ripe tomatoes
- 6 Cherry tomatoes
- 1 box Fresh arugula
- 3 tbsp Olive oil
- 2 tbsp Balsamic Vinegar
- Pinch. Salt, Pepper
- 2 tbsp Fresh basil

Instructions:

1. Preheat your air fryer to 400°F.
2. Spread the Mozzarella Style Sticks in a single layer in the air fryer basket. Set marinara sauce pack aside.
3. Cook in the air fryer for 8-12 minutes, shaking the basket halfway through cooking, until they are crispy and gooey to the touch.
4. Slice 2 medium ripe tomatoes and a handful of cherry tomatoes sliced in half.
5. Toss fresh arugula with olive oil, balsamic vinegar, salt, pepper and place on bottom of serving platter.
6. Layer tomatoes and warm mozz sticks on top of arugula.
7. Garnish with generous amounts of torn fresh basil, serve with marinara alongside.



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Veggie Skewers with Cauliflower Wings

Ingredients:

- 1 box Ranch Cauliflower Wings
- 1 of each Red and Green Bell Pepper
- 1 Zucchini
- 1 Yellow Squash
- 1 Red Onion
- 8-10 Wooden Skewers
- 2 tbsp Olive Oil
- 1 tsp Dried Oregano
- 1 tsp Garlic Powder
- ¼ tsp Salt, Black Pepper

Instructions:

1. Soak wooden skewers in water for at least 20 minutes before using to prevent them from burning.
2. Wash and chop the vegetables into bite-sized pieces.
3. In a bowl, whisk together olive oil, oregano, garlic powder, salt, and black pepper.
4. Thread the vegetables and Cauliflower Wings onto the skewers, alternating the vegetables.
5. Brush the vegetable skewers with the olive oil mixture.
6. Preheat the air fryer to 375°F.
7. Once preheated, place the skewers in the air fryer basket and cook for 10-12 minutes, turning them over halfway through cooking.
8. In a warm bowl of water thaw Ranch sauce pack for later.
9. When the vegetables and wings are tender and lightly charred, remove from the air fryer and serve hot.
10. Serve with Ranch sauce on the side for dipping. Enjoy!



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Cheddar Jalapeño Cheeze Stick Tacos

Ingredients:

- 1 box Cheddar Jalapeño Sticks
- 6 Soft corn tortillas
- 4 tbsp Fresh salsa
- 4 tbsp pickled red onion
- ½ cup Diced avocado
- To Taste Hot Sauce

Instructions:

1. Preheat the air fryer to 375°F.
2. Cook Cheddar Style Jalapeño Sticks for 8 minutes .
3. Set Jalapeño sauce pack aside in a warm bowl of water.
4. Prepare soft corn tortillas as per package instructions.
5. Fill tortilla with 4 cheeze sticks.
6. Top with fresh salsa, pickled red onion, diced avocado.
7. Finish with drizzle of jalapeño crema sauce.



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Sesame Cauliflower Noodle Bowl

Ingredients:

- 1 box Buffalo Cauliflower Wings
- 1 package Ramen Noodles
- 1 cup Shelled Edamame Beans
- 1 tbsp Sesame Seeds
- 1 tbsp Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Rice Wine Vinegar
- 1/2 cup Green Onion
- 1 tbsp Fly By Jing Sauce

Instructions:

1. Preheat the air fryer to 375°F.
2. Cook Buffalo Cauliflower Wings for 8 minutes.
3. Set Buffalo sauce pack aside in a warm bowl of water.
4. Boil one package of ramen noodles and a handful of edamame in 2-3 cups of boiling water.
5. Drain noodles and edamame.
6. Mix together: ramen seasoning pack, sesame seeds, sesame oil, soy sauce, rice wine vinegar, green onion.
7. Toss noodles in sauce.
8. Top with cauliflower, chopped green onion, a few more sesame seeds.
9. Finish with drizzle of Fly by Jing sauce.



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Buffalo Cauliflower Baos

Ingredients:

- 1 box Buffalo Cauliflower Wings
- 1 stalk Celery
- 1 Carrot
- 4 Bao buns
- 4 tbsp Roasted pumpkin seeds

Instructions:

1. Preheat the air fryer to 375°F.
2. Add Buffalo Cauliflower Wings and cook for 8 minutes.
3. Thinly slice 1 stock of celery.
4. Grate 1 raw carrot.
5. Toss together: cauliflower wings, celery, carrot and buffalo sauce from in package.
6. Divide mixture between 4 warmed Bao buns.
7. Top with roasted pumpkin seeds.
8. Add crumbled blue cheese (if not vegan).



4

SERVING
PER RECIPE



VIEW
GROCERY LIST

Cheddar Jalapeño Cheezy Bake

Ingredients:

- 1 box "The Good Lunch" Southwest Chili
- 1 box Cheddar Jalapeño Sticks
- 1/2 cup Green Onion Diced

Instructions:

1. Add liner to air fryer (must have no holes).
2. Fill liner with "The Good Lunch" Southwest Chili.
3. Top with Cheddar Jalapeño Sticks (side by side in rows)
4. Bake at 400°F for 15 minutes.
5. Plate and drizzle with Jalapeño Crema and green onions.



4

**SERVING
PER RECIPE**



**VIEW
GROCERY LIST**

Sweet Potato Hummus Bowl

Ingredients:

- 1 box Sweet Potato Popcorn
- 1 package Prepared Quinoa
- 1 cup Hummus
- 1/2 cup Baby Spinach
- 1/4 cup Pickled Red Onions
- 1/4 cup Feta Cheese
- 1/4 cup Diced Tomatoes
- 1/4 cup Diced Cucumber

Instructions:

1. Preheat the air fryer to 375°F.
2. Sweet Potato Popcorn in air fryer for 8 minutes.
3. Set sauce pack aside in a warm bowl of water.
4. Microwave prepared Quinoa according to instructions.
5. Place prepared quinoa on the bottom of a large bowl.
6. Spoon a generous amount of hummus in the bowl center.
7. Top in small mounds the following around the outer edge: Baby spinach, Pickled red onions, Feta cheese, Diced tomatoes, Diced cucumber and Sweet Potato Popcorn.
8. Mix sauce pack with 2 tbsp olive oil and 1 tsp lemon juice.
9. Drizzle on top and serve.



TABLE OF CONTENTS

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Grocery List



TABLE OF
CONTENTS

Cheeze Stick Poutine

- 1 bag of frozen French Fries
- 2 boxes of Wholly Veggie Mozzarella Sticks
- 1 bottle of vegan gravy ([Primal Kitchen](#))
- 1 bunch Fresh parsley

Cheeze Stick Caprese

- 1 box Wholly Veggie Mozzarella Sticks
- 2 Medium tomatoes
- 6 Cherry tomatoes
- 1 box Fresh Arugula
- Olive oil
- Balsamic Vinegar
- 1 bunch Fresh basil

Veggie Skewers with Cauliflower Wings

- 1 box Ranch Cauliflower Wings
- 1 red bell pepper
- 1 green bell pepper
- 1 zucchini
- 1 yellow squash
- 1 red onion
- 1 package wooden skewers
- olive oil
- dried oregano
- garlic powder

Sesame Cauliflower Noodle Bowl

- 1 box Buffalo Cauliflower Wings
- 1 package ramen noodles
- 1 bag edamame beans
- 1 package sesame seeds
- 1 bottle sesame oil
- 1 bottle soy sauce
- 1 bottle rice wine vinegar
- 1 whole green onion
- Fly By Jing sauce



Grocery List



TABLE OF
CONTENTS

Cheddar Jalapeño Tacos

- 1 box Cheddar Style Jalapeño Sticks
- 1 package corn tortillas
- Fresh salsa
- 1 jar pickled red onions
- 1 avocado
- Hot sauce (Truff Hot Sauce)

Buffalo Cauliflower Baos

- 1 box Buffalo Cauliflower Wings
- 1 bunch Celery
- 1 Carrot
- 1 package Bao buns
- 1 package pumpkin seeds

Cheddar Jalapeño Cheezy Bake

- 1 box "The Good Lunch" Southwest Chili
- 1 box Cheddar Jalapeno Sticks
- 1 green onion

Sweet Potato Hummus Bowl

- 1 box Wholly Veggie Sweet Potato popcorn
- 1 package prepared quinoa
- 1 container hummus
- 1 bunch or box baby spinach
- 1 jar pickled red onions
- 1 package feta cheese
- 2 whole tomatoes
- 1 cucumber



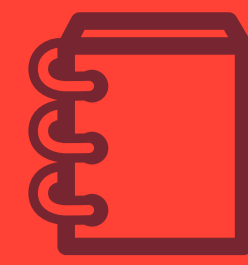


TABLE OF CONTENTS

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