

Air Fryer Magic

Cookbook

150+

Quick, Healthy, and Delicious Recipes
for Frying, Grilling, Baking,
and Celebratory Dishes

Useful Tips and Tricks
for Beginners Advanced Users

Julia Sheldon

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Air Fryer Magic Cookbook: 150+ Quick, Healthy, and Delicious Recipes

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First Edition, 2025

ISBN: [Your ISBN number]

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While all recipes have been tested and the instructions are believed to be accurate, readers are advised to:

- Ensure food is cooked to safe temperatures
- Check that ingredients do not conflict with any allergies or dietary restrictions
- Use appropriate safety measures when operating an air fryer or any kitchen equipment
- Follow the manufacturer's instructions for their specific air fryer model

The nutritional information provided (if any) is an approximation and may vary based on specific ingredients used and portion sizes.

Recipe variations and substitutions are at the reader's discretion and own risk. Results may vary from those pictured or described.

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Introduction

Welcome to Air Fryer Cooking

Welcome to the wonderful world of air fryer cooking! If you're holding this cookbook, you're about to discover how one simple appliance can transform your kitchen and your meals. Whether you're a busy parent, a health-conscious cook, or someone who just loves good food, your air fryer is about to become your new best friend in the kitchen.

Remember when getting crispy, delicious food meant using lots of oil and making a huge mess? Those days are over. Your air fryer uses hot air circulation to create the same crispy results with little to no oil. It's like having a mini convection oven right on your countertop – but better, faster, and more efficient.

In this cookbook, I'll show you how to make everything from crispy french fries and juicy chicken wings to perfectly roasted vegetables and even desserts. Yes, desserts! Your air fryer is far more versatile than you might think. Each recipe is designed to be straightforward and foolproof, with clear instructions that work every time.

The best part? You don't need to be a chef to get amazing results. If you can operate a microwave, you can master an air fryer. So get ready to create delicious, healthier versions of your favorite foods with less mess and less stress. Your journey to easier, healthier cooking starts right here.

Let's get cooking!

Benefits of Using an Air Fryer

Your air fryer isn't just another kitchen gadget – it's a game-changer that brings multiple benefits to your cooking routine. Let's explore why this appliance deserves a prime spot on your counter.

Health Benefits

Say goodbye to excess oil! While deep fryers require cups of oil, your air fryer needs just a light spray or tablespoon to achieve that perfect crunch. This simple change can cut hundreds of calories from your meals without sacrificing flavor. A batch of homemade french fries in an air fryer uses up to 80% less oil than traditional deep frying.

Time is Money

In our busy world, every minute counts. Air fryers preheat in just 2-3 minutes, compared to 10-15 minutes for a traditional oven. Most recipes cook 30-50% faster than conventional methods. Plus, you can pop food in, set the timer, and focus on other tasks – no need to constantly watch or flip your food.

Energy Efficiency

Your air fryer uses significantly less energy than your full-size oven. Why heat up a large oven when you're cooking for one or two? Air fryers use about 1500 watts compared to an oven's 3000 watts or more. They also won't heat up your kitchen during hot summer months, saving on air conditioning costs. This means lower energy bills and a smaller carbon footprint.

Easy Cleanup

Gone are the days of scrubbing greasy pots and splattered stovetops. Most air fryer baskets are dishwasher safe, and their non-stick coating makes hand washing a breeze. There's no messy oil to strain and store, no paper towels needed for draining, and no greasy residue on your counters. One basket, one quick wash, and you're done.

Versatility

Your air fryer isn't just for "fried" foods – it's a multi-purpose powerhouse. From crispy french fries to roasted vegetables, baked chicken to homemade cookies, this single appliance can handle it all. Its versatility means fewer appliances cluttering your kitchen while still delivering delicious results for any meal of the day.

Essential Air Fryer Tips for Beginners

Getting started with your air fryer is easy, but these essential tips will help you achieve perfect results every time.

Before You Start

- Always preheat your air fryer for 2-3 minutes before cooking. Think of it like preheating a regular oven – it makes a big difference in cooking quality.
- Never overcrowd the basket. Food needs space for air to circulate. A single layer with small gaps between pieces works best. Better to cook in batches than crowd the basket.
- Lightly spray or brush food with oil rather than pouring it in. A fine mist of oil helps achieve that golden-brown crispiness without excess fat.

During Cooking

- Shake the basket or flip food halfway through cooking. This ensures even browning and crispiness on all sides. Set a timer to remind yourself.
- Check food a few minutes before the recipe suggests. Air fryers can vary in temperature, and it's better to check early than risk overcooking.
- If food starts browning too quickly, lower the temperature by 25°F or cover lightly with foil.

Food Preparation Tips

- Pat foods dry before air frying. Excess moisture prevents crispiness and can create steam.
- For extra-crispy results, spray breaded foods with oil after placing them in the basket.
- Season food well. The rapid air circulation can make flavors less intense, so don't be shy with herbs and spices.

Safety and Maintenance

- Never use aerosol cooking sprays. They can damage the non-stick coating. Instead, use an oil mister or brush.
- Always place your air fryer on a heat-resistant surface with space around it for ventilation.
- Clean your air fryer basket after each use to prevent odor transfer and maintain non-stick properties.

Common Mistakes to Avoid

- Using too much oil. You only need 1-2 teaspoons for most recipes.
- Cooking very light foods without securing them. Items like leafy greens or bread can fly around in the air circulation.
- Forgetting to preheat. This step is crucial for crispy results.
- Not checking food temperature. Always ensure meat reaches safe internal temperatures.

Quick Fixes for Common Air Fryer Problems

1. Food Not Crispy Enough

Why It Happens:

- Too much moisture on food surface
- Overcrowded basket
- Temperature too low
- Not enough oil
- Old or dirty oil in mister

How to Fix:

1. Pat Food Dry
 - Use paper towels to remove excess moisture
 - Let marinated foods drain well
 - Dry frozen foods before cooking
2. Use Proper Oil Coating
 - Apply thin, even layer with oil mister
 - Use oils with high smoke point (avocado, light olive oil)
 - Make sure oil is fresh
3. Adjust Cooking Method
 - Increase temperature by 25°F
 - Add 2-3 minutes to cooking time
 - Shake basket more frequently
 - Cook in smaller batches

2. Uneven Cooking

Why It Happens:

- Different sized pieces
- Poor air circulation
- Food sticking together
- Basket too full

How to Fix:

1. Proper Food Preparation
 - Cut all pieces to similar size
 - Separate frozen items before cooking
 - Break up any clumped foods
2. Better Basket Management
 - Arrange food in single layer
 - Leave space between pieces
 - Don't fill basket more than halfway
 - Shake every 4-5 minutes
3. Temperature Adjustments
 - Start at recommended temperature
 - Adjust based on results
 - Consider lowering temperature for longer, more even cooking

3. Smoking Issues

Why It Happens:

- Excess fat or oil
- Dirty basket or bottom
- Temperature too high
- Fatty foods dripping

How to Fix:

1. Clean Air Fryer
 - Clean basket thoroughly after each use
 - Wipe bottom heating element area
 - Remove any food particles
 - Check for oil buildup
2. Manage Fatty Foods
 - Add 1-2 tablespoons of water to bottom
 - Place bread slice under fatty foods to catch drips
 - Trim excess fat from meats

- Empty bottom between batches
2. Temperature Control
 - Reduce temperature by 25-50°F
 - Cook fatty foods at lower temperatures
 - Watch for smoke and adjust as needed

4. Food Sticking to Basket

Why It Happens:

- Not enough oil
- Damaged non-stick coating
- Wrong cooking temperature
- Delicate foods without protection

How to Fix:

1. Proper Preparation
 - Use light oil coating on food and basket
 - Line basket with parchment paper for delicate foods
 - Let frozen foods thaw slightly
 - Pat food dry before cooking
2. Basket Care
 - Check for coating damage
 - Use only non-metal utensils
 - Clean gently after each use
 - Replace basket if coating is peeling
3. Cooking Adjustments
 - Flip food carefully halfway through
 - Use appropriate temperature
 - Don't force food to flip if it's sticking

Pro Tips for Success

- Keep your air fryer clean
- Learn your model's hot spots
- Use the right accessories
- Pay attention to unusual sounds or smells
- Follow recipe guidelines for time and temperature
- Start checking food early until you know your air fryer well

Remember: Each air fryer model is slightly different, so you may need to adjust these solutions to work best with your specific appliance.

Essential Air Fryer Tools and Accessories

Must-Have Basics

1. Oil Mister

- Why you need it: Applies a thin, even coating of oil
- Better than aerosol sprays which can damage non-stick coating
- Helps achieve crispy results with minimal oil
- Can be filled with your choice of healthy oils

2. Kitchen Tongs

- Helps safely remove hot food from basket
- Silicone-tipped tongs won't scratch the coating
- Makes it easy to flip food during cooking
- Keeps your hands away from hot surfaces

3. Heat-Resistant Mat

- Protects your countertop from heat
- Prevents basket from scratching surfaces
- Provides stable surface for hot basket
- Easy to clean and store

Cleaning Essentials

4. Soft-Bristled Brush

- Perfect for cleaning the basket gently
- Won't damage non-stick coating
- Gets into basket holes and corners
- Better than abrasive sponges

5. Non-Abrasive Sponge

- For quick basket clean-up
- Safe for non-stick surfaces
- Use with mild dish soap
- Won't scratch the coating

Safety First

Oven Mitts

- Must be heat-resistant
- Protects hands when handling basket
- Should be long enough to cover wrists
- Easy to wash and dry

Pro Tips

- Avoid metal utensils that can scratch the basket
- Keep tools clean and dry to prevent rust
- Store accessories together near your air fryer
- Replace items when they show wear and tear

Remember: You don't need every accessory on the market. These basic tools will help you cook safely and effectively while keeping your air fryer in good condition.

A Note on Seasonings & Spices

The seasoning suggestions in these recipes are just that—suggestions! Cooking should be a fun and personal experience, so feel free to adjust the spices and herbs to suit your taste. If you prefer a milder flavor, you can reduce or omit certain seasonings. On the other hand, if you love bold flavors, experiment with your favorite spices to make each dish truly your own. The most important thing is to enjoy the process and create meals that bring you joy!

Cooking Without Limits

Cooking is an adventure, and your air fryer is the perfect tool to explore it. While we've categorized recipes into chapters, don't feel confined by labels—food is meant to be enjoyed however you like! A crispy appetizer can be the perfect side dish, a hearty meat recipe can double as a shareable snack, and even a breakfast favorite might make a great late-night treat. Let your creativity guide you. Mix, match, and experiment with flavors to make each dish your own. The beauty of air frying is its **simplicity, versatility, and endless possibilities**. Enjoy the journey, embrace new ideas, and most of all—have fun in the kitchen!

Breakfast & Brunch Recipes

Mornings set the tone for the day, and what better way to start than with a delicious air-fried breakfast? Whether you crave something hearty, sweet, or light, these recipes will help you create satisfying meals with minimal effort. From crispy bacon to fluffy egg cups, your air fryer will make mornings easier and tastier!

Sweet Potato Toast Points

Prep. time: 5 min | Total time: 12

Ingredients

1 large sweet potato, cut into 1/4-inch slices

1 tablespoon olive oil

Toppings: avocado, eggs, or almond butter

Salt and pepper to taste

Directions

1. Preheat air fryer to 370°F for 3 minutes
2. Brush sweet potato slices with olive oil
3. Lightly brush the air fryer basket with oil or use an oil mister
4. Cook 12 minutes, flipping halfway
5. Add desired toppings

Crispy Bacon

Prep. time: 2min | Cook time: 8-10 min | Serves: 4

Ingredients

8-10 slices bacon

Black pepper (optional)

Directions

1. Cut bacon slices in half if needed to fit basket
2. Lightly brush the air fryer basket with oil or use an oil mister
3. Lay bacon in a single layer, not overlapping
4. Cook at 350°F for 8-10 minutes
5. Check at 6 minutes for desired crispiness

Classic French Toast Sticks

Prep. time: 10 min | Total time: 8-10 min | Serves: 4

Ingredients

6 slices thick-cut bread
2 large eggs
1/2 cup milk
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 tablespoons butter, melted
Maple syrup for serving
Powdered sugar for dusting

Directions

1. Cut each bread slice into 3 strips.
2. Whisk together eggs, milk, vanilla, cinnamon, and nutmeg.
3. Dip each bread strip into egg mixture, coating all sides.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place bread strips in a single layer, not touching.
6. Cook at 370°F for 8-10 minutes, flipping halfway through.

Mini Frittatas

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

6 large eggs
1/4 cup milk
1 cup mixed vegetables (spinach, peppers, onions)
1/2 cup shredded cheese
Salt and pepper to taste
Cooking spray or oil
Silicone or paper muffin cups

Directions

1. Beat eggs and milk together
2. Stir in vegetables, cheese, salt, and pepper
3. Lightly brush silicone cups with oil or use an oil mister
4. Fill cups 2/3 full with egg mixture
5. Place cups in air fryer basket
6. Cook at 350°F for 12 minutes until set
7. Let cool slightly before removing from cups

Air Fryer Bacon & Egg Toast Cups

Prep. time: 10 min | Total time: 8-10 min | Serves: 4

Ingredients

4 slices of sandwich bread
4 eggs
4 slices of bacon
Salt & pepper to taste
Shredded cheese (optional)
Silicone or paper muffin cups

Directions

1. Lightly brush silicone cups with oil or use an oil mister.
2. Flatten each slice of bread and press into muffin cups.
3. Cook bacon in the air fryer for **4-5 minutes** until partially cooked.
4. Place bacon inside each bread cup, forming a ring.
5. Crack an egg into each cup, season with salt and pepper.
6. Air fry for **8-10 minutes**, depending on desired yolk doneness.
7. Sprinkle with cheese and serve warm.

Cheesy Pizza Toast

Prep. time: 5 min | Cook time: 4-5 min | Serves: 4

Ingredients

4 slices bread (white, wheat, or sourdough)
1/2 cup pizza sauce
1 cup shredded mozzarella
6 slices pepperoni (optional)
Italian seasoning to taste

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Spread pizza sauce on bread slices
3. Top with cheese and pepperoni if using
4. Lightly brush the air fryer basket with oil or use an oil mister
5. Cook for 4-5 minutes until cheese melts and edges are crispy
6. Sprinkle with Italian seasoning

5-Minute Breakfast Taquitos

Prep. time: 5 min | Total time: 6-8 min | Serves: 4

Ingredients

8 small corn tortillas
2 cups precooked scrambled eggs
1 cup shredded cheese
Hot sauce to taste
Salsa for serving

Directions

1. Preheat air fryer to 375°F for 3 minutes
2. Warm tortillas to make them pliable
3. Fill each with eggs and cheese
4. Roll tightly
5. Lightly brush the air fryer basket with oil or use an oil mister
6. Place seam-side down in basket

Quinoa Breakfast Cups

Prep. time: 10 min | Cook time: 15 min | Serves: 4

Ingredients

2 cups cooked quinoa
4 eggs
1 cup spinach, chopped
1/4 cup feta cheese
Salt and pepper to taste

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Mix all ingredients
3. Pour into silicone muffin cups
4. Cook for 15 minutes until set

Breakfast Grilled Cheese Roll-Ups

Prep. time: 5 min | Total time: 6 min | Serves: 4

Ingredients

4 slices white bread, crusts removed
4 eggs, scrambled
4 slices cheese
4 slices bacon, precooked
Butter for brushing

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Flatten bread slices with rolling pin
3. Layer scrambled eggs, cheese, and bacon
4. Roll tightly from one end
5. Brush with melted butter
6. Lightly brush the air fryer basket with oil or use an oil mister
7. Cook 6 minutes, turning halfway

Breakfast Egg Boats

Prep. time: 5 min | Cook time: 10 min | Serves: 4

Ingredients

4 hot dog buns
6 eggs, beaten
1/4 cup milk
1/2 cup shredded cheese
2 green onions, chopped
Salt and pepper to taste

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Hollow out buns slightly
3. Mix eggs, milk, cheese, onions
4. Pour into buns
5. Lightly brush the air fryer basket with oil or use an oil mister
6. Cook 10 minutes until eggs set

Oatmeal Berry Cups

Prep. time: 5 min | Total time: 12 min | Serves: 4

Ingredients

2 cups rolled oats
1 cup milk
1 cup mixed berries
2 tablespoons maple syrup
1 teaspoon cinnamon

Directions

1. Preheat air fryer to 340°F for 3 minutes
2. Mix ingredients
3. Pour into silicone cups
4. Cook 12 minutes
5. Let cool slightly before serving

Banana Oat Cakes

Prep. time: 5 min | Cook time: 10 min | Serves: 4

Ingredients

2 ripe bananas, mashed
1 cup quick oats
1 egg
1 teaspoon cinnamon
1 tablespoon honey

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Mix ingredients
3. Form into patties
4. Cook 10 minutes until golden

Apple Pie Toast Pockets

Prep. time: 5 min | Total time: 8 min | Serves: 4

Ingredients

8 slices bread
1 can apple pie filling
2 tablespoons butter, melted
Cinnamon sugar for coating
Powdered sugar for dusting

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Remove crusts from bread and flatten
3. Add apple filling to center
4. Seal edges with water
5. Brush with butter and coat with cinnamon sugar
6. Lightly brush the air fryer basket with oil or use an oil mister
7. Cook 8 minutes until golden

French Toast Roll-Ups

Prep. time: 5 min | Cook time: 8 min | Serves: 4

Ingredients

8 slices white bread
4 tablespoons cream cheese
2 eggs
1/4 cup milk
1 teaspoon vanilla
Cinnamon sugar for coating

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Remove crusts, flatten bread
3. Spread with cream cheese
4. Roll up tightly
5. Dip in egg mixture
6. Lightly brush the air fryer basket with oil or use an oil mister
7. Cook 8 minutes, turning halfway

Mini Breakfast Pizzas

Prep. time: 5 min | Total time: 6 min | Serves: 4

Ingredients

4 mini naan breads
4 eggs
1/2 cup cheese
4 strips bacon, crumbled
Italian seasoning

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Create slight edge on naan with fingers
3. Crack egg in center
4. Top with cheese and bacon
5. Lightly brush the air fryer basket with oil or use an oil mister
6. Cook 6 minutes until eggs set

Granola-Stuffed Pears

Prep. time: 5 min | Cook time: 12 min | Serves: 4

Ingredients

2 ripe pears, halved
1 cup granola
2 tablespoons honey
1/4 cup yogurt
Cinnamon to taste

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Core pear halves
3. Fill with granola mixture
4. Drizzle with honey
5. Lightly brush the air fryer basket with oil or use an oil mister
6. Cook 12 minutes
7. Top with yogurt

Cheesy Croissant Boats

Prep. time: 5 min | Total time: 8 min | Serves: 4

Ingredients

4 croissants
4 eggs
1/4 cup ham, diced
1/4 cup cheese
Fresh herbs

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Cut groove in top of croissants
3. Crack egg into each
4. Top with ham and cheese
5. Lightly brush the air fryer basket with oil or use an oil mister
6. Cook 8 minutes until eggs set

S'mores French Toast

Prep. time: 5 min | Cook time: 6 min | Serves: 4

Ingredients

8 slices bread
2 eggs
1/4 cup milk
1 teaspoon vanilla extract
4 tablespoons chocolate spread
1 cup mini marshmallows
Graham cracker crumbs
Pinch of salt

Directions

1. Preheat air fryer to 350°F for 3 minutes
2. Mix eggs, milk, vanilla, and salt in a shallow bowl
3. Dip bread in egg mixture
4. Spread chocolate on half the slices
5. Top with marshmallows
6. Lightly brush the air fryer basket with oil or use an oil mister
7. Cook 6 minutes until golden
8. Sprinkle with graham crumbs

Apple-Cheddar Stuffed French Toast

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

- 8 thick slices sourdough bread
- 2 apples, thinly sliced
- 1 cup sharp cheddar, shredded
- 3 eggs
- 1/2 cup milk
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons butter, melted
- Maple syrup for serving
- Powdered sugar for dusting

Directions

1. Arrange apple slices and cheddar between bread pairs.
2. Whisk eggs, milk, cinnamon, and nutmeg in shallow dish.
3. Dip stuffed sandwiches in egg mixture, coating both sides.
4. Brush with melted butter.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 350°F for 10 minutes, flipping halfway through.
7. Cut diagonally to serve.
8. Top with maple syrup and dust with powdered sugar.

Cinnamon Sugar Breakfast Toast

Prep. time: 3 min | Cook time: 5 min | Serves: 2

Ingredients

- 2 slices bread
- 2 tablespoons butter, softened
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- Pinch of nutmeg (optional)

Directions

1. Mix sugar, cinnamon, and nutmeg in a small bowl.
2. Spread butter on both sides of bread.
3. Coat both sides with cinnamon sugar mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 350°F for 5 minutes, flipping halfway through.
6. Serve immediately while hot and crispy.

Appetizers & Snacks

The best part of any gathering? The snacks! Whether you're hosting a party, need a quick bite, or just love crispy, flavorful treats, your air fryer has you covered. These appetizers and snacks are easy to make, healthier than deep-frying, and perfect for any occasion.

Classic Mozzarella Sticks

Prep. time: 10 min | Total time: 6 min | Serves: 4

Ingredients

12 string cheese sticks
1 cup all-purpose flour
2 eggs, beaten
1 cup breadcrumbs
1 teaspoon Italian seasoning
Marinara sauce for dipping

Directions

1. Cut cheese sticks in half
2. Freeze for 30 minutes
3. Coat in flour, then egg, then seasoned breadcrumbs
4. Lightly brush the air fryer basket with oil or use an oil mister
5. Cook at 375°F for 6 minutes
6. Serve with marinara sauce

Crispy Chicken Wings

Prep. time: 10 min | Cook time: 20 min | Serves: 4

Ingredients

2 pounds chicken wings
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon paprika
Salt and pepper to taste
Buffalo sauce for serving

Directions

1. Pat wings dry with paper towels
2. Mix oil and seasonings, coat wings
3. Lightly brush the air fryer basket with oil or use an oil mister
4. Cook at 380°F for 20 minutes, flipping halfway
5. Toss with sauce if desired

Homemade French Fries

Prep. time: 15 min | Total time: 15 min | Serves: 4

Ingredients

3 large potatoes
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon paprika
Salt to taste

Directions

1. Cut potatoes into even fries
2. Soak in cold water for 30 minutes
3. Dry thoroughly and toss with oil and seasonings
4. Lightly brush the air fryer basket with oil or use an oil mister
5. Cook at 380°F for 15 minutes, shaking halfway

Onion Rings

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

1 large onion, sliced into rings
1 cup buttermilk
1 cup flour
1 teaspoon paprika
Salt and pepper to taste
Ketchup for serving

Directions

1. Soak onion rings in buttermilk for 10 minutes
2. Mix flour with seasonings
3. Coat rings in seasoned flour
4. Lightly brush the air fryer basket with oil or use an oil mister
5. Cook at 370°F for 10 minutes, flipping halfway

Potato Skins

Prep. time: 10 min | Total time: 15 min | Serves: 4

Ingredients

4 medium potatoes, halved
1 cup shredded cheese
4 slices bacon, cooked and crumbled
2 tablespoons olive oil
Green onions for garnish
Sour cream for serving

Directions

1. Scoop out potato centers, leaving thin shell
2. Brush shells with oil
3. Lightly brush the air fryer basket with oil or use an oil mister
4. Cook at 375°F for 10 minutes
5. Add cheese and bacon, cook 5 minutes more
6. Top with green onions

Crispy Zucchini Bites

Prep. time: 8 min | Cook time: 10 min | Serves: 4

Ingredients

2 medium zucchini, sliced
1 cup breadcrumbs
1/2 cup parmesan cheese
2 eggs, beaten
Ranch for dipping

Directions

1. Slice zucchini into even 1/4-inch rounds and pat dry with paper towels.
2. In a shallow bowl, combine breadcrumbs and parmesan cheese.
3. Dip each zucchini slice in beaten eggs, then coat with breadcrumb mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange zucchini in a single layer in the basket, not overlapping.
6. Cook at 375°F for 10 minutes, flipping slices halfway through.
7. Let rest for 1 minute before serving with ranch.

Buffalo Cauliflower

Prep. time: 5 min | Total time: 12 min | Serves: 4

Ingredients

1 head cauliflower, cut into florets
2 tablespoons olive oil
1/2 cup buffalo sauce
1 teaspoon garlic powder
Ranch or blue cheese dressing

Directions

1. Cut cauliflower into evenly sized florets and pat dry with paper towels.
2. In a large bowl, toss cauliflower florets with olive oil and garlic powder until evenly coated.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange cauliflower in a single layer in the basket, avoiding overcrowding.
5. Cook at 380°F for 10 minutes, shaking basket halfway through.
6. Remove basket and toss cauliflower with buffalo sauce to coat evenly.
7. Return to air fryer and cook for additional 2 minutes until sauce is hot.

Sweet Potato Chips

Prep. time: 5 min | Cook time: 12 min | Serves: 4

Ingredients

2 sweet potatoes
2 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon paprika
Black pepper to taste

Directions

1. Wash and dry sweet potatoes thoroughly.
2. Slice potatoes very thinly (1/8 inch) using a mandoline or sharp knife.
3. In a large bowl, toss slices with olive oil, salt, paprika, and pepper.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange slices in a single layer, slightly overlapping if needed.
6. Cook at 350°F for 12 minutes, shaking basket every 4 minutes.
7. Check frequently during last 2 minutes to prevent burning.
8. Let chips cool for 1 minute to crisp up further.

Air Fryer Pasta Chips

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

8 oz regular pasta (bow tie or similar)
2 tablespoons olive oil
1/2 cup grated parmesan cheese
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon salt
Marinara sauce for dipping

Directions

1. Cook pasta according to package directions until al dente.
2. In a large bowl, toss pasta with olive oil until evenly coated.
3. Add parmesan, Italian seasoning, garlic powder, and salt, tossing to coat evenly.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange pasta in a single layer in the basket, avoiding overcrowding.
6. Cook at 350°F for 10 minutes, shaking basket every 3-4 minutes.
7. Continue cooking in batches until all pasta is crispy.
8. Let cool for 2 minutes before serving with marinara sauce.

Crunchy Dill Pickle Ravioli

Prep. time: 10 min | Cook time: 8 min | Serves: 4

Ingredients

24 wonton wrappers
1 cup dill pickles, finely chopped
4 oz cream cheese, softened
1/2 cup shredded cheddar
1 teaspoon dill
1 egg, beaten (for sealing)
Ranch dressing for dipping

Directions

1. Finely chop pickles and pat dry thoroughly with paper towels.
2. In a bowl, mix chopped pickles, cream cheese, cheddar, and dill until well combined.
3. Place 1 teaspoon of mixture in center of each wonton wrapper.
4. Brush edges with beaten egg and fold diagonally to create triangles.
5. Press edges firmly to seal, removing any air pockets.
6. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
7. Place ravioli in basket in a single layer, not touching.
8. Cook at 375°F for 8 minutes, flipping halfway through.

Grilled Cheese Croutons

Prep. time: 8 min | Total time: 6 min | Serves: 4

Ingredients

8 slices white bread
8 slices cheese (cheddar or American)
4 tablespoons butter, softened
1 teaspoon garlic powder
1/2 teaspoon Italian seasoning
Marinara sauce for dipping

Directions

1. Mix softened butter with garlic powder and Italian seasoning.
2. Spread seasoned butter on one side of each bread slice.
3. Place cheese between unbuttered sides of bread to make 4 sandwiches.
4. Cut each sandwich into 9 equal squares.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Arrange squares in basket, leaving space between each.
7. Cook at 370°F for 6 minutes, flipping halfway through.
8. Let cool for 1 minute until cheese sets slightly.
9. Serve warm with marinara sauce for dipping.

3-Ingredient Garlic Pita Chips

Prep. time: 2 min | Cook time: 4 min | Serves: 4

Ingredients

4 pita bread rounds
3 tablespoons olive oil
1 teaspoon garlic powder
Salt to taste

Directions

1. Cut each pita bread into 8 triangles.
2. In a large bowl, toss pita triangles with olive oil and garlic powder.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange pita pieces in a single layer in the basket.
5. Cook at 350°F for 4 minutes, shaking basket halfway through.
6. Sprinkle with salt while still hot.
7. Let cool for 1 minute before serving.

Quick Pizza Bagel Bites

Prep. time: 3 min | Total time: 5 min | Serves: 4

Ingredients

2 bagels, split and cut into quarters
1/2 cup pizza sauce
1 cup shredded mozzarella
Favorite pizza toppings (optional)

Directions

1. Cut each bagel half into quarters to make bite-sized pieces.
2. Spread each piece with pizza sauce.
3. Top with shredded mozzarella and any additional toppings.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place bagel bites in the basket in a single layer.
6. Cook at 370°F for 5 minutes until cheese melts.
7. Let cool for 1 minute before serving.

Crispy Carrot and Parsnip Fries

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

3 large carrots
2 parsnips
2 tablespoons olive oil
1 teaspoon honey
1 teaspoon thyme
1/2 teaspoon salt
Greek yogurt dip (optional)

Directions

1. Peel carrots and parsnips, cut into uniform sticks about 3 inches long.
2. In a large bowl, toss vegetables with olive oil, honey, thyme, and salt.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange vegetable sticks in a single layer, not overcrowding.
5. Cook at 380°F for 12 minutes, shaking basket every 4 minutes.
6. Check tenderness with a fork; cook additional 2 minutes if needed.
7. Serve hot with Greek yogurt dip if desired.

Spiced Roasted Chickpea Lettuce Cups

Prep. time: 5 min | Total time: 15 min | Serves: 4

Ingredients

1 can chickpeas, drained and dried
2 tablespoons olive oil
1 teaspoon curry powder
1/2 teaspoon cumin
1/4 teaspoon turmeric
8 butter lettuce leaves
1/2 cup diced tomatoes
Fresh mint for garnish

Directions

1. Drain and thoroughly dry chickpeas with paper towels.
2. In a bowl, toss chickpeas with oil, curry powder, cumin, and turmeric.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Spread chickpeas in a single layer in basket.
5. Cook at 390°F for 15 minutes, shaking basket every 5 minutes.
6. Arrange crispy chickpeas in lettuce cups.
7. Top with diced tomatoes and fresh mint.
8. Serve immediately while chickpeas are crispy.

Cheesy Jalapeño Corn Fritters

Prep. time: 10 min | Cook time: 10 min | Serves: 4

Ingredients

1 can (15 oz) corn, drained
1/2 cup cornmeal
1/4 cup flour
1 egg
1/2 cup shredded cheddar cheese
2 jalapeños, seeded and finely diced
2 green onions, chopped
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions

1. Mix corn, cornmeal, flour, egg, cheese, jalapeños, and green onions in a bowl.
2. Add garlic powder, salt, and pepper.
3. Form mixture into 12 small patties, about 2 tablespoons each.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place patties in basket, not touching.
6. Cook at 375°F for 10 minutes, flipping halfway through.
7. Work in batches if needed.
8. Serve hot with sour cream for dipping.

Vegetable Dishes

Side dishes often steal the show, and with your air fryer, they're easier than ever. From perfectly roasted vegetables to crispy potato alternatives, these recipes will turn everyday sides into healthy and flavorful, must-have additions to any meal.

Crispy Brussels Sprouts with Parmesan

Prep. time: 10 min | Total time: 10-15 min | Serves: 4

Ingredients

1 pound Brussels sprouts, trimmed and halved
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup grated Parmesan cheese
2 cloves garlic, minced

Directions

1. Wash and trim Brussels sprouts, cutting them in half.
2. Pat dry with paper towels to remove excess moisture.
3. In a bowl, toss sprouts with olive oil, salt, pepper, and minced garlic.
4. Place in air fryer basket in a single layer.
5. Cook at 380°F for 12-15 minutes, shaking basket halfway through.
6. Sprinkle with Parmesan cheese in the last 2 minutes of cooking.
7. Serve immediately for maximum crispiness.

Sweet Potato Fries with Herb Seasoning

Prep. time: 15 min | Cook time: 15-18 min | Serves: 4

Ingredients

2 large sweet potatoes
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon dried rosemary
1/2 teaspoon smoked paprika
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions

1. Wash and cut sweet potatoes into even 1/4-inch thick fries.
2. Soak cut fries in cold water for 30 minutes to remove excess starch.
3. Drain and pat completely dry with paper towels.
4. Toss fries with olive oil and all seasonings in a large bowl.
5. Place in air fryer basket in a single layer (may need to cook in batches).
6. Cook at 380°F for 15-18 minutes, shaking basket every 5 minutes.
7. Serve hot with your favorite dipping sauce.

Crispy Cauliflower "Wings"

Prep. time: 15 min | Total time: 12-15 min | Serves: 4

Ingredients

1 large head cauliflower, cut into florets
1 cup all-purpose flour
2 eggs, beaten
1 cup breadcrumbs
1 teaspoon garlic powder
1 teaspoon paprika
1/2 teaspoon salt
1/4 cup hot sauce (optional)

Directions

1. Cut cauliflower into bite-sized florets.
2. Prepare three shallow bowls:
 - First bowl: flour
 - Second bowl: beaten eggs
 - Third bowl: breadcrumbs mixed with garlic powder, paprika, and salt
3. Dip each floret in flour, then egg, then breadcrumb mixture.
4. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
5. Place cauliflower in single layer, not touching.
6. Cook at 375°F for 12-15 minutes, shaking basket halfway through.

Roasted Broccoli with Lemon and Garlic

Prep. time: 10 min | Cook time: 8-10 min | Serves: 4

Ingredients

1 large head broccoli, cut into florets
2 tablespoons olive oil
3 cloves garlic, minced
Zest of 1 lemon
1/2 teaspoon salt
1/4 teaspoon red pepper flakes
Lemon wedges for serving

Directions

1. Cut broccoli into uniform-sized florets.
2. In a bowl, mix olive oil, minced garlic, lemon zest, salt, and red pepper flakes.
3. Toss broccoli in the mixture until well coated.
4. Place in air fryer basket in a single layer.
5. Cook at 375°F for 8-10 minutes, shaking basket halfway through.
6. Serve with fresh lemon wedges.

Zucchini Chips

Prep. time: 15 min | Total time: 10.12 min | Serves: 4

Ingredients

2 medium zucchinis, sliced very thin
2 tablespoons olive oil
1/4 cup grated Parmesan cheese
1/2 teaspoon dried oregano
1/4 teaspoon garlic powder
Salt to taste

Directions

1. Slice zucchini extremely thin (use a mandoline if possible).
2. Pat zucchini slices dry with paper towels.
3. Toss with olive oil and seasonings.
4. Arrange in single layer in air fryer basket (may need multiple batches).

Crispy Garlic Parmesan Asparagus

Prep. time: 10 min | Cook time: 6-8 min | Serves: 4

Ingredients

1 pound fresh asparagus spears
2 tablespoons olive oil
3 cloves garlic, minced
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions

1. Trim the tough ends of the asparagus spears.
2. In a bowl, toss asparagus with olive oil, minced garlic, salt, and pepper.
3. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
4. Arrange asparagus in a single layer in the basket.
5. Cook at 400°F for 6-8 minutes, shaking basket halfway through.
6. Sprinkle with Parmesan cheese in the last minute of cooking.

Spicy Corn on the Cob

Prep. time: 10 min | Total time: 40 min | Serves: 10

Ingredients

4 cobs of corn, husked
2 tablespoons butter, melted
1 teaspoon chili powder
1/2 teaspoon smoked paprika
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
Fresh cilantro for garnish

Directions

1. Cut each ear of corn in half if they're large.
2. Mix melted butter with chili powder, smoked paprika, cayenne, and salt.
3. Brush corn thoroughly with the seasoned butter mixture.
4. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
5. Place corn in the basket, not overcrowding.
6. Cook at 390°F for 10-12 minutes, turning every 3-4 minutes.
7. Garnish with fresh chopped parsley before serving.

Mediterranean Stuffed Mushrooms

Prep. time: 15 min | Cook time: 8-10 min | Serves: 4

Ingredients

16 large button mushrooms
1/2 cup crumbled feta cheese
1/4 cup sun-dried tomatoes, chopped
2 tablespoons fresh basil, chopped
2 cloves garlic, minced
2 tablespoons olive oil
1/4 teaspoon dried oregano
Salt and pepper to taste

Directions

1. Clean mushrooms and remove stems.
2. Chop mushroom stems and mix with feta, sun-dried tomatoes, basil, garlic, and oregano.
3. Stuff each mushroom cap with the mixture.
4. Drizzle stuffed mushrooms with olive oil.
5. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
6. Place mushrooms in the basket, stuffed side up.
7. Cook at 370°F for 8-10 minutes until mushrooms are tender and filling is hot.

Crispy Edamame with Sesame

Prep. time: 5 min | Total time: 6-8 min | Serves: 4

Ingredients

2 cups frozen edamame in pods
1 tablespoon sesame oil
1 tablespoon soy sauce
1 teaspoon sesame seeds
1/4 teaspoon garlic powder
Pinch of red pepper flakes

Directions

1. If using frozen edamame, thaw slightly.
2. Pat edamame dry with paper towels.
3. Toss edamame with sesame oil, soy sauce, and garlic powder.
4. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
5. Spread edamame in a single layer.
6. Cook at 375°F for 6-8 minutes, shaking basket halfway through.
7. Sprinkle with sesame seeds and red pepper flakes before serving.

Garlic Parmesan Hasselback Potatoes

Prep. time: 15 min | Cook time: 25-30 min | Serves: 4

Ingredients

4 medium Yukon Gold potatoes
3 tablespoons olive oil
4 cloves garlic, minced
1/4 cup grated Parmesan cheese
1 teaspoon fresh rosemary, finely chopped
1/2 teaspoon salt
1/4 teaspoon black pepper
Fresh parsley for garnish

Directions

1. Wash and dry potatoes thoroughly.
2. Place a chopstick on each side of the potato and make thin slices across (1/8 inch apart) - the chopsticks will prevent cutting all the way through.
3. Mix olive oil, minced garlic, half the Parmesan, rosemary, salt, and pepper in a small bowl.
4. Carefully spread the slices and brush the mixture between them.
5. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
6. Place potatoes in the basket, leaving space between each.
7. Cook at 375°F for 20 minutes.
8. Brush with remaining oil mixture and sprinkle remaining Parmesan.
9. Cook for additional 5-10 minutes until crispy and tender.

Veggie Zucchini Boats

Prep. time: 5 min | Total time: 10 min | Serves: 4

Ingredients

2 zucchini, halved lengthwise
4 eggs
1/4 cup diced tomatoes
1/4 cup spinach
Salt and pepper to taste

Directions

1. Preheat air fryer to 375°F for 3 minutes
2. Scoop out zucchini centers
3. Crack egg into each boat
4. Add vegetables
5. Cook 10 minutes until eggs set

Honey Glazed Rainbow Carrots

Prep. time: 10 min | Cook time: 15-18 min | Serves: 4

Ingredients

1 pound rainbow carrots (or regular carrots)
2 tablespoons olive oil
2 tablespoons honey
1 tablespoon fresh thyme leaves
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon cinnamon
2 tablespoons pistachios, chopped (optional)
Fresh mint leaves for garnish

Directions

1. Wash and peel carrots. If large, cut lengthwise into quarters.
2. Mix olive oil, honey, thyme, cumin, salt, pepper, and cinnamon in a bowl.
3. Toss carrots in the honey-spice mixture until well coated.
4. Lightly brush the air fryer basket with olive oil or use an oil mister to prevent sticking.
5. Arrange carrots in a single layer (cook in batches if necessary).
6. Cook at 380°F for 15-18 minutes, turning halfway through.
7. Check tenderness with a fork - they should be tender but still have a slight bite.
8. Transfer to serving plate and drizzle with any remaining honey mixture from the bowl.
9. Sprinkle with chopped pistachios and fresh mint leaves.

Mediterranean Stuffed Mini Peppers

Prep. time: 8 min | Total time: 8 min | Serves: 4

Ingredients

12 mini sweet peppers
1 cup hummus
1/2 cup diced cucumber
1/4 cup crumbled feta
Fresh dill for garnish
Black pepper to taste

Directions

1. Cut peppers in half lengthwise, remove seeds and membranes.
2. In a bowl, mix hummus with diced cucumber.
3. Fill each pepper half with hummus mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place stuffed peppers in basket, filling side up.
6. Cook at 350°F for 8 minutes until peppers are tender-crisp.
7. Top with crumbled feta and fresh dill before serving.

Honey Glazed Baby Carrots

Prep. time: 5 min | Cook time: 12 min | Serves: 4

Ingredients

1 pound baby carrots
2 tablespoons olive oil
2 tablespoons honey
1 teaspoon fresh thyme
1/2 teaspoon salt
1/4 teaspoon black pepper
Fresh parsley for garnish

Directions

1. Pat baby carrots dry with paper towels to remove excess moisture.
2. In a large bowl, whisk together olive oil, honey, thyme, salt, and pepper.
3. Add carrots to the bowl and toss until evenly coated.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange carrots in a single layer in the basket.
6. Cook at 380°F for 12 minutes, shaking basket every 4 minutes.
7. Test tenderness with a fork; cook additional 2-3 minutes if needed.
8. Garnish with fresh parsley before serving.

Crispy Brussels Sprouts with Balsamic Glaze

Prep. time: 8 min | Total time: 12 min | Serves: 4

Ingredients

1 pound Brussels sprouts
2 tablespoons olive oil
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons balsamic glaze
1/4 cup grated parmesan

Directions

1. Trim Brussels sprouts and cut in half lengthwise.
2. Pat thoroughly dry with paper towels.
3. In a bowl, toss sprouts with oil, garlic powder, salt, and pepper.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place sprouts cut-side down in basket.
6. Cook at 375°F for 12 minutes, shaking basket halfway through.
7. Transfer to serving bowl and drizzle with balsamic glaze.
8. Top with grated parmesan while hot.

Garlic Parmesan Roasted Potatoes

Prep. time: 10 min | Cook time: 15 min | Serves: 4

Ingredients

1.5 pounds baby potatoes, halved
3 tablespoons olive oil
4 cloves garlic, minced
1/2 cup grated parmesan
1 teaspoon Italian seasoning
Salt and pepper to taste
Fresh parsley for garnish

Directions

1. Cut potatoes into similarly sized pieces if needed.
2. In a large bowl, combine oil, minced garlic, and Italian seasoning.
3. Add potatoes and toss until evenly coated.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange potatoes in a single layer, cut-side down.
6. Cook at 400°F for 15 minutes, shaking basket every 5 minutes.
7. Add parmesan in the last 2 minutes of cooking.
8. Garnish with fresh parsley before serving.

Asian-Style Green Beans

Prep. time: 5 min | Total time: 10 min | Serves: 4

Ingredients

1 pound fresh green beans, trimmed
2 tablespoons soy sauce
1 tablespoon sesame oil
2 cloves garlic, minced
1 teaspoon ginger, grated
Sesame seeds for garnish
Red pepper flakes (optional)

Directions

1. Wash and thoroughly dry green beans.
2. In a bowl, mix soy sauce, sesame oil, garlic, and ginger.
3. Toss green beans in the mixture until well coated.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange beans in the basket, trying not to overlap too much.
6. Cook at 380°F for 10 minutes, shaking basket halfway through.
7. Transfer to serving dish and sprinkle with sesame seeds.
8. Add red pepper flakes if desired.

Mediterranean Roasted Vegetables

Prep. time: 10 min | Cook time: 15 min | Serves: 4

Ingredients

1 zucchini, chunked
1 yellow squash, chunked
1 red bell pepper, chunked
1 red onion, chunked
3 tablespoons olive oil
2 teaspoons herbs de Provence
Salt and pepper to taste
Crumbled feta for serving

Directions

1. Cut all vegetables into uniform 1-inch pieces.
2. In a large bowl, toss vegetables with olive oil and herbs.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange vegetables in a single layer, not overcrowding.
5. Cook at 375°F for 15 minutes, shaking basket every 5 minutes.
6. Season with additional salt and pepper if needed.
7. Transfer to serving dish and top with crumbled feta.
8. Serve immediately while hot.

Quinoa Stuffed Sweet Peppers

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

4 large sweet mini peppers, halved lengthwise
4 eggs
1/4 cup cooked quinoa
1/4 cup cherry tomatoes, diced
2 oz goat cheese, crumbled
2 tablespoons fresh basil, chopped
2 tablespoons red onion, finely diced
Salt and pepper to taste

Directions

1. Remove seeds from peppers while keeping stems intact.
2. Mix quinoa, tomatoes, half the goat cheese, basil, and onion.
3. Fill pepper halves halfway with quinoa mixture.
4. Crack an egg into each pepper half.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place peppers in basket, careful not to spill eggs.
7. Cook at 360°F for 12 minutes until eggs are set.
8. Top with remaining goat cheese and serve with hot sauce.

Mediterranean Eggplant Boats

Prep. time: 10 min | Cook time: 25 min | Serves: 24

Ingredients

2 small eggplants, halved lengthwise
4 eggs
1/2 cup cherry tomatoes, quartered
1/4 cup crumbled feta cheese
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon za'atar seasoning
2 tablespoons fresh parsley, chopped
Salt and pepper to taste
Red pepper flakes (optional)

Directions

1. Scoop out eggplant centers leaving 1/2-inch border, chop removed flesh.
2. Mix chopped eggplant with garlic, half the za'atar, salt, and pepper.
3. Brush eggplant boats with olive oil inside and out.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook empty boats at 370°F for 8 minutes until slightly tender.
6. Fill with eggplant mixture, create wells for eggs.
7. Crack eggs into wells, top with tomatoes and feta.
8. Cook at 350°F for 7 minutes until eggs are set but yolks are still runny.
9. Garnish with parsley, remaining za'atar, and red pepper flakes if desired.

Crispy Parmesan Eggplant Rounds

Prep. time: 15 min | Total time: 12 min | Serves: 4

Ingredients

2 medium eggplants
1 cup breadcrumbs
1/2 cup grated parmesan cheese
1 teaspoon Italian seasoning
1 teaspoon garlic powder
2 eggs, beaten
1/2 cup flour
Salt and pepper to taste
Marinara sauce for dipping

Directions

1. Slice eggplants into 1/2-inch thick rounds.
2. Sprinkle salt on both sides and let sit for 10 minutes to draw out moisture.
3. Pat slices completely dry with paper towels.
4. Mix breadcrumbs, parmesan, Italian seasoning, and garlic powder in a shallow bowl.
5. Set up breading station: flour, beaten eggs, and breadcrumb mixture.
6. Coat each slice in flour, then egg, then breadcrumb mixture.
7. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
8. Place eggplant rounds in a single layer, not overlapping.
9. Cook at 375°F for 12 minutes, flipping halfway through.
10. Work in batches if needed.
11. Serve hot with marinara sauce.
12. Garnish with fresh basil.

Poultry

Chicken is a weeknight staple, but in the air fryer, it becomes even better—juicier, crispier, and faster to prepare. Whether you're making classic fried chicken, tender wings, or flavorful skewers, these poultry recipes will keep your meals exciting and effortless.

Crispy Parmesan Chicken Tenders

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

1 pound chicken tenders
1 cup panko breadcrumbs
1/2 cup grated parmesan
2 eggs, beaten
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon black pepper
Marinara sauce for dipping

Directions

1. Pat chicken tenders dry with paper towels.
2. In a shallow bowl, mix panko, parmesan, garlic powder, Italian seasoning, salt, and pepper.
3. Dip each tender in beaten eggs, then coat thoroughly in breadcrumb mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place tenders in basket in a single layer, not touching.
6. Cook at 380°F for 12 minutes, flipping halfway through.
7. Check internal temperature reaches 165°F.
8. Let rest for 2 minutes before serving with marinara.

Asian-Style Chicken Wings

Prep. time: 10 min | Cook time: 20 min | Serves: 4

Ingredients

2 pounds chicken wings
2 tablespoons sesame oil
3 tablespoons soy sauce
2 tablespoons honey
1 tablespoon ginger, minced
2 cloves garlic, minced
Sesame seeds for garnish
Green onions for garnish

Directions

1. Pat wings completely dry with paper towels.
2. In a large bowl, whisk together sesame oil, soy sauce, honey, ginger, and garlic.
3. Toss wings in marinade and let sit for 10 minutes.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange wings in a single layer in basket.
6. Cook at 380°F for 20 minutes, flipping halfway through.
7. Brush with remaining marinade in last 5 minutes.
8. Garnish with sesame seeds and chopped green onions.

Herb-Roasted Chicken Breast

Prep. time: 5 min | Total time: 15 min | Serves: 4

Ingredients

4 boneless, skinless chicken breasts
2 tablespoons olive oil
2 teaspoons Italian herbs
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon salt
1/2 teaspoon black pepper
Lemon wedges for serving

Directions

1. Pat chicken breasts dry with paper towels.
2. If breasts are very thick, butterfly or pound to even thickness.
3. Mix olive oil with all seasonings in a small bowl.
4. Rub seasoning mixture evenly over chicken breasts.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place chicken in basket, not overlapping.
7. Cook at 370°F for 15 minutes, flipping halfway through.
8. Let rest for 5 minutes before slicing and serving with lemon wedges.

Coconut Chicken Strips

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

1 pound chicken breast, cut into strips
1 cup shredded coconut
1/2 cup panko breadcrumbs
2 eggs, beaten
1/2 cup flour
1 teaspoon salt
Sweet chili sauce for dipping

Directions

1. Cut chicken breasts into even strips and pat dry.
2. Set up three shallow bowls: flour in first, beaten eggs in second.
3. Mix coconut, panko, and salt in third bowl.
4. Dredge each strip in flour, then egg, then coconut mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Arrange strips in basket without overlapping.
7. Cook at 370°F for 10 minutes, flipping halfway through.
8. Serve hot with sweet chili sauce.

Classic Breaded Chicken Cutlets

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

4 chicken breasts, pounded thin
1 cup all-purpose flour
2 eggs, beaten
1 cup plain breadcrumbs
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
Lemon wedges for serving

Directions

1. Pat chicken breasts dry with paper towels.
2. Set up three shallow bowls: flour in first, beaten eggs in second.
3. Mix breadcrumbs with salt, pepper, and garlic powder in third bowl.
4. Dredge each cutlet in flour, then egg, then seasoned breadcrumbs.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place cutlets in basket without overlapping.
7. Cook at 375°F for 12 minutes, flipping halfway through.
8. Serve with lemon wedges.

Simple Roasted Chicken Quarters

Prep. time: 5 min | Cook time: 25 min | Serves: 4

Ingredients

4 chicken leg quarters
2 tablespoons olive oil
2 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon black pepper
Fresh herbs for garnish

Directions

1. Pat chicken quarters dry thoroughly with paper towels.
2. Mix all seasonings in a small bowl.
3. Rub chicken with olive oil, then coat with seasoning mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place chicken quarters skin side down in basket.
6. Cook at 380°F for 25 minutes, flipping halfway through.
7. Check internal temperature reaches 165°F.
8. Let rest for 5 minutes before serving.

Classic Buffalo Chicken Wings

Prep. time: 10 min | Total time: 20 min | Serves: 4

Ingredients

- 2 pounds chicken wings
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3/4 cup buffalo sauce
- 2 tablespoons butter, melted
- Blue cheese or ranch for dipping
- Celery sticks for serving

Directions

1. Pat wings completely dry with paper towels.
2. In a large bowl, toss wings with olive oil, garlic powder, salt, and pepper.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange wings in a single layer in the basket, not touching.
5. Cook at 380°F for 20 minutes, flipping halfway through.
6. Meanwhile, mix buffalo sauce with melted butter.
7. Toss cooked wings in sauce mixture until well coated.
8. Serve immediately with dipping sauce and celery.

Herb-Roasted Whole Chicken

Prep. time: 15 min | Cook time: 50 min | Serves: 4

Ingredients

- 1 whole chicken (3-4 pounds)
- 2 tablespoons olive oil
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme
- 3 cloves garlic, minced
- 1 lemon
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper

Directions

1. Pat chicken dry thoroughly inside and out with paper towels.
2. Mix olive oil, herbs, garlic, salt, and pepper in a small bowl.
3. Rub herb mixture all over chicken and under skin where possible.
4. Cut lemon in half and place inside cavity.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place chicken breast-side down in basket.
7. Cook at 360°F for 50 minutes, flipping halfway through.
8. Let rest 10 minutes before carving.

Chicken Schnitzel

Prep. time: 15 min | Total time: 12 min | Serves: 4

Ingredients

- 4 chicken breasts, butterflied
- 1 cup all-purpose flour
- 2 eggs, beaten
- 2 cups panko breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Lemon wedges for serving

Directions

1. Place butterflied chicken between plastic wrap and pound to 1/4-inch thickness.
2. Set up three shallow bowls: flour in first, beaten eggs in second.
3. Mix panko with garlic powder, onion powder, salt, and pepper in third bowl.
4. Dredge each piece in flour, then egg, then seasoned panko.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place schnitzel in basket without overlapping.
7. Cook at 370°F for 12 minutes, flipping halfway through.
8. Serve immediately with lemon wedges.

Turkey Meatballs

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

- 1 pound ground turkey
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan
- 1 egg
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. In a large bowl, combine all ingredients and mix gently with hands.
2. Form mixture into 16 evenly sized meatballs.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place meatballs in basket, leaving space between each.
5. Cook at 375°F for 12 minutes, shaking basket gently halfway through.
6. Check internal temperature reaches 165°F.
7. Let rest for 2 minutes before serving.
8. Serve with your favorite sauce.

Turkey Breast Roulade

Prep. time: 20 min | Total time: 25 min | Serves: 4

Ingredients

2 pound turkey breast, butterflied
2 cups spinach leaves
1/2 cup cranberries, dried
4 oz cream cheese, softened
2 tablespoons fresh thyme
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
Kitchen twine

Directions

1. Butterfly turkey breast and pound to even 1/2-inch thickness.
2. Mix softened cream cheese with thyme and garlic powder.
3. Spread mixture over turkey, top with spinach and cranberries.
4. Roll tightly and secure with kitchen twine.
5. Season outside with salt and pepper.
6. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
7. Cook at 360°F for 25 minutes, turning halfway through.
8. Let rest 10 minutes before slicing.

Homemade Pita Chips

Prep. time: 15 min | Cook time: 12 min | Serves: 4

Ingredients

1 pound turkey tenderloin, sliced
1 cup buttermilk
1 cup panko breadcrumbs
1/2 cup grated parmesan
1 teaspoon paprika
1 teaspoon garlic powder
1/2 teaspoon salt
Honey mustard for dipping

Directions

1. Slice turkey into even strips and soak in buttermilk for 15 minutes.
2. Mix panko, parmesan, paprika, garlic powder, and salt.
3. Remove turkey from buttermilk and pat dry.
4. Coat each strip in seasoned breadcrumb mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Arrange strips in basket without overlapping.
7. Cook at 375°F for 12 minutes, flipping halfway through.
8. Serve with honey mustard.

Turkey Sausage Patties

Prep. time: 10 min | Total time: 8 min | Serves: 4

Ingredients

1 pound ground turkey
1 teaspoon sage
1 teaspoon thyme
1/2 teaspoon fennel seeds
1/2 teaspoon garlic powder
1/4 teaspoon red pepper flakes
1 teaspoon salt
1/2 teaspoon black pepper

Directions

1. Mix all ingredients together gently in a large bowl.
2. Form into 8 equal-sized patties.
3. Press slight indentation in center of each patty.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place patties in basket without overcrowding.
6. Cook at 370°F for 8 minutes, flipping halfway through.
7. Check internal temperature reaches 165°F.
8. Let rest for 2 minutes before serving.

Mediterranean Turkey Meatballs

Prep. time: 15 min | Cook time: 12 min | Serves: 4

Ingredients

1 pound ground turkey
1/2 cup feta cheese, crumbled
1/4 cup sun-dried tomatoes, chopped
2 tablespoons fresh basil, chopped
2 cloves garlic, minced
1 egg
1/2 cup breadcrumbs
1 teaspoon oregano
Tzatziki sauce for serving

Directions

1. Combine all ingredients except tzatziki in a large bowl.
2. Form mixture into 16 evenly sized meatballs.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place meatballs in basket, leaving space between each.
5. Cook at 375°F for 12 minutes, shaking basket gently halfway through.
6. Check internal temperature reaches 165°F.
7. Let rest for 2 minutes.
8. Serve with tzatziki sauce.

Turkey Stuffed Peppers

Prep. time: 15 min | Total time: 15 min | Serves: 4

Ingredients

4 bell peppers, halved
1 pound ground turkey
1 cup cooked quinoa
1 cup marinara sauce
1 cup mozzarella cheese
1 onion, diced
2 cloves garlic, minced
1 teaspoon Italian seasoning
Salt and pepper to taste

Directions

1. Cut peppers in half lengthwise and remove seeds.
2. Mix turkey, quinoa, half the marinara, onion, garlic, and seasonings.
3. Fill pepper halves with turkey mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place peppers in basket, filling side up.
6. Cook at 360°F for 15 minutes.
7. Top with remaining sauce and cheese, cook 2 minutes more.
8. Let rest for 3 minutes before serving.

Crispy Duck Breast

Prep. time: 10 min | Cook time: 20 min | Serves: 4

Ingredients

4 duck breasts (6-8 oz each)
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon Chinese five spice
Orange slices for serving
Green onions for garnish

Directions

1. Score duck skin in a diamond pattern, being careful not to cut into meat.
2. Pat duck breasts completely dry with paper towels.
3. Season both sides with salt, pepper, and five spice.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place breasts skin-side up in basket, not touching.
6. Cook at 375°F for 20 minutes, flipping halfway through.
7. Let rest for 5-10 minutes before slicing.
8. Serve with orange slices and garnish with green onions.

Duck Legs with Honey Glaze

Prep. time: 5 min | Total time: 25 min | Serves: 4

Ingredients

4 duck legs
2 tablespoons honey
1 tablespoon soy sauce
1 teaspoon garlic powder
1 teaspoon ginger powder
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions

1. Pat duck legs dry with paper towels.
2. Mix honey, soy sauce, and all seasonings in a bowl.
3. Brush mixture over duck legs, reserving some for basting.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place legs in basket, skin side down.
6. Cook at 360°F for 25 minutes, flipping halfway and basting with remaining mixture.
7. Check internal temperature reaches 165°F.
8. Let rest for 5 minutes before serving.

Duck Wings in Plum Sauce

Prep. time: 10 min | Cook time: 18 min | Serves: 4

Ingredients

2 pounds duck wings
1/2 cup plum sauce
2 tablespoons hoisin sauce
1 tablespoon rice vinegar
1 teaspoon sesame oil
1 teaspoon garlic powder
Sesame seeds for garnish

Directions

1. Pat wings completely dry with paper towels.
2. Mix plum sauce, hoisin, vinegar, sesame oil, and garlic powder.
3. Toss wings in half the sauce mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange wings in a single layer.
6. Cook at 380°F for 18 minutes, flipping halfway through.
7. Brush with remaining sauce in last 2 minutes.
8. Garnish with sesame seeds before serving.

Duck Tenders with Citrus Salt

Prep. time: 15 min | Total time: 12 min | Serves: 4

Ingredients

1 pound duck breast, sliced into strips
Zest of 1 orange
Zest of 1 lemon
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1/4 teaspoon thyme
Sweet chili sauce for dipping

Directions

1. Slice duck breast into even strips, about 1-inch wide.
2. Mix citrus zests with salt, pepper, garlic powder, and thyme.
3. Pat strips dry and season with citrus salt mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place strips in basket without overlapping.
6. Cook at 375°F for 12 minutes, flipping halfway through.
7. Let rest for 3 minutes.
8. Serve with sweet chili sauce.

Orange-Glazed Duck Breast

Prep. time: 15 min | Cook time: 18 min | Serves: 4

Ingredients

2 duck breasts (about 6-8 oz each)
2 oranges
2 tablespoons honey
1 tablespoon soy sauce
1 clove garlic, minced
1 teaspoon fresh ginger, grated
1/2 teaspoon five-spice powder
Salt and pepper to taste
Green onions for garnish

Directions

1. Score duck skin in a diamond pattern, being careful not to cut into meat.
2. Pat duck breasts completely dry with paper towels.
3. Season both sides with salt, pepper, and five-spice powder.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place breasts skin-side up in basket.
6. Cook at 400°F for 8 minutes to render fat.
7. Meanwhile, mix juice of 1 orange, honey, soy sauce, garlic, and ginger for glaze.
8. Flip breasts, brush with glaze, and cook 10 minutes more for medium-rare.
9. Let rest for 5 minutes before slicing.
10. Serve with remaining glaze and orange segments.
11. Garnish with green onions.

M e a t

Steaks, ribs, meatballs—yes, your air fryer can handle it all! Cooking meat in an air fryer locks in juices while creating a crispy, caramelized exterior. Whether you're looking for a quick dinner or a hearty meal, these recipes will take your cooking to the next level.

Classic Pork Chops

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

4 boneless pork chops (1-inch thick)
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon onion powder
Fresh parsley for garnish

Directions

1. Pat pork chops dry thoroughly with paper towels.
2. Mix all seasonings in a small bowl.
3. Brush pork chops with olive oil, then coat with seasoning mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place chops in basket without overlapping.
6. Cook at 380°F for 12 minutes, flipping halfway through.
7. Let rest for 5 minutes before serving.
8. Garnish with fresh parsley.

Homestyle Meatloaf

Prep. time: 15 min | Cook time: 25 min | Serves: 4

Ingredients

2 pounds ground beef (80/20)
1 onion, finely diced
2 eggs
1/2 cup breadcrumbs
1/4 cup milk
2 tablespoons ketchup
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
Glaze: 1/4 cup ketchup mixed with 2 tablespoons brown sugar

Directions

1. Mix all ingredients except glaze in a large bowl until just combined.
2. Shape into two small loaves that will fit your air fryer.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place loaves in basket with space between them.
5. Cook at 370°F for 20 minutes.
6. Brush with glaze and cook 5 minutes more.
7. Check internal temperature reaches 160°F.
8. Let rest for 10 minutes before slicing.

Steak Tips

Prep. time: 5 min | Total time: 10 min | Serves: 4

Ingredients

2 pounds sirloin, cut into 1.5-inch cubes
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon dried rosemary
1/2 teaspoon dried thyme

Directions

1. Pat steak tips dry with paper towels.
2. Toss with olive oil, garlic, and all seasonings.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange tips in a single layer.
5. Cook at 400°F for 10 minutes, shaking basket halfway through.
6. For medium-rare, internal temperature should reach 135°F.
7. Let rest for 5 minutes.
8. Serve immediately.

BBQ Pork Ribs

Prep. time: 15 min | Cook time: 25 min | Serves: 4

Ingredients

2 pounds pork ribs, cut into sections
2 tablespoons brown sugar
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon black pepper
1/2 cup BBQ sauce

Directions

1. Remove membrane from back of ribs if present.
2. Mix brown sugar and all seasonings to create dry rub.
3. Coat ribs thoroughly with dry rub mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place rib sections in basket standing against sides.
6. Cook at 375°F for 20 minutes.
7. Brush with BBQ sauce and cook 5 minutes more.
8. Let rest for 5 minutes before serving.

Classic Hamburgers

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

1 pound ground beef (80/20)
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
4 hamburger buns
Desired toppings (lettuce, tomato, onion)
Condiments of choice

Directions

1. Gently mix beef with seasonings, don't overwork.
2. Form into 4 equal patties, making slight depression in center.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place patties in basket without overcrowding.
5. Cook at 380°F for 12 minutes, flipping halfway through.
6. Add cheese in last minute if desired.
7. Toast buns in air fryer for 1 minute if desired.
8. Serve with preferred toppings and condiments.

Garlic Butter Steak Bites

Prep. time: 5 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound sirloin steak, cut into 1-inch cubes
2 tablespoons butter, melted
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
Fresh parsley for garnish

Directions

1. Pat steak cubes dry with paper towels.
2. Mix melted butter with minced garlic.
3. Toss steak cubes with garlic butter, salt, and pepper.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange steak bites in a single layer.
6. Cook at 400°F for 8 minutes, shaking basket halfway through.
7. Check internal temperature (135°F for medium-rare).
8. Garnish with parsley and serve immediately.

Italian Sausage and Peppers

Prep. time: 5 min | Total time: 12 min | Serves: 4

Ingredients

4 Italian sausage links
2 bell peppers, sliced
1 onion, sliced
1 tablespoon olive oil
1 teaspoon Italian seasoning
Salt and pepper to taste
Hoagie rolls for serving (optional)

Directions

1. Slice peppers and onions into even strips.
2. Toss vegetables with olive oil and Italian seasoning.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place sausages and vegetables in basket.
5. Cook at 380°F for 12 minutes, turning sausages halfway through.
6. Check sausage internal temperature reaches 160°F.
7. Let rest for 2 minutes.
8. Serve in rolls if desired.

10-Minute Lamb Chops

Prep. time: 5 min | Cook time: 10 min | Serves: 4

Ingredients

8 lamb chops
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon rosemary
1 teaspoon salt
1/2 teaspoon black pepper
Lemon wedges for serving

Directions

1. Pat lamb chops dry with paper towels.
2. Mix olive oil, garlic, rosemary, salt, and pepper.
3. Coat chops with herb mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place chops in basket in a single layer.
6. Cook at 380°F for 10 minutes, flipping halfway through.
7. Let rest for 3 minutes.
8. Serve with lemon wedges.

Quick Teriyaki Beef Strips

Prep. time: 10 min | Total time: 40 min | Serves: 10

Ingredients

1 pound flank steak, thinly sliced
1/4 cup teriyaki sauce
2 tablespoons honey
1 teaspoon garlic powder
1 teaspoon ginger powder
Sesame seeds for garnish
Green onions for garnish

Directions

1. Slice beef against the grain into thin strips.
2. Mix teriyaki sauce, honey, garlic powder, and ginger.
3. Toss beef strips in sauce mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange beef in a single layer.
6. Cook at 390°F for 8 minutes, shaking basket halfway through.
7. Garnish with sesame seeds and green onions.
8. Serve over rice if desired.

Quick Pork Medallions

Prep. time: 5 min | Cook time: 10 min | Serves: 4

Ingredients

1 pork tenderloin, cut into 1-inch medallions
2 tablespoons Dijon mustard
2 tablespoons honey
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper

Directions

1. Pat pork medallions dry with paper towels.
2. Mix Dijon mustard, honey, and seasonings.
3. Coat medallions in mustard mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place medallions in basket without overlapping.
6. Cook at 375°F for 10 minutes, flipping halfway through.
7. Check internal temperature reaches 145°F.
8. Let rest for 3 minutes before serving.

Korean BBQ Beef Lettuce Wraps

Prep. time: 10 min | Total time: 8 min | Serves: 4

Ingredients

1 pound ribeye steak, thinly sliced
3 tablespoons gochujang (Korean red pepper paste)
2 tablespoons soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
Butter lettuce leaves
Sliced green onions
Sesame seeds

Directions

1. Mix gochujang, soy sauce, brown sugar, and sesame oil.
2. Toss sliced beef in marinade mixture.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Arrange beef in a single layer.
5. Cook at 400°F for 8 minutes, shaking basket halfway through.
6. Serve in lettuce leaves.
7. Top with green onions and sesame seeds.
8. Serve immediately while hot.

Mediterranean Lamb Meatballs

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

1 pound ground lamb
1/4 cup crumbled feta
2 tablespoons fresh mint, chopped
2 cloves garlic, minced
1 teaspoon oregano
1 teaspoon cumin
Tzatziki sauce for serving

Directions

1. Mix all ingredients except tzatziki sauce.
2. Form into 16 evenly sized meatballs.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place meatballs in basket, not touching.
5. Cook at 375°F for 10 minutes, shaking basket halfway through.
6. Check internal temperature reaches 160°F.
7. Let rest for 2 minutes.
8. Serve with tzatziki sauce.

Bourbon-Glazed Pork Belly Bites

Prep. time: 10 min | Total time: 15 min | Serves: 4

Ingredients

1 pound pork belly, cubed
1/4 cup bourbon
2 tablespoons brown sugar
1 tablespoon soy sauce
1 teaspoon garlic powder
1/2 teaspoon black pepper
Green onions for garnish

Directions

1. Cut pork belly into 1-inch cubes.
2. Mix bourbon, brown sugar, soy sauce, and seasonings.
3. Toss pork belly in mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange cubes in a single layer.
6. Cook at 380°F for 15 minutes, shaking basket every 5 minutes.
7. Brush with remaining glaze in last 2 minutes.

Stuffed Flank Steak Pinwheels

Prep. time: 15 min | Cook time: 12 min | Serves: 4

Ingredients

1 pound flank steak, butterflied
2 cups baby spinach
1/2 cup sun-dried tomatoes
1/2 cup mozzarella, shredded
2 cloves garlic, minced
1 teaspoon Italian seasoning
Kitchen twine

Directions

1. Butterfly flank steak and pound to even thickness.
2. Layer spinach, tomatoes, cheese, and garlic.
3. Roll tightly and secure with twine.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place roll in basket.
6. Cook at 380°F for 12 minutes for medium-rare.
7. Let rest for 5 minutes.
8. Slice between twine into pinwheels.

Five-Spice Beef Short Ribs

Prep. time: 10 min | Total time: 20 min | Serves: 4

Ingredients

2 pounds beef short ribs
2 tablespoons hoisin sauce
1 tablespoon soy sauce
1 teaspoon Chinese five spice
1 tablespoon honey
2 cloves garlic, minced
Green onions for garnish

Directions

1. Pat short ribs dry with paper towels.
2. Mix hoisin, soy sauce, five spice, honey, and garlic.
3. Coat ribs thoroughly with mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place ribs in basket in a single layer.
6. Cook at 375°F for 20 minutes, turning halfway through.
7. Let rest for 5 minutes.
8. Garnish with green onions.

Pesto-Stuffed Pork Tenderloin

Prep. time: 15 min | Cook time: 18 min | Serves: 4

Ingredients

1 pork tenderloin (about 1 pound)
1/2 cup basil pesto
1/2 cup mozzarella, shredded
2 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
Kitchen twine

Directions

1. Butterfly tenderloin lengthwise, not cutting all the way through.
2. Mix pesto with garlic and mozzarella.
3. Spread mixture inside tenderloin, roll and tie with twine.
4. Season outside with salt and pepper.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 18 minutes, turning halfway through.
7. Check internal temperature reaches 145°F.
8. Let rest 5 minutes before slicing.

Moroccan Spiced Lamb Skewers

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

1 pound lamb, cut into 1-inch cubes
2 tablespoons olive oil
1 teaspoon cumin
1 teaspoon paprika
1/2 teaspoon cinnamon
1/2 teaspoon turmeric
Lemon wedges for serving
Fresh mint for garnish

Directions

1. Cut lamb into uniform cubes.
2. Mix olive oil and all spices in a bowl.
3. Toss lamb cubes in spice mixture.
4. Thread onto pre-soaked wooden skewers.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 380°F for 12 minutes, turning halfway through.
7. Let rest for 3 minutes.
8. Serve with lemon wedges and fresh mint.

Sweet and Spicy Bacon-Wrapped Sausages

Prep. time: 10 min | Cook time: 10 min | Serves: 4

Ingredients

8 small sausages (like cocktail sausages)
8 slices bacon
2 tablespoons brown sugar
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
Toothpicks for securing
Honey mustard for dipping

Directions

1. Wrap each sausage with bacon, secure with toothpick.
2. Mix brown sugar, chili powder, and cayenne.
3. Roll wrapped sausages in spice mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place in basket without overcrowding.
6. Cook at 370°F for 10 minutes, turning halfway through.
7. Let cool for 2 minutes.
8. Serve with honey mustard.

Coffee-Rubbed Steak Bites

Prep. time: 5 min | Total time: 8 min | Serves: 4

Ingredients

1 pound sirloin, cut into cubes
2 tablespoons ground coffee
1 tablespoon brown sugar
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons olive oil
Blue cheese sauce for serving

Directions

1. Cut steak into 1-inch cubes.
2. Mix coffee, brown sugar, and all seasonings.
3. Toss steak with olive oil, then coat with coffee rub.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange in a single layer in basket.
6. Cook at 400°F for 8 minutes, shaking halfway through.
7. Let rest for 2 minutes.
8. Serve with blue cheese sauce.

Prosciutto-Wrapped Pork Medallions

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

1 pork tenderloin, cut into 8 medallions
8 slices prosciutto
2 tablespoons sage, chopped
2 cloves garlic, minced
1 tablespoon olive oil
1 teaspoon black pepper
Balsamic glaze for drizzling

Directions

1. Cut tenderloin into 1-inch thick medallions.
2. Mix chopped sage, garlic, and pepper.
3. Season medallions with herb mixture.
4. Wrap each medallion with prosciutto.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 12 minutes, turning halfway through.
7. Let rest for 3 minutes.
8. Drizzle with balsamic glaze before serving.

Maple-Bacon Wrapped Beef Bites

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 pound beef tenderloin, cubed
8 slices bacon, halved
2 tablespoons maple syrup
1/2 cup blue cheese crumbles
1 teaspoon cracked black pepper
1 teaspoon coffee grounds
Fresh rosemary sprigs
Toothpicks for securing

Directions

1. Cut beef into 16 equal-sized cubes.
2. Mix maple syrup with coffee grounds and pepper.
3. Wrap each beef cube with half slice of bacon, secure with toothpick.
4. Brush with maple mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 390°F for 10 minutes, turning halfway through.
7. Top with blue cheese crumbles and let melt slightly.
8. Garnish with fresh rosemary.

Peanut Butter Crusted Pork Chops

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

4 boneless pork chops
1/4 cup creamy peanut butter
2 tablespoons soy sauce
1 tablespoon honey
1 cup crushed peanuts
1 teaspoon chili flakes
Sweet chili sauce for serving
Lime wedges

Directions

1. Mix peanut butter, soy sauce, and honey until smooth.
2. Coat each pork chop with peanut butter mixture.
3. Press crushed peanuts and chili flakes onto coating.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 375°F for 12 minutes, turning halfway through.
6. Let rest for 3 minutes.
7. Serve with sweet chili sauce and lime wedges.
8. Garnish with extra crushed peanuts if desired.

Root Beer Glazed Short Ribs

Prep. time: 15 min | Total time: 25 min | Serves: 4

Ingredients

2 pounds beef short ribs
1 can root beer
2 tablespoons brown sugar
1 tablespoon soy sauce
1 teaspoon ground ginger
1 teaspoon garlic powder
1/2 teaspoon black pepper
Green onions for garnish

Directions

1. Pat ribs dry with paper towels.
2. Reduce root beer with brown sugar until syrupy.
3. Mix with soy sauce and seasonings.
4. Coat ribs thoroughly with mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 370°F for 25 minutes, turning halfway through.
7. Brush with remaining glaze in last 5 minutes.
8. Garnish with sliced green onions.

Tandoori-Style Lamb Lollipops

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

8 lamb rib chops, frenched
1 cup Greek yogurt
2 tablespoons tandoori spice blend
2 cloves garlic, minced
1 tablespoon ginger paste
1 tablespoon lime juice
Mint-yogurt sauce for serving
Pomegranate seeds for garnish

Directions

1. Mix yogurt with tandoori spice, garlic, ginger, and lime juice.
2. Coat lamb chops thoroughly with mixture.
3. Let marinate for 15 minutes.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 380°F for 10 minutes, turning halfway through.
6. Rest for 3 minutes.
7. Serve with mint-yogurt sauce.
8. Garnish with pomegranate seeds.

Steak and Cheese Egg Roll Bites

Prep. time: 15 min | Total time: 8 min | Serves: 4

Ingredients

1 pound ribeye steak, thinly sliced
8 egg roll wrappers
1 cup provolone cheese, shredded
1 onion, caramelized
2 tablespoons Worcestershire sauce
1 teaspoon garlic powder
Water for sealing
Chipotle aioli for dipping

Directions

1. Sauté sliced steak with Worcestershire and garlic powder.
2. Cut egg roll wrappers in half diagonally.
3. Place steak, cheese, and onions in center of each wrapper.
4. Roll tightly, sealing edges with water.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 8 minutes, turning halfway through.
7. Let cool for 2 minutes.
8. Serve with chipotle aioli.

Thai Basil Beef Bites

Prep. time: 10 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound flank steak, cut into cubes
1 cup Thai basil leaves
3 tablespoons oyster sauce
2 tablespoons fish sauce
3 cloves garlic, minced
2 Thai chilies, minced
1 tablespoon brown sugar
Lime wedges for serving

Directions

1. Cut steak into 1-inch cubes against the grain.
2. Mix oyster sauce, fish sauce, garlic, chilies, and brown sugar.
3. Toss beef cubes in sauce mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 400°F for 8 minutes, shaking basket halfway through.
6. Toss hot beef with fresh Thai basil leaves.
7. Let rest for 2 minutes.
8. Serve with lime wedges.

Apple Butter Glazed Pork Tenderloin

Prep. time: 10 min | Total time: 15 min | Serves: 4

Ingredients

1 pork tenderloin (about 1 pound)
1/2 cup apple butter
2 tablespoons Dijon mustard
1 teaspoon thyme
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
Chopped pecans for garnish

Directions

1. Pat tenderloin dry with paper towels.
2. Mix apple butter, mustard, and all seasonings.
3. Coat tenderloin thoroughly with mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 375°F for 15 minutes, turning halfway through.
6. Let rest for 5 minutes.
7. Slice and top with chopped pecans.
8. Drizzle with any remaining glaze.

Homemade Pita Chips

Prep. time: 10 min | Cook time: 25 min | Serves: 24

Ingredients

1/2 cup olive oil
1 teaspoon garlic salt
1 teaspoon dried chervil
1/2 teaspoon dried basil
1/2 teaspoon ground black pepper
12 pita bread pockets

Directions

Preheat the oven to 400 F. Line two rimmed baking sheets with parchment paper.

Mix oil, garlic salt, chervil, basil, and pepper together in a small bowl. Cut each pita bread into 8 triangles using a sharp knife or pizza cutter. Arrange some pita triangles in a single layer on each of the prepared baking sheets; brush with oil mixture.

Bake on two racks of the preheated oven until lightly browned and crispy, about 7 minutes, switching halfway through. Transfer pita chips to a serving platter and repeat Steps 4 to 5 with remaining triangles and oil mixture.

Chorizo-Stuffed Pork Chops

Prep. time: 15 min | Total time: 12 min | Serves: 4

Ingredients

4 thick-cut pork chops
8 oz chorizo, removed from casing
1/2 cup manchego cheese, grated
2 cloves garlic, minced
1 teaspoon smoked paprika
1 teaspoon salt
1/2 teaspoon black pepper
Parsley for garnish

Directions

1. Cut a pocket in each pork chop.
2. Mix chorizo, cheese, and garlic.
3. Stuff each chop with mixture and seal with toothpicks.
4. Season outside with paprika, salt, and pepper.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 370°F for 12 minutes, turning halfway through.
7. Let rest for 5 minutes.
8. Garnish with fresh parsley.

Five-Pepper Crusted Beef Tips

Prep. time: 10 min | Cook time: 10 min | Serves: 4

Ingredients

1 pound beef tenderloin, cubed
1 tablespoon black peppercorns
1 tablespoon white peppercorns
1 teaspoon pink peppercorns
1 teaspoon Szechuan peppercorns
1/2 teaspoon cayenne pepper
2 tablespoons olive oil
Garlic butter for serving

Directions

1. Crush all peppercorns coarsely.
2. Mix with cayenne pepper.
3. Coat beef cubes in olive oil, then pepper mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 400°F for 10 minutes, shaking basket halfway through.
6. Top with melted garlic butter.
7. Let rest for 3 minutes.
8. Serve immediately.

Orange-Ginger Lamb Meatballs

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 pound ground lamb
1 orange, zested and juiced
2 tablespoons ginger, minced
2 cloves garlic, minced
1/4 cup breadcrumbs
1 egg
2 tablespoons honey
1 teaspoon salt
Green onions for garnish

Directions

1. Mix lamb with half the orange zest, half the ginger, garlic, breadcrumbs, egg, and salt.
2. Form into 16 meatballs.
3. Mix remaining zest and ginger with orange juice and honey for glaze.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 375°F for 10 minutes, turning halfway through.
6. Brush with glaze in last 2 minutes.
7. Garnish with green onions.
8. Serve hot.

Fish & Seafood

Forget dry, overcooked fish—your air fryer keeps it tender inside with a crispy outside! Whether you're making salmon, cod, or shrimp, these recipes will show you how to prepare seafood that's flavorful, easy, and restaurant-quality.

Classic Fish and Chips

Prep. time: 15 min | Total time: 15 min | Serves: 4

Ingredients

4 cod or haddock fillets (6 oz each)
1 cup all-purpose flour
1 teaspoon baking powder
1 cup cold beer
1 teaspoon salt
1/2 teaspoon black pepper
Tartar sauce for serving
Lemon wedges
Malt vinegar (optional)

Directions

1. Pat fish fillets completely dry with paper towels.
2. Mix flour, baking powder, salt, and pepper.
3. Gradually whisk in cold beer to make batter.
4. Dip each fillet in batter, letting excess drip off.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 380°F for 15 minutes, flipping halfway through.
7. Let rest for 2 minutes.
8. Serve with tartar sauce, lemon wedges, and malt vinegar.

Simple Grilled Salmon

Prep. time: 5 min | Cook time: 12 min | Serves: 4

Ingredients

4 salmon fillets (6 oz each)
2 tablespoons olive oil
1 lemon
1 teaspoon salt
1/2 teaspoon black pepper
Fresh dill for garnish
Butter for serving (optional)

Directions

1. Pat salmon fillets dry with paper towels.
2. Brush with olive oil.
3. Season with salt and pepper.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place salmon skin-side down.
6. Cook at 380°F for 12 minutes.
7. Squeeze fresh lemon juice over fish.
8. Garnish with dill.

Traditional Fish Sticks

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 pound white fish fillets, cut into strips
1 cup breadcrumbs
1/2 cup flour
2 eggs, beaten
1 teaspoon salt
1/2 teaspoon black pepper
Tartar sauce for serving
Lemon wedges

Directions

1. Cut fish into even-sized strips.
2. Set up three bowls: flour, beaten eggs, and breadcrumbs.
3. Season flour with salt and pepper.
4. Coat fish in flour, then egg, then breadcrumbs.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 10 minutes, flipping halfway through.
7. Work in batches if needed.
8. Serve with tartar sauce and lemon wedges.

Herb-Baked Halibut

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

4 halibut fillets (6 oz each)
2 tablespoons butter, melted
2 tablespoons fresh parsley, chopped
1 clove garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
Lemon wedges for serving

Directions

1. Pat halibut fillets dry with paper towels.
2. Mix melted butter with garlic and parsley.
3. Season fish with salt and pepper.
4. Brush with herb butter mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 12 minutes.
7. Check for flaking with a fork.
8. Serve with lemon wedges.

Pan-Seared Style Sole

Prep. time: 5 min | Total time: 8 min | Serves: 4

Ingredients

4 sole fillets
2 tablespoons butter, melted
1 lemon
1 teaspoon salt
1/2 teaspoon white pepper
Fresh parsley for garnish
Capers for serving (optional)

Directions

1. Pat sole fillets completely dry with paper towels.
2. Season with salt and white pepper.
3. Brush with melted butter.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 370°F for 8 minutes, carefully flipping halfway.
6. Squeeze fresh lemon juice over fish.
7. Garnish with parsley.
8. Serve with capers if desired.

Classic Breaded Shrimp

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound large shrimp, peeled and deveined
1 cup plain breadcrumbs
1/2 cup flour
2 eggs, beaten
1 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
Cocktail sauce for serving
Lemon wedges

Directions

1. Pat shrimp completely dry with paper towels.
2. Set up three bowls: flour seasoned with salt, pepper, and garlic powder; beaten eggs; breadcrumbs.
3. Hold shrimp by tail and dip in flour, then egg, then breadcrumbs.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange shrimp in a single layer, not touching.
6. Cook at 375°F for 8 minutes, flipping halfway through.
7. Work in batches if needed.
8. Serve with cocktail sauce and lemon wedges.

Garlic Butter Scallops

Prep. time: 10 min | Total time: 6 min | Serves: 4

Ingredients

16 large sea scallops
3 tablespoons butter, melted
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon fresh parsley, chopped
Lemon wedges for serving

Directions

1. Pat scallops completely dry with paper towels.
2. Mix melted butter with minced garlic.
3. Season scallops with salt and pepper.
4. Brush scallops with garlic butter.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place scallops in basket, not touching.
7. Cook at 400°F for 6 minutes, flipping halfway through.
8. Garnish with parsley and serve with lemon wedges.

Simple Steamed Mussels

Prep. time: 10 min | Cook time: 8 min | Serves: 4

Ingredients

2 pounds mussels, cleaned
1/4 cup white wine
2 tablespoons butter
3 cloves garlic, minced
1 shallot, minced
Fresh parsley for garnish
Crusty bread for serving

Directions

1. Clean and debeard mussels, discarding any open ones.
2. Mix wine, butter, garlic, and shallots.
3. Place mussels in air fryer-safe pan or foil packet.
4. Pour wine mixture over mussels.
5. Place in air fryer basket.
6. Cook at 360°F for 8 minutes until mussels open.
7. Discard any unopened mussels.
8. Garnish with parsley and serve with bread.

Old Bay Crab Cakes

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 pound lump crab meat
1/2 cup breadcrumbs
1/4 cup mayonnaise
1 egg, beaten
1 tablespoon Dijon mustard
1 tablespoon Old Bay seasoning
1 tablespoon parsley, chopped
Remoulade sauce for serving

Directions

1. Drain crab meat and check for shells.
2. Mix all ingredients except crab, then gently fold in crab.
3. Form into 8 equal-sized cakes.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place crab cakes in basket, not touching.
6. Cook at 370°F for 10 minutes, flipping halfway through.
7. Let rest for 2 minutes.
8. Serve with remoulade sauce.

Classic Calamari Rings

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound calamari rings, cleaned
1 cup flour
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
2 eggs, beaten
Marinara sauce for dipping
Lemon wedges

Directions

1. Pat calamari rings completely dry with paper towels.
2. Mix flour with salt, pepper, and garlic powder.
3. Dip rings in egg, then flour mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange rings in a single layer, not touching.
6. Cook at 380°F for 8 minutes, shaking basket halfway through.
7. Work in batches if needed.
8. Serve immediately with marinara and lemon wedges.

Parmesan-Crusted Salmon

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

4 salmon fillets (6 oz each)
1/2 cup grated parmesan
1/4 cup breadcrumbs
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon dried dill
1 lemon, zested and sliced
Salt and pepper to taste

Directions

1. Pat salmon fillets completely dry with paper towels.
2. Mix parmesan, breadcrumbs, garlic, and dill.
3. Brush salmon with olive oil and season with salt and pepper.
4. Press parmesan mixture onto top of each fillet.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 380°F for 12 minutes until fish flakes easily.
7. Sprinkle with lemon zest.
8. Serve with lemon slices.

Coconut Shrimp

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound large shrimp, peeled and deveined
1 cup shredded coconut
1/2 cup panko breadcrumbs
2 eggs, beaten
1/2 cup flour
1 teaspoon garlic powder
1/2 teaspoon salt
Sweet chili sauce for dipping

Directions

1. Pat shrimp dry with paper towels.
2. Set up three bowls: flour mixed with seasonings, beaten eggs, and combined coconut and panko.
3. Dredge each shrimp in flour, then egg, then coconut mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange shrimp in a single layer.
6. Cook at 370°F for 8 minutes, turning halfway through.
7. Work in batches if needed.
8. Serve with sweet chili sauce.

Mediterranean Sea Bass

Prep. time: 10 min | Total time: 10 min | Serves: 4

Ingredients

4 sea bass fillets
2 tablespoons olive oil
2 tablespoons fresh oregano
2 cloves garlic, minced
1 lemon
1/2 cup cherry tomatoes, halved
1/4 cup kalamata olives, chopped
Salt and pepper to taste

Directions

1. Pat fish fillets dry and season with salt and pepper.
2. Mix olive oil with oregano and garlic.
3. Brush fish with herb mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 375°F for 10 minutes.
6. Mix tomatoes and olives, top fish in last 2 minutes.
7. Squeeze fresh lemon over fish.
8. Serve immediately.

Cajun Fish Tacos

Prep. time: 10 min | Cook time: 10 min | Serves: 4

Ingredients

1 pound white fish (cod or halibut)
2 tablespoons Cajun seasoning
1 tablespoon olive oil
8 corn tortillas
Slaw:

- 2 cups shredded cabbage
- 1/4 cup mayo
- 1 lime, juiced
- Hot sauce to taste

Directions

1. Cut fish into 2-inch pieces and pat dry.
2. Toss fish with olive oil and Cajun seasoning.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Cook fish at 380°F for 10 minutes, flipping halfway.
5. Meanwhile, mix slaw ingredients.
6. Warm tortillas in air fryer for 30 seconds.
7. Assemble tacos with fish and slaw.
8. Serve with lime wedges and hot sauce.

Ginger-Soy Glazed Cod

Prep. time: 10 min | Total time: 12 min | Serves: 4

Ingredients

4 cod fillets (6 oz each)
3 tablespoons soy sauce
2 tablespoons honey
1 tablespoon ginger, grated
2 cloves garlic, minced
1 teaspoon sesame oil
Green onions for garnish
Sesame seeds for garnish

Directions

1. Pat cod fillets dry with paper towels.
2. Mix soy sauce, honey, ginger, garlic, and sesame oil.
3. Brush fish generously with sauce mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 375°F for 12 minutes until fish flakes easily.
6. Brush with remaining sauce halfway through.
7. Garnish with green onions and sesame seeds.
8. Serve over rice if desired.

Honey Lime Coconut Shrimp

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound large shrimp, peeled and deveined
1 cup unsweetened coconut flakes
1/2 cup panko breadcrumbs
2 tablespoons honey
1 lime, zested and juiced
2 eggs, beaten
1/2 teaspoon salt
Sriracha mayo for dipping

Directions

1. Pat shrimp completely dry with paper towels.
2. Mix coconut flakes and panko in a shallow bowl.
3. Whisk honey into beaten eggs.
4. Dip shrimp in egg mixture, then coat with coconut mixture.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Place shrimp in single layer, not touching.
7. Cook at 370°F for 8 minutes, flipping halfway through.
8. Sprinkle with lime zest before serving.

Mediterranean Stuffed Calamari

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

8 whole calamari tubes, cleaned
1 cup cooked orzo
1/4 cup sun-dried tomatoes,
chopped
1/4 cup feta cheese, crumbled
2 tablespoons olive oil
2 cloves garlic, minced
Fresh basil leaves
Lemon wedges for serving

Directions

1. Mix orzo, tomatoes, feta, and garlic.
2. Gently stuff calamari tubes with mixture, not too full.
3. Seal ends with toothpicks.
4. Brush with olive oil.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 370°F for 10 minutes, turning halfway.
7. Remove toothpicks before serving.
8. Garnish with basil and lemon wedges.

Maple Mustard Glazed Salmon Bites

Prep. time: 10 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound salmon, cut into 1-inch
cubes
3 tablespoons maple syrup
2 tablespoons Dijon mustard
1 tablespoon soy sauce
1 teaspoon garlic powder
1/2 teaspoon black pepper
Sesame seeds for garnish
Green onions, chopped

Directions

1. Cut salmon into even-sized cubes, removing skin.
2. Mix maple syrup, mustard, soy sauce, and seasonings.
3. Toss salmon cubes in mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange salmon pieces in single layer.
6. Cook at 380°F for 8 minutes, shaking basket halfway through.
7. Sprinkle with sesame seeds.
8. Garnish with green onions.

Crab-Stuffed Mushrooms

Prep. time: 15 min | Total time: 12 min | Serves: 4

Ingredients

16 large mushroom caps
8 oz lump crab meat
4 oz cream cheese, softened
1/4 cup breadcrumbs
2 green onions, finely chopped
1 teaspoon Old Bay seasoning
1 lemon, zested
Hot sauce to taste

Directions

1. Remove mushroom stems and clean caps.
2. Mix crab, cream cheese, breadcrumbs, and seasonings.
3. Fill each mushroom cap with mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place mushrooms in basket, filling side up.
6. Cook at 375°F for 12 minutes.
7. Sprinkle with lemon zest.
8. Serve immediately.

Asian Peanut-Crusted Cod

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

4 cod fillets (6 oz each)
1/2 cup crushed peanuts
2 tablespoons hoisin sauce
1 tablespoon soy sauce
1 teaspoon ginger, grated
1 teaspoon sesame oil
Sriracha sauce (optional)
Green onions for garnish

Directions

1. Pat cod fillets dry with paper towels.
2. Mix hoisin, soy sauce, ginger, and sesame oil.
3. Brush fish with sauce mixture.
4. Press crushed peanuts onto top of each fillet.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 12 minutes until fish flakes easily.
7. Drizzle with sriracha if desired.
8. Garnish with green onions.

Simple Tilapia Fillets

Prep. time: 5 min | Total time: 10 min | Serves: 4

Ingredients

4 tilapia fillets
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
Lemon wedges for serving
Parsley for garnish

Directions

1. Pat tilapia fillets dry with paper towels.
2. Brush fillets with olive oil.
3. Season with garlic powder, salt, and pepper.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place fillets in basket without overlapping.
6. Cook at 370°F for 10 minutes.
7. Check that fish flakes easily with a fork.
8. Serve with lemon wedges.

Easy Popcorn Shrimp

Prep. time: 10 min | Cook time: 8 min | Serves: 4

Ingredients

1 pound small shrimp, peeled and deveined
1 cup breadcrumbs
1/2 cup flour
2 eggs, beaten
1 teaspoon salt
Ketchup or cocktail sauce for dipping

Directions

1. Pat shrimp dry with paper towels.
2. Place flour with salt in one bowl, eggs in second, breadcrumbs in third.
3. Coat shrimp in flour, then egg, then breadcrumbs.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place shrimp in basket in single layer.
6. Cook at 375°F for 8 minutes, shaking halfway through.
7. Work in batches if needed.
8. Serve with preferred dipping sauce.

Basic Tuna Patties

Prep. time: 10 min | Total time: 10 min | Serves: 4

Ingredients

2 cans tuna, drained
1 cup breadcrumbs
2 eggs
1/4 cup mayonnaise
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
Tartar sauce for serving

Directions

1. Drain tuna well and flake with a fork.
2. Mix with breadcrumbs, eggs, mayo, and seasonings.
3. Form into 8 equal-sized patties.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place patties in basket without overcrowding.
6. Cook at 370°F for 10 minutes, flipping halfway through.
7. Let rest for 1 minute.
8. Serve with tartar sauce.

Simple Fish Fillets

Prep. time: 5 min | Cook time: 12 min | Serves: 4

Ingredients

4 white fish fillets (cod, haddock, or pollock)
2 tablespoons butter, melted
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon paprika
Lemon wedges

Directions

1. Pat fish fillets dry with paper towels.
2. Brush with melted butter.
3. Season with salt, pepper, and paprika.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Place fillets in basket.
6. Cook at 375°F for 12 minutes.
7. Check that fish flakes easily.
8. Serve with lemon wedges.

Quick Shrimp Skewers

Prep. time: 8 min | Total time: 6 min | Serves: 4

Ingredients

1 pound large shrimp, peeled and deveined
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon black pepper
Wooden skewers, soaked
Lemon wedges for serving

Directions

1. Pat shrimp dry with paper towels.
2. Mix olive oil, garlic, salt, and pepper.
3. Toss shrimp in oil mixture.
4. Thread onto soaked skewers.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 380°F for 6 minutes, turning halfway through.
7. Check that shrimp are pink and curled.
8. Serve with lemon wedges.

Pistachio-Crusted Rainbow Trout

Prep. time: 12 min | Cook time: 12 min | Serves: 4

Ingredients

4 rainbow trout fillets
1 cup pistachios, finely chopped
2 tablespoons honey
2 tablespoons Dijon mustard
1 orange, zested and juiced
1 teaspoon salt
1/2 teaspoon black pepper
Fresh dill for garnish

Directions

1. Pat trout fillets dry with paper towels.
2. Mix honey, mustard, orange juice, and zest.
3. Brush fish with honey-mustard mixture.
4. Press chopped pistachios onto the fish.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 12 minutes until fish flakes easily.
7. Let rest for 2 minutes.
8. Garnish with fresh dill and extra orange zest.

Garlic Shrimp Scampi

Prep. time: 8 min | Total time: 6 min | Serves: 4

Ingredients

1 pound large shrimp, peeled and deveined
4 tablespoons butter, melted
4 cloves garlic, minced
1 lemon, juiced
1/4 cup white wine
1 teaspoon salt
1/2 teaspoon red pepper flakes
Fresh parsley for garnish

Directions

1. Pat shrimp dry with paper towels.
2. Mix melted butter, garlic, lemon juice, wine, and seasonings.
3. Toss shrimp in mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Arrange shrimp in a single layer.
6. Cook at 380°F for 6 minutes, shaking halfway through.
7. Sprinkle with fresh parsley.
8. Serve immediately.

Herb-Crusted Cod

Prep. time: 10 min | Cook time: 12 min | Serves: 4

Ingredients

4 cod fillets
1 cup breadcrumbs
2 tablespoons fresh parsley, chopped
1 tablespoon fresh thyme
2 cloves garlic, minced
2 tablespoons butter, melted
1 teaspoon salt
1/2 teaspoon black pepper

Directions

1. Pat cod fillets dry with paper towels.
2. Mix breadcrumbs with herbs, garlic, salt, and pepper.
3. Brush fish with melted butter.
4. Press herb breadcrumb mixture onto fillets.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 375°F for 12 minutes.
7. Check that fish flakes easily with a fork.
8. Serve immediately.

Simple Steamed Clams

Prep. time: 10 min | Total time: 8 min | Serves: 4

Ingredients

2 pounds littleneck clams, scrubbed
1/4 cup white wine
2 tablespoons butter
2 cloves garlic, minced
1 shallot, minced
Fresh parsley
Crusty bread for serving

Directions

1. Clean clams thoroughly, discarding any open ones.
2. Place clams in air fryer-safe pan or foil packet.
3. Add wine, butter, garlic, and shallots.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 365°F for 8 minutes until clams open.
6. Discard any unopened clams.
7. Garnish with parsley.
8. Serve with crusty bread.

Traditional Fish Patties

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

1 pound white fish (cod or haddock),
cooked and flaked
1 cup mashed potatoes
1 egg
1/4 cup green onions, chopped
1 tablespoon Dijon mustard
1 teaspoon salt
1/2 teaspoon black pepper
Lemon wedges for serving

Directions

1. Mix flaked fish with mashed potatoes, egg, and seasonings.
2. Form into 8 equal-sized patties.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place patties in basket, not touching.
5. Cook at 370°F for 10 minutes, flipping halfway through.
6. Let rest for 2 minutes.
7. Serve with lemon wedges.
8. Add tartar sauce if desired.

Desserts & Sweet Treats

Craving something sweet? Your air fryer can do that, too! From gooey brownies to crispy churros, these desserts come together quickly and require little effort. Who knew air frying could be this indulgent?

Apple Hand Pies

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 package refrigerated pie crust (2 crusts)
2 apples, peeled and diced small
1/4 cup brown sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon butter, melted
1 egg, beaten (for egg wash)
Powdered sugar for dusting

Directions

1. Mix diced apples, brown sugar, cinnamon, and nutmeg.
2. Cut pie crusts into 4-inch circles.
3. Place apple mixture in center of each circle.
4. Brush edges with egg wash and fold over to seal.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Brush tops with egg wash and cut small vents.
7. Cook at 350°F for 10 minutes until golden brown.
8. Dust with powdered sugar before serving.

Classic Churros

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 cup water
1/2 cup butter
1 cup all-purpose flour
3 eggs
1/4 teaspoon salt
Coating:

- 1/2 cup sugar
- 1 teaspoon cinnamon

Chocolate sauce for dipping

Directions

1. Bring water and butter to boil, add flour and salt, stir until dough forms.
2. Let cool slightly, then beat in eggs one at a time.
3. Transfer to piping bag with star tip.
4. Pipe 4-inch lengths into air fryer basket.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 370°F for 8 minutes until golden.
7. Roll in cinnamon sugar while hot.
8. Serve with chocolate sauce.

Fruit Turnovers

Prep. time: 12 min | Total time: 8 min | Serves: 4

Ingredients

1 package puff pastry
1 cup mixed berries
2 tablespoons sugar
1 tablespoon cornstarch
1 egg, beaten
Vanilla glaze:

- 1 cup powdered sugar
- 2-3 tablespoons milk
- 1/2 teaspoon vanilla

Directions

1. Mix berries, sugar, and cornstarch.
2. Cut puff pastry into 4-inch squares.
3. Place filling in center of each square.
4. Brush edges with egg wash and fold into triangles.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 360°F for 8 minutes until golden.
7. Let cool slightly.
8. Drizzle with vanilla glaze.

Mini Cinnamon Donuts

Prep. time: 10 min | Cook time: 6 min | Serves: 4

Ingredients

1 can refrigerated biscuits
1/4 cup melted butter
Coating:

- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Directions

1. Cut centers from biscuits using small cookie cutter.
2. Mix sugar, cinnamon, and nutmeg in bowl.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Place donuts in basket, not touching.
5. Cook at 350°F for 6 minutes until golden.
6. Brush hot donuts with melted butter.
7. Roll in cinnamon sugar mixture.
8. Serve warm.

Baked Apples

Prep. time: 10 min | Total time: 15 min | Serves: 4

Ingredients

4 medium apples
1/4 cup brown sugar
1/4 cup raisins
1/4 cup chopped walnuts
1 teaspoon cinnamon
2 tablespoons butter
Vanilla ice cream for serving

Directions

1. Core apples, leaving bottom intact.
2. Mix brown sugar, raisins, walnuts, and cinnamon.
3. Fill apple centers with mixture.
4. Top each with butter pat.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 350°F for 15 minutes until tender.
7. Let cool slightly.
8. Serve with vanilla ice cream.

Berry Cheese Danish

Prep. time: 15 min | Cook time: 8 min | Serves: 4

Ingredients

1 package crescent roll dough
4 oz cream cheese, softened
2 tablespoons sugar
1 teaspoon vanilla extract
1 cup mixed berries
1 egg, beaten (for egg wash)
Glaze:

- 1/2 cup powdered sugar
- 2 tablespoons milk
- 1/4 teaspoon vanilla

Directions

1. Mix cream cheese, sugar, and vanilla until smooth.
2. Unroll dough and pinch seams together.
3. Cut into 4 squares and place dollop of cream cheese mixture in center.
4. Top with berries and fold corners toward center.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Brush pastries with egg wash.
7. Cook at 350°F for 8 minutes until golden.
8. Drizzle with glaze while warm.

Nutella Banana Roll-Ups

Prep. time: 10 min | Total time: 6 min | Serves: 4

Ingredients

4 flour tortillas
1/2 cup Nutella
2 bananas, sliced
2 tablespoons butter, melted
Cinnamon sugar for coating
Whipped cream for serving
Chocolate sauce for drizzling

Directions

1. Spread Nutella on each tortilla.
2. Place banana slices in a line near one edge.
3. Roll tightly, seal edges with water.
4. Brush with melted butter.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 370°F for 6 minutes until crispy.
7. Roll in cinnamon sugar while hot.
8. Serve with whipped cream and chocolate sauce.

Peach Streusel Muffins

Prep. time: 15 min | Cook time: 12 min | Serves: 4

Ingredients

1 cup all-purpose flour
1/4 cup sugar
1 teaspoon baking powder
1 egg
1/2 cup milk
1/4 cup butter, melted
1 cup diced peaches
Streusel:
1/4 cup flour
1/4 cup brown sugar
2 tablespoons butter, cold
1/2 teaspoon cinnamon

Directions

1. Mix dry ingredients in one bowl, wet in another.
2. Combine wet and dry ingredients, fold in peaches.
3. Make streusel by cutting butter into dry ingredients.
4. Fill silicone muffin cups 2/3 full.
5. Top with streusel mixture.
6. Cook at 330°F for 12 minutes.
7. Test with toothpick for doneness.
8. Cool slightly before removing from cups.

Chocolate Lava Cakes

Prep. time: 12 min | Total time: 8 min | Serves: 4

Ingredients

4 oz semi-sweet chocolate
1/2 cup butter
2 eggs
2 egg yolks
1/4 cup sugar
2 tablespoons flour
Pinch of salt
Powdered sugar for dusting
Vanilla ice cream for serving

Directions

1. Melt chocolate and butter together.
2. Whisk eggs, yolks, and sugar until light.
3. Fold in chocolate mixture and flour.
4. Pour into greased ramekins.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Cook at 320°F for 8 minutes.
7. Let rest 1 minute.
8. Serve with ice cream and powdered sugar.

Maple Pecan Sticky Buns

Prep. time: 15 min | Cook time: 10 min | Serves: 4

Ingredients

1 can refrigerated cinnamon rolls
1/4 cup maple syrup
1/4 cup brown sugar
1/2 cup chopped pecans
2 tablespoons butter, melted
1/2 teaspoon cinnamon
Pinch of salt

Directions

1. Mix maple syrup, brown sugar, pecans, butter, and cinnamon.
2. Divide mixture among 4 silicone muffin cups.
3. Place cinnamon rolls on top of mixture.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 330°F for 10 minutes.
6. Let cool 2 minutes.
7. Invert onto serving plates.
8. Drizzle with included icing.

Classic Apple Strudel

Prep. time: 20 min | Total time: 15 min | Serves: 4

Ingredients

4 sheets phyllo dough
3 apples, peeled and thinly sliced
1/4 cup breadcrumbs
1/4 cup melted butter
1/4 cup raisins
1/4 cup walnuts, chopped
2 tablespoons sugar
1 teaspoon cinnamon
1 egg, beaten (for wash)
Powdered sugar for dusting

Directions

1. Mix apples, breadcrumbs, raisins, walnuts, sugar, and cinnamon.
2. Layer phyllo sheets, brushing each with melted butter.
3. Spread apple mixture along one end.
4. Roll tightly, tucking in edges.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Brush strudel with egg wash.
7. Cook at 350°F for 15 minutes until golden.
8. Dust with powdered sugar before serving.

French Cream Puffs

Prep. time: 15 min | Cook time: 18 min | Serves: 4

Ingredients

1/2 cup water
1/4 cup butter
1/2 cup flour
2 eggs
Pinch of salt

Filling:

1 cup heavy cream
2 tablespoons sugar
1/2 teaspoon vanilla
Powdered sugar for dusting

Directions

1. Boil water and butter, add flour and salt, stir until dough forms.
2. Cool slightly, beat in eggs one at a time.
3. Pipe into 8 mounds using pastry bag.
4. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
5. Cook at 360°F for 18 minutes until puffed.
6. Cool completely.
7. Fill with whipped cream mixture.
8. Dust with powdered sugar.

Cinnamon Sugar Eclairs

Prep. time: 20 min | Total time: 15 min | Serves: 4

Ingredients

1/2 cup water
1/4 cup butter
1/2 cup flour
2 eggs

Filling:

1 cup vanilla pudding

Topping:

1/4 cup sugar
1 teaspoon cinnamon

Directions

1. Prepare choux pastry as for cream puffs.
2. Pipe into 4-inch lengths.
3. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
4. Cook at 350°F for 15 minutes until golden.
5. Let cool completely.
6. Fill with vanilla pudding.
7. Roll in cinnamon sugar.
8. Serve immediately.

Traditional Bear Claws

Prep. time: 25 min | Cook time: 12 min | Serves: 4

Ingredients

1 package puff pastry
1/2 cup almond paste
1/4 cup chopped almonds
2 tablespoons sugar
1 egg, beaten
1/4 teaspoon almond extract
Sliced almonds for topping
Powdered sugar for dusting

Directions

1. Mix almond paste, chopped almonds, sugar, and extract.
2. Cut pastry into rectangles.
3. Place filling on one half, fold over.
4. Cut slits along folded edge.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Brush with egg wash, top with sliced almonds.
7. Cook at 350°F for 12 minutes until golden.
8. Dust with powdered sugar.

Classic Fruit Danishes

Prep. time: 15 min | Total time: 10 min | Serves: 4

Ingredients

1 package puff pastry
4 oz cream cheese, softened
2 tablespoons sugar
1 teaspoon vanilla
4 tablespoons fruit preserves
1 egg, beaten
Pearl sugar for topping

Glaze:

1/2 cup powdered sugar
2 tablespoons milk

Directions

1. Mix cream cheese, sugar, and vanilla until smooth.
2. Cut pastry into squares, fold corners to center.
3. Place cream cheese mixture in center.
4. Top with preserves.
5. Lightly brush the air fryer basket with oil or use an oil mister to prevent sticking.
6. Brush with egg wash, sprinkle with pearl sugar.
7. Cook at 350°F for 10 minutes until golden.
8. Drizzle with glaze while warm.

Final Words of Encouragement

The air fryer sitting on your counter represents more than just a kitchen appliance—it's a tool for transformation. Whether you're cooking for yourself, your family, or friends, you're sharing the gift of delicious, nutritious food made with care.

Don't be discouraged by any initial mishaps—they happen to everyone! Each "mistake" is an opportunity to learn and adjust. Perhaps your chicken needed an extra minute, or your vegetables could have used a light spray of oil. These small discoveries are part of developing your air fryer expertise.

Keep this cookbook handy, but don't be afraid to venture beyond it. Join online air fryer communities, share your successes, ask questions, and gather inspiration from others on the same journey. The air fryer community is welcoming and full of creative ideas that might never have occurred to you.

Remember: the best meal is one that brings you joy—both in the making and the eating. Here's to many more delicious, healthier meals ahead!

Air Fryer Cooking Time Chart

Vegetables

Food Item	Temperature (°F)	Time (minutes)	Notes
Asparagus	380°F	7-10	Lightly oil, season to taste
Bell Peppers	380°F	10-12	Cut into 1-inch pieces
Broccoli	380°F	8-10	Cut into florets
Brussels Sprouts	380°F	12-15	Halve larger ones, spray with oil
Carrots	380°F	15-18	Cut into ¼-inch slices
Cauliflower	380°F	10-12	Cut into florets
Corn on the Cob	390°F	10-12	Brush with butter or oil
Eggplant	375°F	12-15	Cut into 1-inch cubes
Green Beans	380°F	8-10	Trim ends
Kale (for chips)	300°F	8-10	Dry thoroughly before cooking
Mushrooms	375°F	8-10	Whole or halved depending on size
Onion Rings	370°F	10-13	Dip in egg and breadcrumbs
Potatoes (diced)	400°F	18-20	½-inch cubes, soak in water first
Sweet Potatoes	380°F	15-18	Cut into ½-inch cubes
Zucchini	375°F	10-12	Cut into ¼-inch slices

Proteins

	Temperature (°F)	Time (minutes)	Notes
Bacon	350°F	8-10	Flip halfway through
Chicken Breasts	370°F	15-20	Internal temp should reach 165°F
Chicken Thighs (boneless)	380°F	18-22	Internal temp should reach 165°F
Chicken Wings	380°F	20-25	Flip halfway through
Fish Fillets	380°F	8-12	Depends on thickness
Ground Beef (burgers)	380°F	10-15	¼-pound patties, flip halfway
Meatballs	380°F	10-12	1-inch diameter
Pork Chops (boneless)	380°F	12-15	1-inch thick
Salmon Fillets	380°F	10-12	6-8 oz fillets
Shrimp	370°F	6-8	Flip halfway through
Steak	400°F	10-15	1-inch thick, flip halfway
Tofu (extra firm)	375°F	12-15	1-inch cubes, pat dry first
Turkey Breast	360°F	15-18	Sliced or cutlets

Frozen Foods

Food Item	Temperature (°F)	Time (minutes)	Notes
Chicken Nuggets	390°F	10-12	Shake basket halfway
Chicken Tenders	390°F	12-14	Shake basket halfway
Fish Sticks	390°F	8-10	Flip halfway through
French Fries	400°F	15-18	Shake basket 2-3 times during cooking
Mozzarella Sticks	380°F	6-8	Watch closely to prevent cheese leak
Onion Rings	380°F	6-8	Shake basket halfway
Pizza Rolls	380°F	6-8	Shake basket halfway
Pot Stickers	380°F	8-10	Spray with oil first
Tater Tots	400°F	12-15	Shake basket halfway
Veggie Burgers	380°F	10-12	Flip halfway through

Baked Goods

Food Item	Temperature (°F)	Time (minutes)	Notes
Biscuits (canned)	330°F	8-10	Space evenly in basket
Bread (garlic)	350°F	4-5	Brush with butter/oil
Cakes (small)	320°F	15-20	Use appropriate baking pan
Cinnamon Rolls	330°F	8-10	Space evenly in basket
Cookies	320°F	8-10	Leave room for spreading
Donuts	350°F	8-10	Flip halfway through
Muffins	330°F	12-15	Use silicone muffin cups
Pastries	330°F	10-12	Brush with egg wash before cooking
Pies (mini)	330°F	12-15	Use appropriate baking pan

Internal Temperature Guide

- Chicken and Poultry: 165°F (74°C)
- Ground Meats: 160°F (71°C)
- Beef, Pork, Lamb (medium): 145°F (63°C)
- Fish and Shellfish: 145°F (63°C)

Note: This chart serves as a general guide. Cooking times may vary based on your specific air fryer model, the size and thickness of food items, and how full the basket is. Always check for doneness and adjust cooking time as needed.