

# **Super Delicious Mediterranean Air Fryer Cookbook for Beginners:**

180 Easy, Healthy, and Mouthwatering Recipes to Make You Happy.

Includes a Simple 4-Week Meal Plan for a Balanced Lifestyle.

Randy Bickford

## **Copyright**

© 2024 by Randy Bickford. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher at the address below:

## **Disclaimer**

The information provided in this book is for educational and informational purposes only and is not intended as medical or professional advice. The author and publisher are not responsible for any adverse effects or consequences resulting from using any recipes, suggestions, or information provided in this book. All readers are encouraged to consult with a licensed healthcare professional before making any significant changes to their diet, especially those with pre-existing health conditions or dietary restrictions.

The nutritional information provided in this book is based on standard calculations and should be considered approximate. Ingredient availability and cooking methods can alter the nutritional values of recipes, and individual results may vary. The author has made every effort to ensure the accuracy and completeness of the information presented in this book but assumes no responsibility for errors, omissions, or discrepancies.

# Table of Contents

<b>INTRODUCTION</b> .....	5	MOZZARELLA STICKS WITH MARINARA	26
<b>CHAPTER 1: MEDITERRANEAN DIET FUNDAMENTALS</b> .....	6	EGGPLANT FRIES .....	27
<i>History and Origins</i> .....	6	MINI SPANAKOPITA TRIANGLES.....	27
<i>Core Principles and Health Benefits</i> .....	6	AIR FRYER MEDITERRANEAN CRAB CAKES .....	28
<i>Wine in the Mediterranean Diet</i> .....	6	FETA AND OLIVE STUFFED PEPPERS .....	28
<b>KEY INGREDIENTS</b> .....	7	AIR FRYER ARTICHOKE HEARTS.....	29
<i>Common Mediterranean Ingredients</i> .....	7	MEDITERRANEAN BRUSCHETTA IN THE AIR FRYER .....	29
<i>Pantry Staples for Mediterranean Cooking</i> .....	7	AIR FRYER HALLOUMI STICKS.....	30
<i>What to Avoid in the Diet</i> .....	8	GREEK TZATZIKI DIP WITH VEGGIE STICKS.....	30
<b>CHAPTER 2: GETTING STARTED WITH YOUR AIR FRYER</b> .....	8	MINI QUICHES WITH SPINACH AND LEEKS.....	31
<i>Different Types of Air Fryers</i> .....	8	SUN-DRIED TOMATO AND OLIVE FLATBREAD .....	31
<i>Key Features and Functionalities</i> .....	8	<b>CHAPTER 5: BREAD AND PASTRIES</b> .....	32
<i>Tips for Choosing the Right Air Fryer</i> .....	9	FOCACCIA WITH CHERRY TOMATOES .....	32
<b>AIR FRYER BASICS</b> .....	9	RUSTIC OLIVE AND ROSEMARY BREAD.....	32
<i>How to Set Up and Maintain Your Air Fryer</i> .....	9	CIABATTA ROLLS .....	33
<i>Essential Accessories for Your Air Fryer</i> .....	10	WHOLE WHEAT PITA BREAD.....	33
<b>AIR FRYER TIPS AND TRICKS</b> .....	10	GREEK OLIVE BREAD.....	34
<i>Cooking Tips for Beginners</i> .....	10	SESAME SEED FLATBREAD .....	34
<i>Common Mistakes to Avoid</i> .....	11	LEMON THYME BREAD.....	35
<i>How to Convert Traditional Oven Recipes to Air Fryer Recipes</i> .....	11	AIR FRYER GARLIC KNOTS .....	35
<b>CHAPTER 3: MEDITERRANEAN BREAKFAST</b> .....	12	SUN-DRIED TOMATO AND BASIL BREAD .....	36
GREEK YOGURT PARFAITS.....	12	AIR FRYER NAAN BREAD.....	36
AIR FRYER AVOCADO TOAST .....	12	ROSEMARY AND SEA SALT CRACKERS .....	37
OLIVE OIL PANCAKES .....	13	BREADSTICKS WITH MARINARA .....	37
MEDITERRANEAN MORNING FRITTATA.....	13	MEDITERRANEAN STUFFED BREAD .....	38
ZUCCHINI AND FETA MUFFINS .....	14	HERB DINNER ROLLS .....	38
SPINACH AND FETA BREAKFAST WRAPS.....	14	SPINACH AND CHEESE SWIRLS .....	39
BREAKFAST POTATOES .....	15	CORNBREAD WITH FETA.....	39
SUN-DRIED TOMATO AND BASIL QUICHE .....	15	SOURDOUGH ROLLS.....	40
MEDITERRANEAN SHAKSHUKA.....	16	GREEK YOGURT AND HONEY BREAD.....	40
CHICKPEA FLOUR OMELETTE .....	16	PITA CHIPS WITH ZA'ATAR .....	41
RICOTTA AND SPINACH STUFFED TOMATOES.....	17	FETA AND OREGANO BREAD.....	41
BREAKFAST BURRITO.....	17	<b>CHAPTER 6: GRAINS, PASTA AND RICE</b> .....	42
AIR FRYER VEGGIE HASH .....	18	SHRIMP AND SPINACH FETTUCCINE.....	42
GREEK YOGURT AND BERRY SMOOTHIE BOWL.....	18	LEMON-PARMESAN ORZO .....	42
STUFFED PEPPERS WITH QUINOA .....	19	CHICKEN AND RICE PILAF .....	43
LEMON POPPY SEED MUFFINS .....	19	GREEK-STYLE STUFFED BELL PEPPERS WITH RICE .....	43
EGG CUPS WITH TOMATOES AND HERBS .....	20	PENNE WITH EGGPLANT AND BASIL.....	44
MEDITERRANEAN BREAKFAST PIZZA .....	20	CREAMY RISOTTO WITH SUN-DRIED TOMATOES .....	44
BREAKFAST SAUSAGE PATTIES.....	21	PASTA PRIMAVERA WITH FRESH HERBS.....	45
CITRUS AND HONEY BREAKFAST BOWL.....	21	LEMON-DILL RICE WITH FETA .....	45
<b>CHAPTER 4: SNACKS AND APPETIZERS</b> .....	22	GREEK LEMON RICE PILAF.....	46
ZESTY LEMON-HERB HUMMUS .....	22	SPAGHETTI SQUASH WITH MARINARA .....	46
AIR FRYER FALAFEL .....	22	PESTO ORZO WITH CHERRY TOMATOES .....	47
CRISPY CHICKPEAS .....	23	STUFFED TOMATOES WITH RICE AND HERBS .....	47
STUFFED GRAPE LEAVES.....	23	SPINACH AND FETA STUFFED SHELLS .....	48
SPINACH AND FETA STUFFED MUSHROOMS .....	24	PAELLA WITH SHRIMP AND CHORIZO.....	48
AIR FRYER CALAMARI RINGS .....	24	QUINOA AND RICE-STUFFED PEPPERS.....	49
GARLIC PARMESAN ZUCCHINI FRIES.....	25	BROWN RICE WITH MEDITERRANEAN VEGGIES.....	49
TAPENADE WITH PITA CHIPS .....	25	RISOTTO WITH ARTICHOKES AND OLIVES.....	50
AIR FRYER GREEK MEATBALLS .....	26	AIR FRYER TORTELLINI WITH PESTO SAUCE .....	50
		COUSCOUS WITH VEGETABLES.....	51
		BARLEY RISOTTO WITH MUSHROOMS .....	51
		<b>CHAPTER 7: SIDES AND SALADS</b> .....	52
		LEMON-GARLIC ROASTED POTATOES .....	52
		AIR FRYER GREEK SALAD.....	52
		AIR FRYER ZUCCHINI FRIES .....	53
		MEDITERRANEAN CHICKPEA SALAD .....	53

ROASTED BRUSSELS SPROUTS .....	54	SPICED LAMB MEATBALLS WITH TZATZIKI SAUCE .....	80
AIR FRYER CUCUMBER AND FETA SALAD .....	54	BEEF AND VEGGIE SKEWERS .....	80
AIR FRYER STUFFED MUSHROOMS .....	55	GREEK TURKEY MEATLOAF WITH FRESH HERBS.....	81
QUINOA TABBOULEH .....	55	AIR FRYER CHICKEN AND VEGETABLE MEDLEY.....	81
AIR FRYER GARLIC GREEN BEANS.....	56	<b>CHAPTER 10: VEGETARIAN RECIPES .....</b>	<b>82</b>
WARM FARRO SALAD WITH ROASTED VEGETABLES.....	56	MEDITERRANEAN VEGGIE SKEWERS.....	82
AIR FRYER PARMESAN ASPARAGUS.....	57	AIR FRYER STUFFED ZUCCHINI BOATS.....	82
TOMATO AND RED ONION SALAD .....	57	SPINACH AND FETA STUFFED PEPPERS .....	83
AIR FRYER SWEET POTATO WEDGES .....	58	AIR FRYER EGGPLANT WITH PARMESAN .....	83
AIR FRYER MEDITERRANEAN COUSCOUS SALAD .....	58	STUFFED TOMATOES.....	84
AIR FRYER EGGPLANT CAPONATA.....	59	FALAFEL WITH TZATZIKI .....	84
SPINACH AND ORZO SALAD .....	59	GREEK SPINACH PIE (SPANAKOPITA) BITES .....	85
CAULIFLOWER WITH TAHINI SAUCE.....	60	CAULIFLOWER STEAKS WITH CHIMICHURRI.....	85
ROASTED BEET AND GOAT CHEESE SALAD .....	60	CRISPY AIR FRYER CHICKPEAS WITH HERBS .....	86
STUFFED PEPPERS WITH QUINOA AND VEGGIES .....	61	PORTOBELLO MUSHROOMS WITH GOAT CHEESE.....	86
PANZANELLA BREAD SALAD .....	61	VEGGIE BURGER PATTIES.....	87
<b>CHAPTER 8: FISH AND SEAFOOD.....</b>	<b>62</b>	ARTICHOKE HEARTS WITH LEMON AIOLI.....	87
MEDITERRANEAN SHRIMP SKEWERS .....	62	ROASTED RED PEPPER AND EGGPLANT DIP .....	88
HERB-CRUSTED SALMON .....	62	STUFFED MUSHROOMS WITH RICOTTA AND SPINACH.....	88
GARLIC LEMON SCALLOPS.....	63	GREEK-STYLE STUFFED EGGPLANT .....	89
CRISPY AIR FRYER FISH TACOS .....	63	SWEET POTATO FRIES WITH HARISSA.....	89
SHRIMP AND FETA STUFFED PEPPERS.....	64	ROASTED GARLIC BRUSSELS SPROUTS .....	90
AIR FRYER MEDITERRANEAN COD.....	64	ASPARAGUS WITH LEMON AND PARMESAN.....	90
LEMON-DILL AIR FRYER TILAPIA.....	65	QUINOA AND VEGETABLE STUFFED PEPPERS .....	91
AIR FRYER TUNA PATTIES.....	65	BROCCOLI WITH LEMON TAHINI SAUCE .....	91
MEDITERRANEAN STUFFED SQUID .....	66	<b>CHAPTER 11: DESSERTS .....</b>	<b>92</b>
SARDINES WITH LEMON AND HERBS.....	66	LEMON OLIVE OIL CAKE .....	92
PESTO-CRUSTED AIR FRYER SALMON.....	67	BAKLAVA BITES .....	92
MUSSELS WITH GARLIC BUTTER.....	67	STUFFED DATES WITH ALMONDS.....	93
GREEK-STYLE GRILLED OCTOPUS .....	68	GREEK YOGURT CHEESECAKE WITH HONEY.....	93
FISH CAKES WITH TZATZIKI SAUCE.....	68	FIG AND WALNUT TART .....	94
MACKEREL WITH TOMATO RELISH .....	69	HONEY ALMOND BISCOTTI.....	94
CALAMARI WITH TZATZIKI.....	69	ORANGE AND ALMOND CAKE.....	95
TROUT WITH LEMON AND CAPERS .....	70	GREEK HONEY COOKIES (MELOMAKARONA) TART.....	95
SWORDFISH STEAKS.....	70	RICOTTA AND HONEY STUFFED PASTRIES .....	96
AIR FRYER SEAFOOD PAELLA .....	71	PISTACHIO BAKLAVA ROLLS .....	96
SHRIMP AND AVOCADO SALAD.....	71	PHYLLO APPLE STRUDEL.....	97
<b>CHAPTER 9: POULTRY AND MEAT .....</b>	<b>72</b>	LEMON YOGURT MUFFINS .....	97
AIR FRYER LAMB KOFTA .....	72	ALMOND CRESCENT COOKIES.....	98
GREEK LEMON CHICKEN THIGHS .....	72	GREEK SEMOLINA CAKE (REVANI) .....	98
SPICED AIR FRYER TURKEY MEATBALLS.....	73	GREEK RICE PUDDING (RIZOGALO).....	99
STUFFED CHICKEN BREASTS .....	73	CINNAMON-SPICED AIR FRYER PEARS.....	99
GREEK LAMB CHOPS WITH MINT YOGURT .....	74	HONEY-LEMON AIR FRYER DONUTS .....	100
AIR FRYER CHICKEN SOUVLAKI.....	74	CHOCOLATE-DIPPED FIGS.....	100
MEDITERRANEAN BEEF KEBABS.....	75	COCONUT MACAROONS.....	101
CHICKEN GYROS .....	75	GREEK WALNUT CAKE (KARIDOPITA).....	101
LEMON AND HERB TURKEY BURGERS.....	76	<b>CONCLUSION.....</b>	<b>102</b>
CHICKEN THIGHS WITH OLIVES AND CAPERS .....	76	<b>30-DAY MEAL PLAN.....</b>	<b>103</b>
SPICED CHICKEN WITH SPINACH AND FETA.....	77	<b>BONUSES .....</b>	<b>108</b>
STUFFED PORK TENDERLOIN WITH SPINACH AND FETA.....	77	<b>MEASUREMENT CHART .....</b>	<b>109</b>
GREEK-STYLE BEEF PATTIES WITH TZATZIKI .....	78	<b>RECIPE INDEX.....</b>	<b>110</b>
MEATBALL SUBS WITH MARINARA .....	78		
MEDITERRANEAN CHICKEN DRUMSTICKS .....	79		
GARLIC AND ROSEMARY PORK CHOPS.....	79		

# Introduction

Welcome to the *Mediterranean Air Fryer Cookbook for Beginners*! We are thrilled to embark on this culinary journey with you, bringing the vibrant flavors and health benefits of the Mediterranean diet right into your kitchen, all with the convenience and ease of an air fryer.

The Mediterranean diet, inspired by the traditional eating habits of countries bordering the Mediterranean Sea, is celebrated worldwide for its delicious and wholesome approach to eating. Rich in fruits, vegetables, whole grains, lean proteins, and healthy fats like olive oil, this diet has been associated with numerous health benefits, including reduced risks of heart disease, improved cognitive function, and enhanced longevity. By focusing on fresh, nutrient-dense ingredients and balanced meals, the Mediterranean diet not only nourishes the body but also delights the palate.

Why use an air fryer, you might wonder? This innovative kitchen appliance allows you to prepare your favorite Mediterranean dishes with less oil, making them healthier while retaining their delightful flavors and textures. An air fryer uses hot air circulation to cook food evenly, resulting in crispy, golden exteriors, and tender interiors without the need for excessive oil. It's a perfect tool for those looking to enjoy nutritious, delicious meals with minimal fuss and cleanup.

In this cookbook, you will discover a wide array of Mediterranean-inspired recipes, from appetizers and salads to main courses and desserts, all designed to be prepared in your air fryer. Whether you're new to the Mediterranean diet, the air fryer, or both, this book will guide you through the basics, offering tips and techniques to make your cooking experience enjoyable and successful. You'll learn how to make classic dishes like Greek Salad and Chicken Souvlaki, as well as creative twists on traditional favorites such as Lemon-Garlic Roasted Potatoes and Honey Almond Biscotti.

Each recipe is crafted with beginners in mind, featuring simple instructions, readily available ingredients, and helpful cooking tips to ensure you achieve delicious results every time. As you explore these recipes, you'll not only improve your culinary skills but also embrace a healthier lifestyle, one flavorful bite at a time.

Thank you for choosing the *Mediterranean Air Fryer Cookbook for Beginners*. We hope this book becomes your go-to guide for creating delectable Mediterranean meals that you and your loved ones will enjoy. Let's get cooking!

# Chapter 1: Mediterranean Diet Fundamentals

The Mediterranean diet is more than just a way of eating; it's a lifestyle that has been cherished for centuries by the people living in the Mediterranean region. Rooted in the traditional culinary practices of countries such as Greece, Italy, Spain, and Turkey, this diet offers a harmonious blend of taste and nutrition, making it one of the healthiest dietary patterns in the world.

## History and Origins

The Mediterranean diet's origins can be traced back to the ancient civilizations that thrived around the Mediterranean Sea. These communities relied on the abundant natural resources of the region, cultivating a diet rich in fresh produce, whole grains, legumes, nuts, and seeds. The diet was naturally low in red meat and sugar, focusing instead on fish, poultry, and dairy in moderation.

One of the most significant influences on the Mediterranean diet was the Roman Empire, which spread agricultural practices and culinary traditions throughout its vast territories. Olive oil, for instance, became a staple due to its versatility and health benefits. The Mediterranean Sea itself provided a bountiful supply of fish and seafood, which were integral to the diet.

In the mid-20th century, researchers began to formally study the Mediterranean diet, recognizing its potential health benefits. Ancel Keys, an American scientist, played a crucial role in popularizing the diet after observing the low rates of chronic disease and high life expectancy among Mediterranean populations. His research, known as the Seven Countries Study, highlighted the diet's positive impact on heart health, leading to its global recognition.

## Core Principles and Health Benefits

At the heart of the Mediterranean diet are a few core principles that promote overall well-being:

1. **Emphasis on Plant-Based Foods:** Fruits, vegetables, whole grains, legumes, nuts, and seeds form the foundation of the Mediterranean diet. These foods are rich in essential nutrients, fiber, and antioxidants that support optimal health.
2. **Healthy Fats:** Olive oil is the primary source of fat in the Mediterranean diet, revered for its monounsaturated fats that help reduce harmful cholesterol levels and support heart health. Other healthy fat sources include avocados, nuts, and seeds.
3. **Lean Proteins:** Fish and seafood are favored over red meat, providing high-quality protein and omega-3 fatty acids that promote cardiovascular health. Poultry and dairy products are consumed in moderation, while red meat is eaten sparingly.
4. **Moderate Dairy Consumption:** Dairy products, particularly yogurt and cheese, are enjoyed in moderation, offering a valuable source of calcium and probiotics.
5. **Limited Sweets and Processed Foods:** The Mediterranean diet minimizes the intake of added sugars, processed foods, and refined grains, focusing instead on natural, whole foods.
6. **Herbs and Spices:** Flavorful herbs and spices, such as basil, oregano, garlic, and rosemary, are used to season dishes, reducing the need for excessive salt and enhancing the nutritional profile of meals.

The health benefits of the Mediterranean diet are well-documented. Studies have shown that this dietary pattern can reduce the risk of heart disease, stroke, type 2 diabetes, and certain cancers. It also supports weight management, improves cognitive function, and promotes longevity. The diet's emphasis on nutrient-dense, whole foods, and healthy fats contributes to overall vitality and well-being.

## Wine in the Mediterranean Diet

Wine, particularly red wine, holds a special place in the Mediterranean diet. Consumed in moderation, it is enjoyed during meals as part of a balanced lifestyle. The Mediterranean tradition of drinking wine dates back thousands of years, with ancient civilizations such as the Greeks and Romans incorporating it into their daily lives.

Moderate wine consumption, typically defined as one glass per day for women and up to two glasses per day for men, has been associated with various health benefits. Red wine, in particular, contains antioxidants like resveratrol, which may protect the heart by increasing good cholesterol levels and preventing artery damage.

It's important to note that while wine can be a pleasurable and healthful addition to the Mediterranean diet, it should be consumed mindfully and in moderation. Excessive alcohol consumption can have adverse effects on health, negating the benefits associated with moderate intake.

By embracing the core principles of the Mediterranean diet and understanding its rich history and health benefits, you are well on your way to adopting a lifestyle that nourishes both body and soul.

## Key Ingredients

The Mediterranean diet is celebrated for its vibrant and wholesome ingredients, which come together to create delicious and healthful meals. Understanding these key ingredients will help you stock your pantry and make the most of your Mediterranean cooking adventures. Let's dive into the common ingredients, essential pantry staples, and what to avoid in the diet.

### Common Mediterranean Ingredients

1. **Fruits and Vegetables:** Fresh produce is at the heart of the Mediterranean diet. Common fruits include tomatoes, olives, lemons, figs, grapes, and citrus fruits, while vegetables like eggplants, zucchini, bell peppers, spinach, and kale are staples.
2. **Whole Grains:** Whole grains provide fiber and essential nutrients. Key grains include whole wheat, barley, farro, bulgur, quinoa, and brown rice.
3. **Legumes:** Beans, lentils, and chickpeas are essential sources of protein and fiber. They are used in various dishes, from soups and stews to salads and spreads.
4. **Nuts and Seeds:** Almonds, walnuts, pine nuts, and sesame seeds are common in Mediterranean recipes, adding crunch and healthy fats.
5. **Healthy Fats:** Olive oil is the primary fat used in Mediterranean cooking and is known for its heart-healthy monounsaturated fats. Avocados and nuts also provide beneficial fats.
6. **Lean Proteins:** Fish and seafood, such as salmon, sardines, and shrimp, are staples. Poultry and eggs are consumed in moderation, while red meat is limited.
7. **Dairy:** Cheese and yogurt are commonly enjoyed in moderation. Popular cheeses include feta, halloumi, and ricotta.
8. **Herbs and Spices:** Fresh herbs like basil, oregano, rosemary, thyme, and parsley are used generously. Spices such as cumin, coriander, and cinnamon add depth to dishes.
9. **Seafood:** Fish and shellfish are central to the diet, providing high-quality protein and omega-3 fatty acids. Common choices include salmon, sardines, and shrimp.
10. **Wine:** As mentioned earlier, red wine is enjoyed in moderation with meals, contributing to the overall dining experience.

### Pantry Staples for Mediterranean Cooking

To successfully prepare Mediterranean meals, having a well-stocked pantry is essential. Here are some staples to keep on hand:

- **Extra Virgin Olive Oil:** A high-quality olive oil is indispensable for cooking, dressing salads, and drizzling over finished dishes.
- **Whole Grains:** Stock up on whole wheat pasta, brown rice, quinoa, farro, and bulgur.
- **Canned Tomatoes:** Keep canned diced tomatoes, tomato paste, and whole peeled tomatoes for sauces and stews.
- **Legumes:** Canned or dried chickpeas, lentils, and beans are versatile and nutritious.
- **Nuts and Seeds:** Almonds, walnuts, pine nuts, and sesame seeds can be used in cooking and baking.
- **Herbs and Spices:** Dried oregano, thyme, rosemary, basil, cumin, and coriander are essential for flavoring dishes.
- **Vinegar:** Balsamic, red wine, and apple cider vinegar are great for dressings and marinades.
- **Seafood:** Canned tuna, sardines, and anchovies can be convenient and tasty additions.
- **Cheese:** Feta, Parmesan, and other aged cheeses have a long shelf life and add a burst of flavor.
- **Yogurt:** Greek yogurt can be used in both savory and sweet dishes.

## What to Avoid in the Diet

While the Mediterranean diet is inclusive of a wide variety of foods, there are certain items to limit or avoid to maintain its health benefits:

- **Refined Grains:** Avoid white bread, white rice, and other refined grains. Opt for whole grains instead.
- **Added Sugars:** Minimize consumption of sugary drinks, sweets, and desserts. Choose fresh fruit or homemade treats with natural sweeteners.
- **Processed Foods:** Steer clear of highly processed foods that contain artificial additives, preservatives, and unhealthy fats.
- **Red Meat:** Limit red meat consumption, choosing lean proteins like fish and poultry more often.
- **Trans Fats:** Avoid foods containing trans fats, such as margarine, packaged snacks, and fried foods.
- **Excess Salt:** Use herbs and spices to flavor your food instead of relying on salt.

By focusing on these common ingredients, stocking your pantry with Mediterranean staples, and avoiding certain foods, you'll be well-equipped to embrace the Mediterranean diet. This approach will not only enhance your cooking but also contribute to a healthier and more enjoyable lifestyle. In the next chapter, we'll delve into the basics of using your air fryer to create delicious Mediterranean dishes with ease.

## Chapter 2: Getting Started with Your Air Fryer

The air fryer is a versatile kitchen appliance that can help you prepare a variety of Mediterranean dishes with ease. In this chapter, we will explore the different types of air fryers, key features and functionalities, and tips for choosing the right air fryer to suit your needs.

### Different Types of Air Fryers

1. **Basket Air Fryers:** These are the most common type of air fryer and feature a pull-out basket where food is placed. They are straightforward to use and ideal for cooking small to medium-sized portions. Basket air fryers are great for beginners due to their simplicity and ease of cleaning.
2. **Oven Air Fryers:** Also known as air fryer ovens, these models resemble a countertop oven and often come with multiple racks and cooking functions. They provide more cooking space and are perfect for preparing larger meals or multiple dishes at once. Oven air fryers may have additional features like rotisserie settings and dehydration functions.
3. **Paddle Air Fryers:** These air fryers come with a built-in paddle that automatically stirs the food during cooking, ensuring even cooking without the need for manual shaking or flipping. Paddle air fryers are ideal for dishes that require frequent turning, such as fries or stir-fries.
4. **Toaster Oven Air Fryers:** These hybrid appliances combine the functionalities of a toaster oven and an air fryer. They offer versatility with settings for toasting, baking, broiling, and air frying. Toaster oven air fryers are a great space-saving option for those who want a multi-functional appliance.

### Key Features and Functionalities

When choosing an air fryer, consider the following key features and functionalities to ensure it meets your cooking needs:

1. **Capacity:** Air fryers come in various sizes, typically ranging from 2 to 10 quarts. Consider your household size and cooking habits when selecting the capacity. A larger capacity is suitable for families or batch cooking, while a smaller one is ideal for individuals or couples.
2. **Temperature Range:** Look for an air fryer with a wide temperature range, as this will allow you to cook a variety of foods at different heat levels. Most air fryers have a temperature range of 180°F to 400°F.
3. **Timer and Presets:** Many air fryers come with built-in timers and preset cooking programs for popular dishes. These features can simplify the cooking process and ensure consistent results.
4. **Digital vs. Analog Controls:** Air fryers with digital controls offer precise temperature and time settings, often featuring touchscreens and digital displays. Analog models with dial controls are typically more straightforward and may appeal to those who prefer a simpler interface.

5. **Cooking Functions:** Some air fryers come with additional cooking functions such as baking, roasting, grilling, and dehydrating. These multi-functional air fryers can replace several kitchen appliances, saving space and money.
6. **Accessories:** Check if the air fryer comes with useful accessories such as baking pans, racks, skewers, or rotisserie spits. These can enhance the versatility of your air fryer and expand your cooking options.

## Tips for Choosing the Right Air Fryer

Selecting the right air fryer can make a significant difference in your cooking experience. Here are some tips to help you make an informed decision:

1. **Assess Your Needs:** Consider your cooking habits, the size of your household, and the types of dishes you plan to prepare. If you frequently cook for a large family or entertain guests, a larger-capacity air fryer or an air fryer oven might be more suitable.
2. **Space and Storage:** Evaluate your kitchen counter and storage space. Basket air fryers are compact and easy to store, while air fryer ovens and toaster ovens air fryers require more space but offer additional functionalities.
3. **Ease of Cleaning:** Look for air fryers with non-stick, dishwasher-safe parts to simplify the cleaning process. Removable baskets and trays make cleaning more convenient.
4. **Budget:** Air fryers come in a range of prices, from budget-friendly models to high-end appliances. Determine your budget and choose an air fryer that offers the best features and performance within your price range.
5. **Read Reviews and Ratings:** Research customer reviews and ratings to gain insights into the performance, reliability, and durability of different air fryer models. This can help you make a more informed choice.

By understanding the different types of air fryers, their key features, and how to choose the right one for your needs, you'll be well-equipped to make the most of this versatile appliance.

# Air Fryer Basics

Now that you understand the different types of air fryers and their key features, it's time to learn how to set up and maintain your air fryer, as well as discover the essential accessories that can enhance your cooking experience. Proper setup and maintenance are crucial for getting the best results and prolonging the lifespan of your appliance.

## How to Set Up and Maintain Your Air Fryer

### 1. Initial Setup

- **Unboxing and Inspection:** Carefully unbox your air fryer and check for any visible damage. Ensure that all parts and accessories, such as the basket, tray, and any additional items mentioned in the manual, are included.
- **Read the Manual:** Before using your air fryer, read the user manual thoroughly. This will provide you with important information about the specific model, including safety precautions, settings, and functions.
- **Wash Removable Parts:** Wash all removable parts, such as the basket and tray, with warm soapy water. Rinse and dry them thoroughly before reassembling.
- **Choose a Location:** Place your air fryer on a stable, heat-resistant surface with ample space around it for proper ventilation. Avoid placing it near walls, curtains, or other appliances to prevent overheating.

### 2. Maintenance and Cleaning

- **Regular Cleaning:** After each use, allow the air fryer to cool completely before cleaning. Remove the basket and tray, and wash them with warm, soapy water or place them in the dishwasher if they are dishwasher-safe. Wipe the interior and exterior of the air fryer with a damp cloth to remove any food residue.
- **Deep Cleaning:** Periodically, perform a deep cleaning by removing any accumulated grease or food particles from the heating element and other hard-to-reach areas. Use a soft brush or sponge to avoid damaging the surfaces.

- **Check for Wear and Tear:** Regularly inspect the power cord and plug for any signs of damage. If you notice any issues, contact the manufacturer for assistance.
- **Avoid Using Harsh Chemicals:** Refrain from using abrasive sponges, steel wool, or harsh chemicals that can scratch or damage the non-stick coating and other parts of the air fryer.

## Essential Accessories for Your Air Fryer

To maximize the versatility and convenience of your air fryer, consider investing in some essential accessories. These can help you prepare a wider variety of dishes and make the cooking process more efficient.

1. **Baking Pan:** A small baking pan that fits inside your air fryer is perfect for baking cakes, casseroles, and other baked goods. Look for pans with non-stick coatings for easy cleanup.
2. **Rack and Skewers:** A metal rack allows you to cook multiple layers of food simultaneously, increasing the cooking capacity of your air fryer. Skewers are great for making kebabs and other grilled dishes.
3. **Silicone Mats and Molds:** Silicone mats can be placed in the basket to prevent food from sticking and make cleanup easier. Silicone molds are excellent for baking muffins, cupcakes, and mini quiches.
4. **Perforated Parchment Paper:** Perforated parchment paper liners can be placed in the basket to prevent food from sticking and make cleanup a breeze. The perforations ensure proper air circulation for even cooking.
5. **Oil Spray Bottle:** An oil spray bottle allows you to lightly coat food with oil for a crispy finish without using excess oil. This helps maintain the health benefits of air frying.
6. **Tongs and Spatulas:** Heat-resistant tongs and spatulas are essential for turning and removing food from the hot basket without damaging the non-stick coating.
7. **Pizza Pan:** A small pizza pan that fits your air fryer is ideal for making personal-sized pizzas with a crispy crust.
8. **Meat Thermometer:** A meat thermometer ensures that your meats are cooked to the perfect temperature, ensuring both safety and flavor.

By following these setup and maintenance guidelines and equipping yourself with essential accessories, you'll be ready to make the most of your air fryer. This foundation will set you up for success as you begin to explore the delicious Mediterranean recipes featured in this cookbook.

## Air Fryer Tips and Tricks

Mastering your air fryer can transform your cooking experience, allowing you to create delicious and healthy Mediterranean dishes with ease. This section provides essential cooking tips for beginners, highlights common mistakes to avoid, and explains how to convert traditional oven recipes to air fryer recipes.

### Cooking Tips for Beginners

1. **Preheat Your Air Fryer:** Just like an oven, preheating your air fryer ensures that food starts cooking immediately at the right temperature, leading to more even and consistent results. Most air fryers preheat in about 3-5 minutes.
2. **Don't Overcrowd the Basket:** For optimal air circulation and even cooking, avoid overcrowding the basket. Cook food in a single layer and, if necessary, cook in batches. This is especially important for items like fries and chicken wings.
3. **Shake or Turn Food Midway:** For even browning and crispiness, shake the basket or turn the food halfway through the cooking process. This ensures all sides are evenly cooked.
4. **Use Minimal Oil:** One of the benefits of air frying is using less oil. Lightly spray or brush your food with oil to achieve a crispy texture. Excess oil can lead to sogginess and unwanted calories.
5. **Check for Doneness:** Air fryer cooking times can vary depending on the model and the size of the food. Use a meat thermometer to check for doneness, especially for meats and poultry, to ensure they are cooked to a safe internal temperature.
6. **Experiment with Seasonings:** Don't be afraid to experiment with different herbs and spices to enhance the flavors of your dishes. The Mediterranean diet is rich in herbs like oregano, basil, rosemary, and thyme, which can add depth to your air-fried foods.
7. **Use Foil or Parchment Paper Wisely:** Line the basket with perforated parchment paper or foil to prevent sticking and make cleanup easier. Ensure there are enough holes for proper air circulation.

## Common Mistakes to Avoid

1. **Skipping Preheating:** Not preheating your air fryer can result in uneven cooking and longer cooking times. Always allow your air fryer to preheat for the recommended time.
2. **Overcrowding the Basket:** Placing too much food in the basket at once prevents proper air circulation, leading to uneven cooking and less crispy results. Cook in batches if needed.
3. **Using Too Much Oil:** Excess oil can drip to the bottom and create smoke or make your food greasy. Stick to a light coating of oil for the best results.
4. **Ignoring the Manual:** Each air fryer model is different. Familiarize yourself with the specific settings, features, and recommendations in your air fryer's manual to avoid mistakes and ensure optimal performance.
5. **Cooking at Too High a Temperature:** Higher temperatures don't necessarily mean faster cooking. It can lead to burnt exteriors and undercooked interiors. Follow recommended temperature guidelines for the best results.
6. **Neglecting to Shake or Turn Food:** Failing to shake or turn food midway through cooking can result in unevenly cooked dishes. Make it a habit to check and move the food for consistent results.

## How to Convert Traditional Oven Recipes to Air Fryer Recipes

Converting traditional oven recipes to air fryer recipes is relatively simple, allowing you to enjoy your favorite dishes with the added benefits of air frying.

1. **Adjust the Temperature:** Reduce the oven temperature by 25°F (about 15°C). For example, if a recipe calls for baking at 400°F, set your air fryer to 375°F.
2. **Reduce the Cooking Time:** Air fryers cook faster than conventional ovens due to the rapid air circulation. Reduce the cooking time by about 20-25%. Start checking for doneness halfway through the original cooking time and adjust as needed.
3. **Check for Doneness Frequently:** Air fryers can vary, so check your food for doneness earlier than the adjusted time. Use a meat thermometer or cut into the food to ensure it's cooked through.
4. **Experiment with Placement and Arrangement:** Unlike ovens, air fryers have limited space. Arrange food in a single layer for even cooking. For larger items, you may need to cut them into smaller pieces to fit the basket.
5. **Use Air Fryer-Specific Accessories:** If a recipe calls for a baking dish or tray, use air fryer-compatible accessories that fit your model. This ensures proper air circulation and even cooking.

By following these tips and avoiding common mistakes, you'll be well on your way to mastering your air fryer and creating delicious Mediterranean dishes. In the next section, we'll delve into some essential techniques for achieving perfect results with various types of ingredients, ensuring that your air-fried meals are both healthy and flavorful.

# Chapter 3: Mediterranean Breakfast

## Greek Yogurt Parfaits

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### Granola:

240 ml rolled oats  
30 g chopped almonds  
30 g chopped walnuts  
30 ml honey  
30 ml olive oil  
5 g ground cinnamon (approx. 1 tsp)  
1 g ground cardamom (approx. ½ tsp)  
2.5 ml vanilla extract (approx. ½ tsp)  
Pinch of sea salt

#### Parfaits:

500 g Greek yogurt (plain, full-fat or low-fat)  
75 g fresh strawberries, sliced  
75 g fresh blueberries  
40 g pomegranate seeds  
30 ml honey  
5 g fresh mint, finely chopped (for garnish)  
5 g fresh basil, finely chopped (for garnish)

### INSTRUCTIONS

#### Prepare the Granola:

Preheat your air fryer to 150°C (300°F) for 3 minutes. In a large bowl, mix together rolled oats, chopped almonds, chopped walnuts, honey, olive oil, ground cinnamon, ground cardamom, vanilla extract, and a pinch of sea salt. Spread the granola mixture evenly in the air fryer basket. Use parchment liners to prevent sticking if necessary. Air fry at 150°C (300°F) for 8–10 minutes, shaking the basket halfway through to ensure even cooking. The granola should be golden brown and fragrant. Remove the granola from the air fryer and let it cool completely. It will become crisp as it cools.

#### Assemble the Parfaits:

In each of four serving glasses or bowls, add a layer of Greek yogurt (about 120 ml per serving). Drizzle 7 ml of honey over the yogurt layer in each glass. Add a layer of sliced strawberries, blueberries, and pomegranate seeds. Top with a generous handful of the air-fried granola. Garnish each parfait with finely chopped fresh mint and basil.

## Air Fryer Avocado Toast

PREP: 10 MIN

COOK: 8 MIN

SERVES: 4

### INGREDIENTS

#### Toast:

4 slices whole grain bread  
30 ml extra virgin olive oil

#### Avocado Topping:

2 ripe avocados  
15 ml lemon juice  
1.25 ml sea salt  
1.25 ml black pepper  
2.5 ml dried oregano  
1.25 ml smoked paprika  
60 ml cherry tomatoes, halved  
30 g crumbled feta cheese  
30 ml fresh parsley, chopped

### INSTRUCTIONS

#### Prepare the Toast:

Preheat your air fryer to 175°C (350°F) for 3 minutes. Brush both sides of each slice of whole-grain bread with extra virgin olive oil. Place the slices of bread in the air fryer basket in a single layer. You may need to work in batches depending on the size of your air fryer. Air fry at 175°C (350°F) for 3–4 minutes or until the bread is golden brown and crispy. Flip the slices halfway through for even toasting.

#### Prepare the Avocado Topping:

While the bread is toasting, cut the avocados in half, remove the pits, and scoop the flesh into a bowl. Add the lemon juice, sea salt, black pepper, dried oregano, and smoked paprika to the bowl. Mash everything together until well combined but still slightly chunky. Gently fold in the halved cherry tomatoes and crumbled feta cheese.

#### Assemble the Avocado Toast:

Once the bread is toasted, remove it from the air fryer and place it on a serving plate. Spread a generous amount of the avocado mixture on each slice of toast. Garnish with chopped fresh parsley.

## Mediterranean Breakfast

# Mediterranean Morning Frittata

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### Egg Mixture:

6 large eggs  
60 ml whole milk or almond milk  
1.5 g salt  
1.5 g black pepper

#### Vegetable and Herb Filling:

15 ml olive oil  
1 small red onion, finely chopped  
1 small zucchini, diced  
1 red bell pepper, diced  
120 ml cherry tomatoes, halved  
60 ml Kalamata olives, pitted and sliced  
30 g crumbled feta cheese  
30 ml fresh parsley, chopped  
15 ml fresh basil, chopped  
1 g dried oregano

### INSTRUCTIONS

#### Prepare the Filling:

Preheat your air fryer to 350°F (175°C) for 3 minutes. In a medium skillet, heat olive oil over medium heat. Add the red onion, zucchini, and red bell pepper. Sauté for 5-7 minutes until the vegetables are softened.

Stir in the cherry tomatoes and Kalamata olives. Cook for another 2 minutes. Remove from heat and set aside.

#### Prepare the Egg Mixture:

In a large bowl, whisk together the eggs, milk, salt, and black pepper until well combined.

#### Assemble the Frittata:

Mix the sautéed vegetables, crumbled feta cheese, fresh parsley, fresh basil, and dried oregano into the egg mixture.

Pour the mixture into a greased or parchment-lined round baking pan that fits into your air fryer basket.

#### Air Fry the Frittata:

Place the baking pan into the air fryer basket.

Air fry at 350°F (175°C) for 15-20 minutes or until the frittata is set and golden brown on top. Insert a toothpick or knife into the center; it should come out clean when the frittata is done.

If the top is browning too quickly, cover the frittata loosely with aluminum foil halfway through the cooking time.

# Olive Oil Pancakes

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### Pancake Batter:

120 g whole wheat flour  
12 g sugar  
4 g baking powder  
2 g baking soda  
1.5 g salt  
240 g Greek yogurt  
120 ml whole milk or almond milk  
60 ml extra virgin olive oil  
1 large egg  
5 ml vanilla extract  
1.5 g ground cinnamon  
0.5 g ground nutmeg

#### Toppings:

Fresh berries (strawberries, blueberries, raspberries)  
30 ml honey  
30 g chopped walnuts  
Fresh mint leaves for garnish

### INSTRUCTIONS

#### Prepare the Pancake Batter:

In a large mixing bowl, whisk together the whole wheat flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, combine Greek yogurt, milk, olive oil, egg, and vanilla extract. Whisk until smooth.

Gradually add the wet ingredients to the dry ingredients, mixing until just combined. Do not overmix; the batter should be slightly lumpy. Stir in the ground cinnamon and ground nutmeg.

#### Cook the Pancakes:

Lightly grease small, heat-resistant pancake molds or ramekins that fit into your air fryer basket. Alternatively, use parchment liners. Pour about 60 ml of batter into each mold or ramekin.

Place the molds or ramekins in the preheated air fryer basket.

Air fry at 160°C (320°F) for 6-8 minutes, or until the pancakes are golden brown and a toothpick inserted into the center comes out clean. Carefully remove the molds or ramekins from the air fryer and let the pancakes cool for a minute before gently removing them from the molds.

Repeat the process with the remaining batter, ensuring the air fryer is preheated before each batch.

## Mediterranean Breakfast

# Spinach and Feta Breakfast Wraps

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### Filling:

15 ml olive oil  
1 small red onion, finely chopped  
60 g fresh spinach, chopped  
60 g crumbled feta cheese  
4 large eggs  
60 ml milk (whole or almond milk)  
1.5 g salt  
1.5 g black pepper  
1 g dried oregano  
0.5 g ground nutmeg

#### Wraps:

4 whole wheat tortillas  
15 ml olive oil (for brushing)

#### Garnish (optional):

Fresh parsley, chopped  
Cherry tomatoes, halved

### INSTRUCTIONS

#### Prepare the Filling:

In a medium skillet, heat 15 ml olive oil over medium heat. Add the red onion and sauté for 3–4 minutes until softened. Add the chopped spinach and cook until wilted, about 2 minutes. In a bowl, whisk together the eggs, milk, salt, black pepper, dried oregano, and ground nutmeg. Pour the egg mixture into the skillet with the spinach and onion. Cook, stirring frequently, until the eggs are just set. Remove from heat and stir in the crumbled feta cheese.

#### Assemble the Wraps:

Lay out the whole wheat tortillas on a flat surface. Divide the spinach and feta filling evenly among the tortillas, placing the filling in the center of each. Fold in the sides of each tortilla and roll them up tightly to form wraps. Brush the outside of each wrap lightly with olive oil.

#### Air Fry the Wraps:

Place the wraps seam-side down in the air fryer basket. Use parchment liners to prevent sticking if necessary. Air fry at 175°C (350°F) for 10–12 minutes, turning halfway through, until the wraps are golden brown and crispy.

# Zucchini and Feta Muffins

PREP: 15 MIN

COOK: 15 MIN

SERVES: 12

### INGREDIENTS

#### Dry Ingredients:

180 g whole wheat flour  
4 g baking powder  
2 g baking soda  
3 g salt  
1 g dried oregano  
0.5 g ground black pepper

#### Wet Ingredients:

2 large eggs  
120 g Greek yogurt  
60 ml extra virgin olive oil  
60 ml milk (whole or almond milk)  
1 tsp lemon zest (about 2–3 g or leave as is as it is zest)

#### Filling:

180 g grated zucchini (about 2 medium zucchini), excess moisture squeezed out  
60 g crumbled feta cheese  
15 g chopped fresh parsley  
15 g chopped fresh basil  
2 cloves garlic, minced

### INSTRUCTIONS

#### Prepare the Batter:

In a large bowl, whisk together the whole wheat flour, baking powder, baking soda, salt, dried oregano, and black pepper. In another bowl, whisk together the eggs, Greek yogurt, olive oil, milk, and lemon zest until well combined. Gradually add the wet ingredients to the dry ingredients, mixing until just combined. Fold in the grated zucchini, crumbled feta cheese, chopped parsley, chopped basil, and minced garlic. Mix until evenly distributed.

#### Prepare the Air Fryer Basket:

Line the air fryer basket with parchment liners or lightly grease silicone muffin cups that fit into the air fryer basket.

#### Fill the Muffin Cups:

Spoon the batter evenly into the prepared muffin cups, filling each about  $\frac{3}{4}$  full.

#### Air Fry the Muffins:

Place the muffin cups into the air fryer basket in a single layer. You may need to work in batches depending on the size of your air fryer. Air fry at 175°C (350°F) for 15–18 minutes, or until a toothpick inserted into the center of a muffin comes out clean. If necessary, shake the basket halfway through cooking to ensure even browning.

## Mediterranean Breakfast

# Sun-Dried Tomato and Basil Quiche

PREP: 15 MIN

COOK: 25 MIN

SERVES: 6

### INGREDIENTS

#### **Crust:**

120 g whole wheat flour  
60 ml extra virgin olive oil  
60 ml cold water  
1.5 g salt

#### **Filling:**

4 large eggs  
120 g Greek yogurt  
120 ml milk (whole or almond milk)  
1.5 g salt  
1.5 g black pepper  
2 g dried oregano  
0.5 g ground nutmeg  
60 g sun-dried tomatoes, chopped  
(preferably oil-packed, drained)  
60 g crumbled feta cheese  
15 g chopped fresh basil  
2 cloves garlic, minced

### INSTRUCTIONS

#### **Prepare the Crust:**

Preheat your air fryer to 160°C (320°F) for 3 minutes. In a bowl, combine the whole wheat flour and salt. Add the olive oil and cold water to the flour mixture, stirring until a dough forms.

Press the dough into the bottom and up the sides of a 18 cm (7-inch) quiche or pie pan that fits into your air fryer basket. Use parchment paper if necessary to prevent sticking. Place the pan in the air fryer and pre-bake the crust at 160°C (320°F) for 5 minutes.

#### **Prepare the Filling:**

In a large bowl, whisk together the eggs, Greek yogurt, milk, salt, black pepper, dried oregano, and ground nutmeg until smooth. Stir in the chopped sun-dried tomatoes, crumbled feta cheese, chopped fresh basil, and minced garlic.

#### **Assemble the Quiche:**

Pour the filling mixture into the pre-baked crust. Place the quiche pan in the air fryer basket.

#### **Air Fry the Quiche:**

Air fry at 160°C (320°F) for 20–25 minutes, or until the quiche is set and a knife inserted into the center comes out clean. If necessary, cover the quiche with aluminum foil during the last 5 minutes of cooking to prevent over-browning.

## Breakfast Potatoes

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

4 medium potatoes, diced (about 2.5 cm cubes)  
30 ml extra virgin olive oil  
5 g sea salt  
2 g black pepper  
3 g dried oregano  
2 g smoked paprika  
2 g garlic powder  
2 g onion powder  
1 g dried thyme  
15 g chopped fresh parsley (for garnish)  
Optional: 25 g grated Parmesan cheese

### INSTRUCTIONS

#### **Prepare the Potatoes:**

Preheat your air fryer to 200°C (400°F) for 3 minutes. Wash and dice the potatoes into 2.5 cm cubes. Pat them dry with a paper towel to remove excess moisture.

#### **Season the Potatoes:**

In a large bowl, toss the diced potatoes with 30 ml extra virgin olive oil until they are evenly coated. Add 5 g sea salt, 2 g black pepper, 3 g dried oregano, 2 g smoked paprika, 2 g garlic powder, 2 g onion powder, and 1 g dried thyme. Toss the potatoes again to ensure they are well coated with the seasoning.

#### **Air Fry the Potatoes:**

Place the seasoned potatoes in the air fryer basket in a single layer. You may need to cook them in batches depending on the size of your air fryer. Air fry at 200°C (400°F) for 20 minutes, shaking the basket halfway through cooking to ensure even browning. If using, sprinkle 25 g Parmesan cheese over the potatoes during the last 3 minutes of cooking.

#### **Serve:**

Once the potatoes are crispy and golden brown, remove them from the air fryer. Garnish with 15 g chopped fresh parsley before serving.

## Mediterranean Breakfast

# Chickpea Flour Omelette

PREP: 10 MIN

COOK: 18 MIN

SERVES: 2

### INGREDIENTS

#### Omelette Base:

120 g chickpea flour (also known as gram flour or besan)  
240 ml water  
15 ml extra virgin olive oil  
3 g salt  
1.5 g black pepper  
1.5 g turmeric powder

#### Vegetable Filling:

120 ml diced bell pepper (red or yellow)  
30 g chopped spinach  
60 ml diced red onion  
60 ml chopped tomatoes (seeds removed)  
2 cloves garlic, minced

#### Herbs and Spices:

1.5 g dried oregano  
1.5 g dried basil  
1 g smoked paprika  
Fresh parsley or cilantro for garnish

### INSTRUCTIONS

#### Prepare the Batter:

In a large mixing bowl, combine 120 g chickpea flour, 240 ml water, 15 ml extra virgin olive oil, 3 g salt, 1.5 g black pepper, and 1.5 g turmeric powder. Whisk until smooth and free of lumps. Add 1.5 g dried oregano, 1.5 g dried basil, and 1 g smoked paprika to the batter and mix well.

#### Prepare the Vegetables:

In a small bowl, mix the diced bell pepper, chopped spinach, diced red onion, chopped tomatoes, and minced garlic.

#### Assemble the Omelette:

Line an 18 cm (7-inch) round baking pan or cake pan with parchment paper (make sure it fits in your air fryer basket). Pour half of the chickpea batter into the lined pan, spreading it evenly. Sprinkle half of the vegetable mixture over the batter. Pour the remaining batter over the vegetables, ensuring an even layer. Top with the remaining vegetable mixture.

#### Air Fry the Omelette:

Place the pan in the preheated air fryer basket. Air fry at 175°C (350°F) for 15–18 minutes, or until the omelet is set and golden brown on top. Insert a toothpick or knife into the center; it should come out clean. If necessary, cover the omelet with aluminum foil during the last 5 minutes of cooking to prevent over-browning.

## Mediterranean Shakshuka

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

15 ml extra virgin olive oil  
1 medium onion, finely chopped  
1 red bell pepper, finely chopped  
1 yellow bell pepper, finely chopped  
3 cloves garlic, minced  
2 g ground cumin  
2 g paprika  
1 g smoked paprika  
1 g ground coriander  
0.5 g red pepper flakes (optional)  
1 can (410 g) diced tomatoes  
60 ml tomato sauce  
Salt and black pepper, to taste  
4 large eggs  
30 g crumbled feta cheese  
Fresh parsley or cilantro, chopped, for garnish

### INSTRUCTIONS

#### Prepare the Shakshuka Base:

Preheat your air fryer to 190°C for 3 minutes.

In a large, air fryer-safe skillet or baking dish, heat 15 ml extra virgin olive oil over medium heat. Add the chopped onion and bell peppers to the skillet and sauté for about 5 minutes, or until they start to soften. Add the minced garlic, 2 g ground cumin, 2 g paprika, 1 g smoked paprika, 1 g ground coriander, and 0.5 g red pepper flakes (if using). Cook for another 1-2 minutes, stirring constantly, until fragrant.

#### Add the Tomatoes:

Stir in 410 g diced tomatoes and 60 ml tomato sauce. Season with salt and black pepper to taste. Simmer the mixture for 5-7 minutes, allowing the flavors to meld and the sauce to thicken slightly.

#### Prepare the Eggs:

Create four small wells in the tomato mixture with the back of a spoon. Carefully crack one egg into each well.

#### Air Fry the Shakshuka:

Place the skillet or baking dish in the preheated air fryer basket. Air fry at 190°C for 10-15 minutes, or until the egg whites are set and the yolks are cooked to your desired doneness. Check halfway through cooking to ensure the eggs are not overcooked.

# Mediterranean Breakfast

## Breakfast Burrito

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### Filling:

15 ml extra virgin olive oil  
1 small red onion, finely chopped  
1 red bell pepper, diced  
30 g fresh spinach, chopped  
75 g cherry tomatoes, halved  
4 large eggs  
30 g crumbled feta cheese  
Salt and black pepper, to taste  
1 g dried oregano

#### Burrito Assembly:

4 whole wheat tortillas (20 cm)  
1/2 avocado, sliced  
60 g Greek yogurt  
Fresh parsley or cilantro, chopped, for garnish

### INSTRUCTIONS

#### Prepare the Filling:

In a medium skillet, heat 15 ml extra virgin olive oil over medium heat. Add the chopped red onion and diced red bell pepper. Sauté for about 5 minutes until softened. Add 30 g chopped spinach and 75 g cherry tomatoes, and cook for another 2-3 minutes until the spinach is wilted. In a bowl, whisk the eggs with a pinch of salt, black pepper, and 1 g dried oregano. Pour the eggs into the skillet with the vegetables and scramble until fully cooked. Remove from heat and stir in 30 g crumbled feta cheese.

#### Assemble the Burritos:

Lay out the whole wheat tortillas (20 cm) on a flat surface. Divide the egg and vegetable mixture evenly among the tortillas, placing it in the center of each one. Add a few slices of avocado on top of the filling. Fold the sides of each tortilla over the filling, then roll them up tightly to form burritos.

#### Air Fry the Burritos:

Place the assembled burritos seam-side down in the air fryer basket. You may need to do this in batches depending on the size of your air fryer. Air fry at 175°C for 5-7 minutes, until the tortillas are crispy and golden brown. Turn them halfway through cooking for even crispiness.

# Ricotta and Spinach Stuffed Tomatoes

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

4 large tomatoes  
250 g ricotta cheese  
30 g fresh spinach, finely chopped  
25 g grated Parmesan cheese  
1 clove garlic, minced  
10 g fresh basil, chopped  
0.5 g dried oregano  
1.5 g salt  
1.5 g black pepper  
15 ml extra virgin olive oil

### INSTRUCTIONS

#### Prepare the Tomatoes:

Cut the tops off the tomatoes and scoop out the insides with a spoon, leaving the shells intact. Reserve the tops and insides for another use (like a tomato sauce or soup). Lightly season the inside of each tomato with a pinch of salt and turn them upside down on a paper towel to drain any excess moisture.

#### Prepare the Filling:

In a medium bowl, combine 250 g ricotta cheese, 30 g chopped spinach, 25 g grated Parmesan cheese, 1 clove garlic (minced), 10 g chopped basil, 0.5 g dried oregano, 1.5 g salt, and 1.5 g black pepper. Mix well until all ingredients are evenly incorporated.

#### Stuff the Tomatoes:

Fill each tomato shell with the ricotta and spinach mixture, packing it gently but firmly.

#### Air Fry the Stuffed Tomatoes:

Place the stuffed tomatoes in the air fryer basket, ensuring they are upright and not touching each other. Air fry at 190°C for 12-15 minutes, or until the tomatoes are tender and the filling is heated through and slightly golden on top.

## Mediterranean Breakfast

# Greek Yogurt and Berry Smoothie Bowl

PREP: 10 MIN

COOK: 0 MIN

SERVES: 2

### INGREDIENTS

#### Smoothie Base:

240 g Greek yogurt  
75 g frozen mixed berries (blueberries, strawberries, raspberries)  
1/2 banana  
60 ml unsweetened almond milk  
15 ml honey  
2.5 ml vanilla extract

#### Toppings:

30 g granola  
40 g fresh mixed berries (blueberries, strawberries, raspberries)  
12 g chia seeds  
7 g unsweetened shredded coconut  
Fresh mint leaves for garnish

### INSTRUCTIONS

#### Prepare the Smoothie Base:

In a blender, combine 240 g Greek yogurt, 75 g frozen mixed berries, 1/2 banana, 60 ml unsweetened almond milk, 15 ml honey, and 2.5 ml vanilla extract. Blend until smooth and creamy. If the mixture is too thick, add a little more almond milk until the desired consistency is reached.

#### Assemble the Smoothie Bowl:

Divide the smoothie mixture evenly between two bowls. Top each bowl with 30 g granola, 40 g fresh mixed berries, 12 g chia seeds, and 7 g shredded coconut. Garnish with fresh mint leaves.

#### Serve:

Serve immediately with a spoon, enjoying the variety of textures and flavors in each bite.

# Air Fryer Veggie Hash

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

2 medium potatoes, diced into 1.25 cm cubes  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 zucchini, diced  
1 red onion, diced  
150 g cherry tomatoes, halved  
2 cloves garlic, minced  
30 ml extra virgin olive oil  
1 g dried oregano  
1 g dried thyme  
1 g paprika  
3 g salt  
3 g black pepper  
Fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### Prepare the Veggies:

Preheat your air fryer to 200°C for 3 minutes. In a large bowl, combine the diced potatoes, red bell pepper, yellow bell pepper, zucchini, red onion, and 150 g cherry tomatoes.

Add the minced garlic, 30 ml olive oil, 1 g dried oregano, 1 g dried thyme, 1 g paprika, 3 g salt, and 3 g black pepper. Toss until all the vegetables are evenly coated.

#### Cook the Veggie Hash:

Place the veggie mixture in the air fryer basket, spreading them out evenly.

Air fry at 200°C for 20 minutes, shaking the basket halfway through cooking to ensure even cooking.

#### Final Touches:

Check the veggies for doneness; they should be tender and slightly crispy on the edges. If needed, cook for an additional 3–5 minutes.

Remove the veggie hash from the air fryer and transfer to a serving dish.

Garnish with fresh parsley.

## Mediterranean Breakfast

# Lemon Poppy Seed Muffins

PREP: 15 MIN

COOK: 15 MIN

SERVES: 12

### INGREDIENTS

#### Dry Ingredients:

220 g whole wheat flour  
25 g almond flour  
45 g poppy seeds  
4 g baking powder  
2 g baking soda  
1.5 g salt

#### Wet Ingredients:

120 g Greek yogurt  
120 ml honey or maple syrup  
2 large eggs  
80 ml extra virgin olive oil  
120 ml freshly squeezed lemon juice (about 2–3 lemons)  
Zest of 2 lemons  
5 ml vanilla extract

### INSTRUCTIONS

#### Prepare the Muffin Batter:

In a large bowl, whisk together 220 g whole wheat flour, 25 g almond flour, 45 g poppy seeds, 4 g baking powder, 2 g baking soda, and 1.5 g salt. In another bowl, combine 120 g Greek yogurt, 120 ml honey or maple syrup, 2 large eggs, 80 ml olive oil, 120 ml lemon juice, lemon zest of 2 lemons, and 5 ml vanilla extract. Whisk until smooth and well combined.

Gradually add the wet ingredients to the dry ingredients, stirring gently until just combined. Avoid overmixing to ensure tender muffins.

#### Preheat and Prepare the Air Fryer:

Preheat the air fryer to 160°C for 3 minutes.

Line the air fryer basket with parchment paper or silicone muffin cups to prevent sticking.

#### Cook the Muffins:

Spoon the batter into the prepared muffin cups, filling each about 2/3 full. Place the filled muffin cups in the air fryer basket, making sure they do not touch each other to allow for even cooking.

Air fry at 160°C for 12–15 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Check the muffins halfway through cooking and rotate the basket if necessary to ensure even cooking.

# Stuffed Peppers with Quinoa

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

4 large bell peppers (red, yellow, or orange)  
170 g quinoa, rinsed  
480 ml vegetable broth or water  
1 small red onion, finely chopped  
2 cloves garlic, minced  
1 medium zucchini, diced  
150 g cherry tomatoes, halved  
75 g feta cheese, crumbled  
15 g chopped fresh parsley  
15 g chopped fresh basil  
30 ml extra virgin olive oil  
1 tsp dried oregano  
1/2 tsp dried thyme  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Quinoa:

In a medium saucepan, bring the vegetable broth or water (480 ml) to a boil.

Add the rinsed quinoa (170 g), reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Fluff with a fork and set aside.

#### Prepare the Peppers:

While the quinoa is cooking, cut the tops off the bell peppers and remove the seeds and membranes. Set the peppers aside.

#### Make the Filling:

In a large bowl, combine the cooked quinoa, red onion, garlic, zucchini, cherry tomatoes (150 g), feta cheese (75 g), parsley (15 g), basil (15 g), olive oil (30 ml), oregano, thyme, salt, and black pepper. Mix well to combine.

#### Stuff the Peppers:

Preheat the air fryer to 180°C for 3 minutes. Spoon the quinoa mixture into the bell peppers, packing it down gently. Place the stuffed peppers in the air fryer basket. If needed, cook in batches to avoid overcrowding.

#### Cook the Stuffed Peppers:

Air fry the stuffed peppers at 180°C for 20 minutes, or until the peppers are tender and the filling is heated through. Check halfway through cooking and rotate the peppers.

## Mediterranean Breakfast

# Mediterranean Breakfast Pizza

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

1 whole wheat pizza dough (store-bought or homemade)  
120 g Greek yogurt  
60 g crumbled feta cheese  
60 g grated mozzarella cheese  
1 small red onion, thinly sliced  
75 g cherry tomatoes, halved  
15 g baby spinach leaves  
2 large eggs  
15 ml extra virgin olive oil  
dried oregano  
dried basil  
Salt and black pepper to taste  
Fresh basil leaves for garnish

### INSTRUCTIONS

#### **Prepare the Pizza Dough:**

Roll out the whole wheat pizza dough on a lightly floured surface to fit the size of your air fryer basket. Preheat the air fryer to 190°C for 3 minutes.

#### **Assemble the Pizza:**

Spread the 120 g Greek yogurt evenly over the rolled-out pizza dough.

Sprinkle the 60 g crumbled feta cheese and 60 g grated mozzarella cheese on top. Arrange the red onion slices, 75 g cherry tomato halves, and 15 g baby spinach leaves evenly over the cheese. Crack the eggs directly onto the pizza, spacing them apart. Drizzle the 15 ml extra virgin olive oil over the toppings. Sprinkle the dried oregano, dried basil, salt, and black pepper over the pizza.

#### **Cook the Pizza:**

Carefully place the assembled pizza in the preheated air fryer basket. You may need to cook in batches if the pizza is too large for the basket.

Air fry the pizza at 190°C for 8–10 minutes, or until the crust is golden brown, the cheese is melted, and the eggs are cooked to your desired doneness.

Check halfway through cooking and rotate the pizza if necessary to ensure even cooking.

# Egg Cups with Tomatoes and Herbs

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

4 large eggs  
75 g cherry tomatoes, halved  
30 g finely chopped red bell pepper  
60 g crumbled feta cheese  
6 g chopped fresh basil  
4 g chopped fresh parsley  
0.5 tsp dried oregano  
0.25 tsp dried thyme  
15 ml extra virgin olive oil  
Salt and black pepper to taste  
Non-stick cooking spray or parchment paper liners

### INSTRUCTIONS

#### **Prepare the Ingredients:**

Preheat the air fryer to 180°C for 3 minutes. Lightly coat 4 ramekins or silicone muffin cups with non-stick cooking spray, or use parchment paper liners.

#### **Assemble the Egg Cups:**

In a bowl, mix the 75 g cherry tomatoes, 30 g chopped red bell pepper, 60 g crumbled feta cheese, 6 g chopped basil, 4 g parsley, 0.5 tsp dried oregano, and 0.25 tsp dried thyme.

Drizzle the mixture with 15 ml extra virgin olive oil and season with salt and black pepper. Toss to combine.

#### **Fill the Ramekins:**

Divide the vegetable mixture evenly among the prepared ramekins. Crack an egg into each ramekin, being careful not to break the yolk. Season the eggs with a little more salt and black pepper.

#### **Cook the Egg Cups:**

Place the ramekins in the preheated air fryer basket, making sure they are not touching.

Air fry at 180°C for 10–12 minutes, or until the egg whites are set and the yolks are cooked to your desired level of doneness. If you prefer a runnier yolk, check the egg cups at 10 minutes.

## Mediterranean Breakfast

# Citrus and Honey Breakfast Bowl

PREP: 10 MIN

COOK: 8 MIN

SERVES: 2

### INGREDIENTS

90 g rolled oats  
240 ml unsweetened almond milk (or any milk of your choice)  
15 g honey  
0.5 tsp ground cinnamon  
0.5 tsp vanilla extract  
1 orange, peeled and segmented  
1/2 grapefruit, peeled and segmented  
30 g chopped walnuts  
40 g dried figs or dates, chopped  
6 g chopped fresh mint (for garnish)  
7 ml extra virgin olive oil (optional for added flavor)  
Pinch of sea salt

### INSTRUCTIONS

#### **Prepare the Oats:**

In a bowl, combine the 90 g rolled oats, 240 ml almond milk, 15 g honey, 0.5 tsp ground cinnamon, and 0.5 tsp vanilla extract. Stir well to mix and let sit for 5 minutes to allow the oats to absorb some of the liquid.

#### **Cook the Oats:**

Preheat the air fryer to 180°C for 3 minutes. Transfer the oat mixture into an oven-safe dish or silicone mold that fits in your air fryer basket. Air fry at 180°C for 6–8 minutes, or until the oats are cooked and have a slightly crispy top. Shake the basket halfway through cooking to ensure even cooking.

#### **Prepare the Citrus:**

While the oats are cooking, peel and segment the orange and grapefruit. Remove any seeds. If desired, toss the citrus segments with 7 ml extra virgin olive oil for added flavor and a glossy finish.

#### **Assemble the Breakfast Bowl:**

Once the oats are cooked, remove the dish from the air fryer and let cool slightly. Divide the cooked oats between two bowls. Top each bowl with the citrus segments, 30 g chopped walnuts, and 40 g dried figs or dates. Garnish with 6 g chopped fresh mint.

# Breakfast Sausage Patties

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### **For the Sausage Patties:**

450 g ground turkey or chicken  
15 g finely chopped fresh parsley  
15 g finely chopped fresh basil  
1 clove garlic, minced  
1 tsp dried oregano  
0.5 tsp ground cumin  
0.5 tsp paprika  
0.25 tsp ground black pepper  
0.25 tsp sea salt  
30 g finely chopped onion  
1 egg, beaten (to bind the mixture)

#### **For Serving:**

Fresh basil or parsley (for garnish)  
Lemon wedges (optional for a fresh squeeze)

### INSTRUCTIONS

#### **Prepare the Sausage Mixture:**

In a large bowl, combine the 450 g ground turkey or chicken with 15 g chopped parsley, 15 g chopped basil, 1 clove garlic, 1 tsp oregano, 0.5 tsp cumin, 0.5 tsp paprika, 0.25 tsp black pepper, 0.25 tsp sea salt, and 30 g chopped onion. Mix thoroughly until all ingredients are evenly distributed. Add the beaten egg and mix again to bind the mixture.

#### **Form the Patties:**

Divide the mixture into 8 equal portions. Shape each portion into a patty about 1.25 cm thick and 7.5 cm in diameter.

#### **Preheat and Cook:**

Preheat the air fryer to 190°C for 3 minutes. Place the patties in the air fryer basket in a single layer. If necessary, cook in batches to avoid overcrowding. Air fry at 190°C for 6 minutes. Flip the patties and continue to cook for an additional 6 minutes, or until the patties are fully cooked through and have an internal temperature of 74°C.

#### **Serving Suggestions:**

Remove the patties from the air fryer and let them rest for a couple of minutes. Garnish with fresh basil or parsley. Serve with a side of Greek yogurt, fresh fruit, or a Mediterranean-style salad for a complete meal. Add a squeeze of lemon juice for a bright, fresh flavor.

# Chapter 4: Snacks and Appetizers

## Air Fryer Falafel

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Falafel:

200 g dried chickpeas (soaked overnight and drained) or 400 g canned chickpeas, drained  
1 small onion, roughly chopped  
2 cloves garlic  
15 g fresh parsley, packed  
15 g fresh cilantro, packed  
1 tsp ground cumin  
1 tsp ground coriander  
1/2 tsp paprika  
1/2 tsp ground turmeric (optional, for color)  
1/2 tsp baking powder  
30 g all-purpose flour or chickpea flour (for binding)  
Salt and pepper to taste

#### For Serving:

Greek yogurt or tahini sauce  
Fresh cucumber slices  
Tomato slices  
Red onion slices  
Fresh pita bread or whole-grain pita

### INSTRUCTIONS

#### Prepare the Falafel Mixture:

In a food processor, combine the chickpeas, onion, garlic, parsley, and cilantro. Process until the mixture is finely ground but not a paste. Add the ground cumin, coriander, paprika, turmeric (if using), baking powder, flour, salt, and pepper. Pulse until well mixed. The mixture should be slightly coarse but hold together when pressed. If it's too dry, add a small amount of water, about 15 ml at a time.

#### Form the Falafel Balls:

Shape the mixture into 12–15 small balls or patties, about 4 cm in diameter. Use wet hands to prevent sticking.

#### Preheat and Cook:

Place the falafel balls in the air fryer basket in a single layer. If necessary, cook in batches to avoid overcrowding. Air fry at 190°C for 8 minutes. Shake the basket halfway through cooking for even browning. Flip the falafel balls and continue cooking for an additional 7 minutes or until they are golden brown and crispy on the outside.

#### Serving Suggestions:

Serve the falafel warm with Greek yogurt or tahini sauce. Garnish with fresh cucumber slices, tomato slices, and red onion slices. Wrap in pita bread or serve over a bed of greens for a Mediterranean-inspired salad.

## Zesty Lemon-Herb Hummus

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### For the Hummus:

1 can (425 g) chickpeas, drained and rinsed  
60 g tahini  
30 ml extra virgin olive oil  
30 ml fresh lemon juice (about 1 lemon)  
60 ml water (or more for desired consistency)  
1 garlic clove  
1/2 tsp ground cumin  
1/4 tsp ground paprika  
1/4 tsp ground coriander  
1/4 tsp sea salt  
Freshly ground black pepper to taste

#### For Garnish:

1 tbsp (4 g) chopped fresh parsley  
1 tsp (2 g) lemon zest  
A drizzle of extra virgin olive oil

### INSTRUCTIONS

#### Roast the Garlic:

Preheat the air fryer to 175°C.

Peel and place the garlic clove in the air fryer basket. Roast at 175°C for 8–10 minutes until softened and golden brown. Let it cool before using.

#### Prepare the Hummus:

In a food processor, combine the chickpeas, tahini, extra virgin olive oil, lemon juice, and roasted garlic.

Process until smooth. If the mixture is too thick, gradually add water until the desired consistency is achieved.

Add the ground cumin, paprika, coriander, sea salt, and black pepper. Blend again until well combined.

#### Adjust Seasoning:

Taste the hummus and adjust the seasoning if necessary, adding more lemon juice, salt, or pepper to your preference.

#### Serve:

Transfer the hummus to a serving bowl.

Garnish with chopped fresh parsley, lemon zest, and a drizzle of extra virgin olive oil.

## Snacks and Appetizers

# Stuffed Grape Leaves

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffing:

185 g cooked quinoa  
100 g cooked rice (or additional quinoa)  
80 g finely chopped onion  
80 g finely chopped tomatoes  
15 g chopped fresh parsley  
15 g chopped fresh dill  
15 g chopped fresh mint  
20 g pine nuts, lightly toasted  
30 ml extra virgin olive oil  
15 ml lemon juice  
1/2 tsp ground cumin  
1/2 tsp ground paprika  
1/4 tsp ground coriander  
1/4 tsp sea salt  
Freshly ground black pepper to taste

#### For Wrapping:

12–15 grape leaves, rinsed and drained (canned or jarred)  
1 lemon, thinly sliced (for layering in the air fryer)

### INSTRUCTIONS

#### Prepare the Filling:

In a large bowl, combine the cooked quinoa, cooked rice, chopped onion, chopped tomatoes, parsley, dill, mint, toasted pine nuts, extra virgin olive oil, lemon juice, cumin, paprika, coriander, sea salt, and black pepper. Mix well to combine.

#### Prepare the Grape Leaves:

If using jarred grape leaves, rinse them well under cold water to remove excess brine. Pat dry with a paper towel.

#### Stuff the Grape Leaves:

Place a grape leaf on a flat surface, shiny side down. Place a spoonful of the filling (about 15 g) in the center of the leaf. Fold the sides of the leaf over the filling, then roll from the bottom up to form a tight cylinder. Repeat with the remaining grape leaves and filling.

#### Cook the Stuffed Grape Leaves:

Line the air fryer basket with parchment paper to prevent sticking. Place the stuffed grape leaves seam-side down in the air fryer basket. Arrange them in a single layer, avoiding overcrowding. Place lemon slices in between the stuffed grape leaves for added flavor and to keep them moist. Air fry at 175°C for 12–15 minutes or until the grape leaves are crispy and the filling is heated through. Shake the basket halfway through cooking to ensure even crisping.

# Crispy Chickpeas

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

1 can (425 g) chickpeas, drained and rinsed  
15–30 ml extra virgin olive oil  
1 tsp ground cumin  
1 tsp smoked paprika  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp dried oregano  
1/4 tsp ground coriander  
1/4 tsp sea salt (or to taste)  
Freshly ground black pepper to taste  
1/2 tsp (1 g) lemon zest (optional, for added brightness)

### INSTRUCTIONS

#### Prepare the Chickpeas:

**Drain and Rinse:** Drain the chickpeas in a colander and rinse them under cold water.

**Dry:** Pat the chickpeas dry thoroughly with a paper towel. The drier they are, the crispier they will become.

#### Season the Chickpeas:

In a large bowl, toss the chickpeas with olive oil, ensuring they are well-coated. Add the ground cumin, smoked paprika, garlic powder, onion powder, dried oregano, ground coriander, sea salt, and black pepper. Toss again to coat evenly. Optionally, add lemon zest for a fresh twist.

#### Preheat the Air Fryer:

Preheat the air fryer to 200°C for about 5 minutes.

#### Cook the Chickpeas:

Place the seasoned chickpeas in the air fryer basket. Spread them out in a single layer for even cooking. If necessary, cook in batches.

Air fry at 200°C for 15–20 minutes, shaking the basket halfway through to ensure even crisping. Check for doneness; they should be golden brown and crispy.

## Snacks and Appetizers

# Air Fryer Calamari Rings

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

450 g fresh calamari rings, cleaned and patted dry  
65 g all-purpose flour  
60 g whole wheat breadcrumbs  
25 g grated Parmesan cheese  
1 tsp dried oregano  
1/2 tsp garlic powder  
1/2 tsp smoked paprika  
1/2 tsp onion powder  
1/4 tsp ground black pepper  
1/4 tsp sea salt (or to taste)  
1 large egg, beaten  
Cooking spray or a light coating of olive oil

### INSTRUCTIONS

#### **Prepare the Calamari:**

Ensure the calamari rings are well-cleaned and thoroughly dried with paper towels. Excess moisture can cause the coating to become soggy.

#### **Set Up the Breeding Station:**

In a shallow dish, place the flour. In another shallow dish, combine the whole wheat breadcrumbs, grated Parmesan cheese, dried oregano, garlic powder, smoked paprika, onion powder, black pepper, and sea salt. In a third dish, beat the egg.

#### **Bread the Calamari:**

Dredge each calamari ring in the flour, shaking off the excess. Dip the floured calamari ring into the beaten egg, allowing the excess to drip off. Press the ring into the breadcrumb mixture, coating evenly.

#### **Cook the Calamari:**

Place the breaded calamari rings in the air fryer basket in a single layer. Avoid overcrowding to ensure even cooking. Cook in batches if necessary. Lightly spray or brush the calamari rings with cooking spray or a light coating of olive oil to enhance crispiness.

**Air Fry:** Cook at 200°C for 12–15 minutes, shaking the basket halfway through cooking. The calamari should be golden brown and crispy.

# Spinach and Feta Stuffed Mushrooms

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

12 large cremini or button mushrooms, stems removed and caps cleaned  
30 g fresh spinach, chopped  
75 g crumbled feta cheese  
25 g finely grated Parmesan cheese  
30 g whole wheat breadcrumbs  
1 clove garlic, minced  
15 ml extra virgin olive oil  
1/2 tsp dried oregano  
1/4 tsp dried thyme  
1/4 tsp ground black pepper  
1/4 tsp sea salt (or to taste)  
2 tbsp (8 g) fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### **Prepare the Filling:**

In a skillet over medium heat, add 7.5 ml of olive oil. Sauté the chopped spinach and minced garlic for 2–3 minutes until spinach is wilted. Remove from heat and let cool. In a mixing bowl, combine the sautéed spinach and garlic with crumbled feta cheese, grated Parmesan cheese, whole wheat breadcrumbs, dried oregano, dried thyme, black pepper, and sea salt. Stir until well combined.

#### **Prepare the Mushrooms:**

Wipe the mushroom caps with a damp paper towel to remove any dirt. Carefully remove the stems and set aside.

#### **Stuff the Mushrooms:**

Spoon the spinach and feta mixture into each mushroom cap, packing it slightly but not overstuffing. Lightly brush the stuffed mushrooms with the remaining 7.5 ml of olive oil to help them crisp up.

#### **Cook in Air Fryer:**

Place the stuffed mushrooms in the air fryer basket in a single layer. Do not overcrowd; you may need to cook in batches. Cook at 175°C for 10–12 minutes or until the mushrooms are tender and the tops are golden brown. Shake the basket halfway through cooking for even browning.

## Snacks and Appetizers

# Tapenade with Pita Chips

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### For the Tapenade:

140 g Kalamata olives, pitted  
75 g green olives, pitted  
35 g capers, drained  
2 cloves garlic, minced  
60 ml extra virgin olive oil  
30 ml fresh lemon juice (about 1 lemon)  
4 g fresh parsley, chopped  
1/2 tsp dried oregano  
1/4 tsp ground black pepper  
1/4 tsp sea salt (or to taste)

#### For the Pita Chips:

4 whole wheat pita bread rounds  
30 ml extra virgin olive oil  
1/2 tsp dried oregano  
1/4 tsp garlic powder  
1/4 tsp ground paprika  
1/4 tsp sea salt

### INSTRUCTIONS

#### Prepare the Tapenade:

In a food processor or blender, combine the Kalamata olives, green olives, capers, minced garlic, and lemon juice. Pulse until the mixture is finely chopped but still slightly chunky. With the processor running, slowly drizzle in the olive oil until the tapenade reaches your desired consistency. Stir in the chopped parsley, dried oregano, black pepper, and sea salt. Taste and adjust seasoning if needed. Transfer to a bowl and set aside.

#### Prepare the Pita Chips:

Cut the whole wheat pita bread into triangle or wedge shapes. Brush both sides of the pita triangles with olive oil. Sprinkle evenly with dried oregano, garlic powder, paprika, and sea salt.

#### Cook the Pita Chips in the Air Fryer:

Place the pita triangles in the air fryer basket in a single layer. You may need to cook in batches depending on the size of your air fryer. Cook at 175°C for 5–7 minutes or until the chips are golden brown and crisp. Shake the basket halfway through cooking to ensure even crisping.

#### Serve:

Allow the pita chips to cool slightly before serving. Serve the Mediterranean tapenade with the crispy pita chips. Garnish with additional chopped parsley if desired.

# Garlic Parmesan Zucchini Fries

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### For the Zucchini Fries:

3 medium zucchinis, sliced into fry shapes (about 6 mm thick)  
60 g whole wheat breadcrumbs  
25 g grated Parmesan cheese  
1/2 tsp garlic powder  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/4 tsp sea salt  
1/4 tsp ground black pepper  
2 large eggs  
30 ml water

#### For the Garlic Parmesan Sauce:

30 ml extra virgin olive oil  
1 clove garlic, minced  
25 g grated Parmesan cheese  
1 tbsp (4 g) chopped fresh parsley (optional, for garnish)

### INSTRUCTIONS

#### Prepare the Zucchini:

Wash and slice zucchini into fries. Pat them dry with paper towels to remove excess moisture. Set up a breading station with three shallow dishes:

Combine whole wheat breadcrumbs, grated Parmesan cheese, garlic powder, dried oregano, dried basil, sea salt, and black pepper. Whisk together the eggs and water. Place the zucchini slices.

#### Bread the Zucchini:

Dip each zucchini slice in the egg mixture, making sure it's fully coated. Roll the coated zucchini in the breadcrumb mixture, pressing gently to adhere. For extra crispiness, repeat the egg dip and breadcrumb coating.

#### Cook the Zucchini Fries:

Arrange the breaded zucchini fries in a single layer in the air fryer basket. Avoid overcrowding; you may need to cook in batches.

**Air Fry:** Cook at 200°C for 8–10 minutes, or until the zucchini fries are golden brown and crispy.

#### Prepare Garlic Parmesan Sauce:

**Sauté Garlic:** In a small pan, heat olive oil over medium heat. Add minced garlic and sauté for about 1 minute until fragrant.

## Snacks and Appetizers

# Mozzarella Sticks with Marinara

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### For the Mozzarella Sticks:

12 part-skim mozzarella cheese sticks  
60 g whole wheat breadcrumbs  
25 g grated Parmesan cheese  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/2 tsp sea salt  
1/4 tsp ground black pepper  
2 large eggs  
30 ml water

#### For the Marinara Sauce:

240 ml canned tomato sauce (preferably low-sodium)  
15 ml extra virgin olive oil  
1 clove garlic, minced  
1/2 tsp dried basil  
1/2 tsp dried oregano  
1/4 tsp red pepper flakes (optional, for a bit of heat)  
1/4 tsp sea salt  
1/4 tsp ground black pepper

### INSTRUCTIONS

#### Prepare the Marinara Sauce:

In a small saucepan, heat olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute. Add tomato sauce, dried basil, dried oregano, red pepper flakes (if using), sea salt, and black pepper. Bring the sauce to a simmer, then reduce the heat to low. Simmer for 10 minutes, stirring occasionally. Adjust seasoning to taste, then set aside.

#### Prepare the Mozzarella Sticks:

Combine whole wheat breadcrumbs, grated Parmesan cheese, dried oregano, dried basil, garlic powder, onion powder, sea salt, and black pepper. Whisk together the eggs and water. Place the mozzarella sticks.

#### Bread the Sticks:

Dip each mozzarella stick in the egg mixture, ensuring it's fully coated. Roll the coated stick in the breadcrumb mixture, pressing lightly to adhere. For extra crispiness, repeat the egg dip and breadcrumb coating.

#### Arrange in Air Fryer:

Arrange the breaded mozzarella sticks in the air fryer basket in a single layer. Avoid overcrowding to ensure even cooking. You may need to cook in batches. Air fry at 200°C for 6–8 minutes or until the mozzarella sticks are golden brown and crispy.

# Air Fryer Greek Meatballs

PREP: 10 MIN

COOK: 30 MIN

SERVES: 6

### INGREDIENTS

#### For the Meatballs:

450 g ground lean beef or turkey  
60 g whole wheat breadcrumbs  
25 g grated Parmesan cheese  
15 g finely chopped fresh parsley  
40 g finely chopped red onion  
2 cloves garlic, minced  
1 large egg  
15 ml olive oil  
1 tsp dried oregano  
1 tsp dried thyme  
1/2 tsp ground cumin  
1/2 tsp ground paprika  
1/4 tsp sea salt  
1/4 tsp ground black pepper

#### For Serving:

Tzatziki sauce (store-bought or homemade)  
Lemon wedges  
Fresh parsley or dill for garnish

### INSTRUCTIONS

#### Prepare the Meatball Mixture:

In a large bowl, combine ground meat, whole wheat breadcrumbs, grated Parmesan cheese, chopped parsley, chopped red onion, minced garlic, egg, olive oil, dried oregano, dried thyme, ground cumin, ground paprika, sea salt, and black pepper. Mix until all ingredients are well incorporated, but do not overmix to avoid tough meatballs.

**Form Meatballs:** Shape the mixture into small meatballs, about 2.5 to 4 cm in diameter. You should get approximately 20–24 meatballs.

**Air Fry:** Cook at 200°C for 12–15 minutes, or until the meatballs are browned and cooked through. Shake the basket halfway through cooking to ensure even browning.

**Check Doneness:** Use a meat thermometer to ensure the internal temperature has reached 74°C.

#### Serve:

**Garnish:** Serve the meatballs with a side of tzatziki sauce and lemon wedges. Garnish with fresh parsley or dill if desired.

## Snacks and Appetizers

# Mini Spanakopita Triangles

PREP: 20 MIN

COOK: 12 MIN

SERVES: 20

### INGREDIENTS

#### For the Filling:

60 g fresh spinach, chopped  
150 g crumbled feta cheese  
15 g finely chopped fresh dill  
15 g finely chopped fresh parsley  
15 g finely chopped green onions  
2 cloves garlic, minced  
1 large egg, beaten  
1/4 tsp black pepper  
1/4 tsp sea salt  
1/4 tsp ground nutmeg

#### For Assembly:

1 package (450 g) phyllo dough, thawed  
60 ml olive oil or melted butter (for brushing)

### INSTRUCTIONS

#### Prepare the Filling:

In a large pan over medium heat, sauté chopped spinach for 2–3 minutes until wilted. Remove excess moisture by pressing the spinach between paper towels. Chop finely if necessary. In a large bowl, mix together the cooked spinach, crumbled feta cheese, fresh dill, fresh parsley, green onions, minced garlic, beaten egg, black pepper, sea salt, and ground nutmeg. Mix well to combine.

#### Prepare Phyllo Dough:

On a clean surface, lay out one sheet of phyllo dough and brush lightly with olive oil or melted butter. Place another sheet of phyllo on top and brush again. Cut the layered phyllo sheets into strips about 5 cm wide. Place a spoonful of the spinach mixture at one end of each strip. Fold the corner over the filling to form a triangle shape. Continue folding the strip over to create a triangle, sealing the edges as you go. Brush the tops of the folded triangles with more olive oil or melted butter. Arrange the triangles in a single layer in the air fryer basket, leaving space between them.

#### Cook the Mini Spanakopita:

Cook at 190°C for 10–12 minutes or until the triangles are golden brown and crispy. Shake the basket halfway through cooking to ensure even browning.

# Eggplant Fries

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Eggplant Fries:

1 large eggplant (about 450 g), peeled and cut into fries  
65 g whole wheat flour  
2 large eggs  
60 g panko breadcrumbs  
25 g grated Parmesan cheese  
1 tsp dried oregano  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp paprika  
1/4 tsp ground black pepper  
1/4 tsp sea salt

#### For Serving:

120 g tzatziki sauce (store-bought or homemade)  
Fresh parsley, chopped (optional garnish)

### INSTRUCTIONS

#### Prepare the Eggplant:

Peel the eggplant and cut it into fry-shaped pieces. To remove excess moisture and bitterness, place the cut eggplant in a colander, sprinkle with salt, and let it sit for 15 minutes. Rinse under cold water and pat dry with paper towels.

#### Bread the Eggplant Fries:

Place the whole wheat flour in a shallow bowl. Beat the eggs in another shallow bowl. In a third bowl, combine panko breadcrumbs, grated Parmesan cheese, dried oregano, garlic powder, onion powder, paprika, black pepper, and sea salt. Dredge each eggplant fry in flour, shaking off excess. Dip in beaten eggs, allowing excess to drip off. Coat with the breadcrumb mixture, pressing lightly to adhere.

#### Cook the Fries:

Spray the air fryer basket with olive oil spray. Arrange the breaded eggplant fries in a single layer in the basket. Cook in batches if necessary to avoid overcrowding. Cook at 190°C for 15–20 minutes, shaking the basket halfway through cooking to ensure even browning. The fries should be golden brown and crispy.

#### Serve:

Remove the fries from the air fryer and let them cool slightly. Garnish with chopped fresh parsley if desired.

## Snacks and Appetizers

# Feta and Olive Stuffed Peppers

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffed Peppers:

4 medium bell peppers (any color), tops cut off and seeds removed  
150 g crumbled feta cheese  
70 g black olives, pitted and chopped  
35 g sun-dried tomatoes, chopped  
40 g finely chopped red onion  
15 g chopped fresh parsley  
15 g chopped fresh basil  
90 g cooked quinoa or couscous  
2 cloves garlic, minced  
15 ml olive oil  
1 tsp dried oregano  
1/2 tsp ground black pepper  
1/4 tsp sea salt

#### For Garnish (Optional):

Extra fresh parsley, chopped

### INSTRUCTIONS

#### Prepare the Peppers:

Preheat the air fryer to 190°C for about 5 minutes. Wash and cut the tops off the bell peppers. Remove the seeds and membranes. Set aside.

#### Make the Filling:

In a mixing bowl, combine the crumbled feta cheese, chopped black olives, sun-dried tomatoes, red onion, parsley, basil, cooked quinoa or couscous, minced garlic, olive oil, dried oregano, black pepper, and sea salt. Mix until well combined. Spoon the filling mixture into each bell pepper, packing it gently to ensure the filling stays inside.

#### Cook the Stuffed Peppers:

Lightly spray the air fryer basket with olive oil spray to prevent sticking. Place the stuffed peppers in the basket, ensuring they do not touch to allow even cooking. Cook at 190°C for 12–15 minutes or until the peppers are tender and the filling is golden brown. Shake the basket halfway through cooking to ensure even browning.

#### Serve:

Remove the stuffed peppers from the air fryer and let them cool slightly. Garnish with extra chopped parsley if desired. Serve with a side of Greek yogurt or a fresh salad to complement the Mediterranean flavors.

# Air Fryer Mediterranean Crab Cakes

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Crab Cakes:

450 g lump crab meat, drained and picked over  
60 g whole-wheat breadcrumbs  
40 g finely chopped red bell pepper  
40 g finely chopped celery  
40 g finely chopped red onion  
2 cloves garlic, minced  
1 large egg, beaten  
30 g Greek yogurt  
15 g Dijon mustard  
15 ml fresh lemon juice  
1 tsp dried oregano  
1/2 tsp ground cumin  
1/4 tsp ground paprika  
1/4 tsp sea salt  
1/4 tsp ground black pepper  
8 g chopped fresh parsley  
Olive oil spray (for greasing)

#### For Serving (Optional):

Lemon wedges  
Tzatziki sauce or Greek yogurt for dipping

### INSTRUCTIONS

#### Prepare the Crab Cake Mixture:

In a large mixing bowl, gently combine the crab meat, whole-wheat breadcrumbs, chopped red bell pepper, celery, red onion, garlic, beaten egg, Greek yogurt, Dijon mustard, lemon juice, dried oregano, cumin, paprika, sea salt, black pepper, and chopped parsley. Mix until well combined, but be careful not to break up the crab meat too much. Shape the mixture into 8 small patties, about 1.25 cm thick each. Press them lightly to ensure they hold together.

#### Preheat and Prepare the Air Fryer:

Preheat the air fryer to 190°C for about 5 minutes. Lightly spray the air fryer basket with olive oil spray to prevent sticking. Arrange the crab cakes in the basket, making sure they are not touching to allow for even cooking.

#### Cook the Crab Cakes:

Cook at 190°C for 12–15 minutes or until the crab cakes are golden brown and crispy. Shake the basket halfway through the cooking time to ensure even browning. Ensure the internal temperature of the crab cakes reaches 74°C and that they are crispy on the outside.

## Snacks and Appetizers

# Mediterranean Bruschetta in the Air Fryer

PREP: 15 MIN

COOK: 8 MIN

SERVES: 4

### INGREDIENTS

#### For the Bruschetta Topping:

300 g cherry or grape tomatoes, halved  
40 g finely chopped red onion  
10 g chopped fresh basil  
30 ml extra-virgin olive oil  
15 ml balsamic vinegar  
1 clove garlic, minced  
1/2 tsp dried oregano  
1/4 tsp sea salt  
1/4 tsp ground black pepper

#### For the Toasted Bread:

4 slices whole-grain baguette or ciabatta bread  
15 ml extra-virgin olive oil  
1 clove garlic, halved (for rubbing on the toasted bread)

### INSTRUCTIONS

#### Prepare the Bruschetta Topping:

In a medium bowl, combine the halved tomatoes, chopped red onion, chopped basil, extra-virgin olive oil, balsamic vinegar, minced garlic, dried oregano, sea salt, and black pepper. Mix well and let sit for 10 minutes to allow the flavors to meld.

#### Prepare the Bread:

Preheat the air fryer to 182°C for about 5 minutes. Brush each slice of bread with olive oil on both sides. Place the bread slices in the air fryer basket in a single layer. Air fry at 182°C for 4–5 minutes or until the bread is golden and crispy. You may need to work in batches depending on the size of your air fryer.

Once the bread is toasted, rub the cut side of a garlic clove over the surface of each slice to impart a subtle garlic flavor.

#### Assemble and Serve:

Spoon the bruschetta topping onto each slice of toasted bread, distributing evenly. Serve the bruschetta immediately while the bread is still crispy.

# Air Fryer Artichoke Hearts

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Artichoke Hearts:

1 can (400 g) artichoke hearts, drained and pat-dried  
30 ml extra-virgin olive oil  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp dried oregano  
1/4 tsp dried thyme  
1/4 tsp paprika  
1/4 tsp sea salt  
1/4 tsp ground black pepper

#### For Garnishing:

Fresh lemon wedges (optional)  
Fresh parsley, chopped (optional)

### INSTRUCTIONS

#### Prepare Artichoke Hearts:

Preheat your air fryer to 193°C for about 5 minutes. In a medium bowl, toss the drained and pat-dried artichoke hearts with extra-virgin olive oil, garlic powder, onion powder, dried oregano, dried thyme, paprika, sea salt, and black pepper. Ensure that the artichokes are evenly coated with the seasoning.

#### Air Fry Artichoke Hearts:

Place the seasoned artichoke hearts in the air fryer basket in a single layer. Avoid overcrowding to ensure even cooking. Cook at 193°C for 12–15 minutes. Shake the basket halfway through cooking to ensure even crisping. Check the artichokes at the 12-minute mark. Continue cooking if needed until they are golden brown and crispy on the edges.

#### Serve:

Transfer the artichoke hearts to a serving plate. Garnish with chopped fresh parsley and lemon wedges if desired. Serve warm as an appetizer or snack.

## Snacks and Appetizers

# Greek Tzatziki Dip with Veggie Sticks

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Tzatziki Dip:

240 g Greek yogurt (plain, non-fat or low-fat)  
1 cucumber, peeled, seeded, and finely grated  
2 cloves garlic, minced  
15 ml extra-virgin olive oil  
15 ml fresh lemon juice  
1 tbs (4 g) fresh dill, chopped (or 1 tsp dried dill)  
1/2 tsp salt  
1/4 tsp black pepper

#### For the Veggie Sticks:

1 medium zucchini, cut into sticks  
1 medium carrot, cut into sticks  
1 red bell pepper, cut into sticks  
15 ml extra-virgin olive oil  
1/2 tsp dried oregano  
1/2 tsp garlic powder  
1/4 tsp paprika  
1/4 tsp sea salt  
1/4 tsp ground black pepper

### INSTRUCTIONS

#### Prepare the Tzatziki Dip:

Place the grated cucumber in a clean kitchen towel or cheesecloth and squeeze out as much excess moisture as possible.  
In a medium bowl, combine Greek yogurt, grated cucumber, minced garlic, olive oil, lemon juice, dill, salt, and black pepper. Stir until well mixed.  
Refrigerate the tzatziki dip for at least 15 minutes to let the flavors meld together.

#### Prepare the Veggie Sticks:

Preheat your air fryer to 200°C for about 5 minutes.  
In a large bowl, toss the zucchini, carrot, and red bell pepper sticks with olive oil, dried oregano, garlic powder, paprika, sea salt, and black pepper until evenly coated.  
Place the seasoned veggie sticks in the air fryer basket in a single layer. Avoid overcrowding for best results.  
Cook at 200°C for 10–15 minutes, shaking the basket halfway through cooking to ensure even crisping. Check for tenderness and crispiness; adjust cooking time as needed.

#### Serve:

Serve the tzatziki dip alongside the crispy veggie sticks.

# Air Fryer Halloumi Sticks

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

225 g Halloumi cheese, cut into 1.25 cm thick sticks  
60 g whole wheat breadcrumbs  
25 g grated Parmesan cheese  
1 tsp dried oregano  
1/2 tsp garlic powder  
1/2 tsp paprika  
1/4 tsp black pepper  
1/4 tsp sea salt  
1 large egg, beaten  
15 ml olive oil (optional for brushing)

### INSTRUCTIONS

#### Prepare the Halloumi Sticks:

Preheat the air fryer to 190°C for about 5 minutes.  
In a shallow dish, combine whole wheat breadcrumbs, grated Parmesan cheese, dried oregano, garlic powder, paprika, black pepper, and sea salt.  
Dip each Halloumi stick into the beaten egg, allowing the excess to drip off. Then, coat thoroughly with the breadcrumb mixture, pressing gently to adhere.

#### Air Fry the Halloumi Sticks:

Place the breaded Halloumi sticks in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Lightly brush or spray the Halloumi sticks with olive oil for extra crispiness, if desired.  
Cook at 190°C for 10–12 minutes, shaking the basket halfway through cooking to ensure even browning. The Halloumi should be golden brown and crispy on the outside.

#### Serve:

Serve the Halloumi sticks hot with a side of tzatziki sauce, marinara, or your favorite Mediterranean dip.

## Snacks and Appetizers

# Sun-Dried Tomato and Olive Flatbread

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

1 pre-made whole wheat flatbread (or use a whole wheat pizza dough recipe to make your own)  
35 g sun-dried tomatoes, finely chopped  
35 g black olives, pitted and sliced  
35 g feta cheese, crumbled  
30 ml olive oil  
1 tsp dried oregano  
1/2 tsp dried basil  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/4 tsp sea salt

### INSTRUCTIONS

#### **Prepare the Flatbread:**

Preheat the air fryer to 190°C for about 5 minutes. If using pre-made flatbread, place it on a clean surface. If using dough, roll it out to fit the air fryer basket size.

#### **Assemble the Flatbread:**

Lightly brush the flatbread with olive oil to enhance crispiness and flavor.

Evenly spread the sun-dried tomatoes and sliced olives over the flatbread. Sprinkle crumbled feta cheese on top.

Sprinkle dried oregano, dried basil, garlic powder, black pepper, and sea salt over the flatbread.

#### **Air Fry the Flatbread:**

Place the flatbread in the air fryer basket. Depending on the size of your air fryer, you may need to cut the flatbread into smaller pieces or cook in batches.

Cook at 190°C for 10–12 minutes or until the edges are crispy and the cheese is melted. Check halfway through cooking and adjust if necessary.

#### **Serve:**

Allow the flatbread to cool slightly before slicing into wedges. Serve warm as an appetizer, snack, or part of a Mediterranean meal.

# Mini Quiches with Spinach and Leeks

PREP: 15 MIN

COOK: 12 MIN

SERVES: 6

### INGREDIENTS

60 g fresh spinach, chopped  
50 g leeks, thinly sliced (white and light green parts only)  
75 g feta cheese, crumbled  
3 large eggs  
120 ml milk (use almond or oat milk for a dairy-free option)  
15 ml olive oil  
1/2 tsp dried oregano  
1/4 tsp dried thyme  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/4 tsp sea salt

### INSTRUCTIONS

#### **Prepare the Ingredients:**

Preheat the air fryer to 175°C for about 5 minutes.

In a small skillet, heat the olive oil over medium heat. Add the sliced leeks and cook for 3–4 minutes or until softened.

Remove from heat and let cool slightly.

If using fresh spinach, sauté briefly in the same skillet or microwave until wilted, then squeeze out excess moisture and chop finely.

#### **Mix the Quiche Filling:**

In a medium bowl, whisk together the eggs, milk, dried oregano, dried thyme, garlic powder, black pepper, and sea salt. Stir in the chopped spinach, sautéed leeks, and crumbled feta cheese.

#### **Assemble Mini Quiches:**

Place silicone muffin liners or parchment liners in the air fryer basket to prevent sticking.

Divide the quiche mixture evenly among the liners, filling each about 3/4 full.

#### **Air Fry the Mini Quiches:**

Cook at 175°C for 10–12 minutes or until the quiches are set and lightly browned on top. Check halfway through cooking and gently shake the basket to ensure even cooking.

## Chapter 5: Bread and Pastries

### Rustic Olive and Rosemary Bread

PREP: 80 MIN

COOK: 25 MIN

SERVES: 6

#### INGREDIENTS

250 g all-purpose flour  
1 tsp salt  
1 tsp sugar  
1 tbsp (3 g) fresh rosemary, finely chopped  
(or 1 tsp dried rosemary)  
70 g Kalamata olives, pitted and chopped  
1 packet (7 g) active dry yeast  
180 ml warm water (45°C)  
30 ml olive oil

#### INSTRUCTIONS

##### **Prepare the Dough:**

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the flour, salt, and chopped rosemary. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms. Knead the chopped olives into the dough until evenly distributed.

##### **Knead and Rise:**

Turn the dough onto a lightly floured surface and knead for about 5–7 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

##### **Prepare for Air Frying:**

After the dough has risen, punch it down to release the air. Shape it into a round loaf or smaller rolls, as desired. Preheat the air fryer to 175°C for about 5 minutes. Line the air fryer basket with parchment paper to prevent sticking.

##### **Air Fry the Bread:**

Place the dough in the air fryer basket. Cook at 175°C for 20–25 minutes, or until the bread is golden brown and sounds hollow when tapped on the bottom. If making smaller rolls, reduce cooking time to 15–18 minutes.

### Focaccia with Cherry Tomatoes

PREP: 80 MIN

COOK: 25 MIN

SERVES: 6

#### INGREDIENTS

250 g all-purpose flour  
1 tsp salt  
1 tsp sugar  
1 packet (7 g) active dry yeast  
180 ml warm water (45°C)  
30 ml olive oil, plus extra for drizzling  
150 g cherry tomatoes, halved  
1 tbsp (3 g) fresh rosemary, finely chopped  
(or 1 tsp dried rosemary)  
1 tbsp (2 g) fresh basil, chopped  
1 clove garlic, minced  
1/2 tsp sea salt flakes (optional)  
1/4 tsp black pepper

#### INSTRUCTIONS

##### **Prepare the Dough:**

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the flour and salt. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

##### **Knead and Rise:**

Turn the dough onto a lightly floured surface and knead for about 5–7 minutes. Place the dough in a lightly oiled bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour.

##### **Prepare for Air Frying:**

After the dough has risen, punch it down to release the air. Shape it into a flat round disc, about 1.25 cm thick. Line the air fryer basket with parchment paper to prevent sticking.

##### **Add Toppings:**

Place the dough in the air fryer basket. Press the cherry tomato halves, cut side up, and put them into the dough. Sprinkle with rosemary, basil, garlic, sea salt flakes, and black pepper. Drizzle with olive oil.

##### **Air Fry the Focaccia:**

Cook at 175°C for 20–25 minutes.

## Bread and Pastries

# Whole Wheat Pita Bread

PREP: 80 MIN

COOK: 10 MIN

SERVES: 8

### INGREDIENTS

240 g whole wheat flour  
125 g all-purpose flour  
1 1/2 tsp salt  
1 tsp sugar  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
30 ml olive oil  
1 tbsp (2 g) fresh thyme, chopped (optional)  
1 tbsp (2 g) fresh oregano, chopped (optional)  
1 tbsp (3 g) fresh rosemary, chopped (optional)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, and salt. If using, add the chopped herbs. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Pitas:

After the dough has risen, punch it down to release the air. Divide it into 8 equal pieces. Roll each piece into a ball, then flatten and roll out each ball into a round disc, about 6 mm thick and 15 cm in diameter.

#### Prepare for Air Frying:

Lightly brush the air fryer basket with olive oil or use parchment liners to prevent sticking.

#### Air Fry the Pita Bread:

Place 2–3 pita discs in the air fryer basket and cook at 190°C for 4–5 minutes or until puffed and lightly golden brown.

# Ciabatta Rolls

PREP: 145 MIN

COOK: 12 MIN

SERVES: 6

### INGREDIENTS

315 g bread flour  
1 1/2 tsp salt  
1 tsp sugar  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
60 ml olive oil  
1 tbsp (3 g) fresh rosemary, finely chopped (optional)  
1 tbsp (2 g) fresh thyme, finely chopped (optional)  
1 tbsp (2 g) fresh oregano, finely chopped (optional)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the bread flour and salt. If using, add the chopped herbs. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Ciabatta Rolls:

After the dough has risen, punch it down to release the air. Divide it into 6 equal pieces. Shape each piece into a roll by flattening slightly and then folding the edges towards the center, pinching to seal.

#### Prepare for Air Frying:

Place the shaped rolls on a parchment-lined tray, cover them with a damp cloth, and let them rise for another 45 minutes to 1 hour.

#### Air Fry the Ciabatta Rolls:

Place 2–3 rolls in the air fryer basket (depending on the size of your air fryer) and cook at 190°C for 10–12 minutes.

## Bread and Pastries

# Sesame Seed Flatbread

PREP: 80 MIN

COOK: 10 MIN

SERVES: 8

### INGREDIENTS

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
30 ml olive oil  
1 tsp salt  
1 tsp sugar  
20 g sesame seeds  
1 tbsp (1 g) dried oregano  
1 tbsp (1 g) dried thyme  
1 tbsp (2 g) dried rosemary

### INSTRUCTIONS

#### **Prepare the Dough:**

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, salt, dried oregano, thyme, and rosemary. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### **Knead and Rise:**

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### **Shape the Flatbread:**

After the dough has risen, punch it down to release the air. Divide it into 8 equal pieces. Roll each piece into a ball, then flatten it into a round or oval shape about 6 mm thick.

#### **Prepare for Air Frying:**

Lightly brush the flatbreads with water and sprinkle with sesame seeds.

#### **Air Fry the Flatbread:**

Place 2–3 flatbreads in the air fryer basket (depending on the size of your air fryer) and cook at 190°C for 8–10 minutes or until golden brown and cooked through.

# Greek Olive Bread

PREP: 80 MIN

COOK: 20 MIN

SERVES: 8

### INGREDIENTS

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
30 ml olive oil  
1 tsp salt  
1 tsp sugar  
140 g pitted Kalamata olives, chopped  
1 tbsp (1 g) dried oregano  
1 tbsp (1 g) dried thyme  
1 tbsp (2 g) dried rosemary

### INSTRUCTIONS

#### **Prepare the Dough:**

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, salt, dried oregano, thyme, and rosemary. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### **Knead and Rise:**

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### **Shape the Bread:**

After the dough has risen, punch it down to release the air. Flatten the dough and evenly distribute the chopped olives over it. Fold the dough over and knead gently to incorporate the olives. Form the dough into a loaf or several small rolls.

#### **Prepare for Air Frying:**

Use parchment paper to line the air fryer basket to prevent sticking.

#### **Air Fry the Bread:**

Place the dough in the air fryer basket. Cook at 175°C for 20 minutes.

## Bread and Pastries

# Air Fryer Garlic Knots

PREP: 80 MIN

COOK: 15 MIN

SERVES: 8

### INGREDIENTS

#### For the Dough:

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
30 ml olive oil  
1 tsp salt  
1 tsp sugar

#### For the Garlic Butter:

60 ml olive oil  
4 cloves garlic, minced  
1 tbsp (4 g) fresh parsley, chopped  
1 tsp dried oregano  
1 tsp dried thyme  
1 tsp dried rosemary  
1/4 tsp salt

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and sugar, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, and salt. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Knots:

After the dough has risen, punch it down to release the air. Divide the dough into 16 equal pieces. Roll each piece into a rope about 15 cm long and tie it into a knot.

#### Air Fry the Knots:

Place the knots in the air fryer basket, making sure they are not touching. Cook at 175°C for 10–12 minutes.

#### Prepare the Garlic Butter:

In a small saucepan, heat the olive oil over medium heat. Add the minced garlic, parsley, oregano, thyme, rosemary, and salt. Cook for 1–2 minutes until fragrant and brush knots with the garlic butter mixture.

# Lemon Thyme Bread

PREP: 80 MIN

COOK: 20 MIN

SERVES: 8

### INGREDIENTS

#### For the Dough:

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
60 ml olive oil  
30 ml honey  
1 tsp salt  
Zest of 1 lemon  
1 tbsp (2 g) fresh thyme leaves (or 1 tsp dried thyme)

#### For Brushing:

30 ml olive oil  
15 ml lemon juice  
1 tsp (0.5 g) fresh thyme leaves (or 1/4 tsp dried thyme)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and honey, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, salt, lemon zest, and thyme leaves. Add the yeast mixture and olive oil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Bread:

After the dough has risen, punch it down to release the air. Shape the dough into a loaf or divide it into smaller rolls.

#### Air Fry the Bread:

Place the loaf or rolls in the air fryer basket, making sure they are not touching. Cook at 175°C for 15–20 minutes, or until golden brown and a toothpick inserted into the center comes out clean.

#### Prepare the Lemon Thyme Brush:

In a small bowl, combine the olive oil, lemon juice, thyme leaves and brush the bread with mixture.

## Bread and Pastries

# Air Fryer Naan Bread

PREP: 80 MIN

COOK: 12 MIN

SERVES: 8

### INGREDIENTS

#### For the Dough:

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
60 g Greek yogurt  
60 ml olive oil  
30 ml honey  
1 tsp salt

#### For Brushing:

30 ml olive oil  
2 cloves garlic, minced  
1 tbsp (4 g) fresh parsley, finely chopped (optional)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and honey, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, and salt. Add the yeast mixture, Greek yogurt, and olive oil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Naan:

After the dough has risen, punch it down to release the air. Divide the dough into 8 equal portions and roll each portion into a ball. Flatten each ball into an oval shape about 6 mm thick.

#### Air Fry the Naan:

Cook at 175°C for 5–6 minutes or until golden brown and slightly puffy. Depending on the size of your air fryer, you may need to cook in batches.

#### Prepare the Garlic Olive Oil:

In a small bowl, combine the olive oil, minced garlic, and fresh parsley (if using) and brush the naan mixture.

# Sun-Dried Tomato and Basil Bread

PREP: 90 MIN

COOK: 25 MIN

SERVES: 8

### INGREDIENTS

#### For the Dough:

240 g whole wheat flour  
125 g all-purpose flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
35 g sun-dried tomatoes, chopped (oil-packed, drained)  
10 g fresh basil, chopped  
60 ml olive oil  
30 ml honey  
1 tsp salt

#### For Brushing:

30 ml olive oil  
2 cloves garlic, minced

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, mix the warm water and honey, then sprinkle the yeast on top. Let it sit for 5–10 minutes until it becomes frothy. In a large bowl, combine the whole wheat flour, all-purpose flour, and salt. Add the yeast mixture, olive oil, chopped sun-dried tomatoes, and chopped basil to the flour mixture. Stir until a dough forms.

#### Knead and Rise:

Turn the dough onto a lightly floured surface and knead for about 8–10 minutes until smooth and elastic. Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

#### Shape the Bread:

After the dough has risen, punch it down to release the air. Divide the dough into 8 equal portions and shape each portion into a small loaf or roll.

#### Air Fry the Bread:

Place the shaped dough in the air fryer basket, making sure they do not overlap. Cook at 175°C for 10–12 minutes.

#### Prepare the Garlic Olive Oil:

In a small bowl, combine the olive oil and minced garlic and brush the bread with the mixture.

## Bread and Pastries

# Breadsticks with Marinara

PREP: 80 MIN

COOK: 12 MIN

SERVES: 8

### INGREDIENTS

#### For the Breadsticks:

240 ml warm water (45°C)  
1 packet (7 g) active dry yeast  
30 ml olive oil  
15 ml honey  
300 g whole wheat flour  
60 g all-purpose flour  
1 tsp salt  
1/2 tsp garlic powder  
1/2 tsp dried oregano  
1/2 tsp dried basil

#### For the Herb Topping:

30 ml olive oil  
1/2 tsp garlic powder  
1/2 tsp dried rosemary  
1/2 tsp dried thyme  
1/4 tsp salt  
1/4 tsp black pepper

#### For the Marinara Sauce:

240 ml marinara sauce (store-bought or homemade), 1/2 tsp dried basil, 1/2 tsp dried oregano, 1/4 tsp garlic powder

### INSTRUCTIONS

#### Prepare the Dough:

Mix 240 ml warm water and 15 ml honey, sprinkle 7 g yeast on top, and let it sit for 5–10 minutes until frothy. In a large bowl, combine 300 g whole wheat flour, 60 g all-purpose flour, 1 tsp salt, 1/2 tsp garlic powder, 1/2 tsp oregano, and 1/2 tsp basil. Add the yeast mixture and 30 ml olive oil, stirring until a dough forms.

#### Knead and Rise:

Knead the dough on a floured surface for 8–10 minutes until smooth. Place it in an oiled bowl, cover, and let rise for 1 hour or until doubled.

#### Shape the Breadsticks:

Punch down the dough and divide it into 8 pieces. Roll each into 15–20 cm sticks.

#### Prepare for Air Frying:

Mix 30 ml olive oil, 1/2 tsp garlic powder, 1/2 tsp rosemary, 1/2 tsp thyme, 1/4 tsp salt, and 1/4 tsp pepper. Brush each breadstick with the herb mix.

#### Air Fry the Breadsticks:

Cook at 190°C for 10–12 minutes.

#### Prepare Marinara Sauce:

In a saucepan, heat 240 ml marinara sauce with 1/2 tsp basil, 1/2 tsp oregano, and 1/4 tsp garlic powder. Simmer for 5 minutes. Serve with breadsticks.

# Rosemary and Sea Salt Crackers

PREP: 20 MIN

COOK: 10 MIN

SERVES: 16

### INGREDIENTS

100 g whole wheat flour  
60 g all-purpose flour  
60 ml olive oil  
60 ml water  
1/2 tsp sea salt  
1 tsp dried rosemary  
1/2 tsp garlic powder  
1/2 tsp dried thyme  
1/4 tsp black pepper  
1 tbsp sesame seeds (optional for added texture)

### INSTRUCTIONS

#### Prepare the Dough:

In a large bowl, whisk together 100 g whole wheat flour, 60 g all-purpose flour, 1/2 tsp sea salt, 1 tsp dried rosemary, 1/2 tsp garlic powder, 1/2 tsp dried thyme, and 1/4 tsp black pepper. Add 60 ml olive oil and 60 ml water to the dry ingredients. Stir until the dough begins to come together. Transfer the dough to a lightly floured surface and knead briefly until smooth. If the dough is too sticky, add a bit more flour.

#### Roll Out and Shape:

Roll the dough out to a thin, even layer about 3 mm thick. Use a rolling pin or a large glass bottle. Use a knife or pizza cutter to cut the dough into small squares or rectangles, about 4 cm on each side. You can also use cookie cutters for different shapes if desired. If using sesame seeds, sprinkle them over the cut dough and gently press them in.

#### Air Fry the Crackers:

Place the crackers in a single layer in the air fryer basket. Avoid overlapping; you may need to cook them in batches. Cook the crackers at 175°C for 8–10 minutes or until they are golden brown and crispy. Shake the basket halfway through cooking to ensure even browning.

Let the crackers cool completely on a wire rack.

## Bread and Pastries

# Herb Dinner Rolls

PREP: 60 MIN

COOK: 12 MIN

SERVES: 12

### INGREDIENTS

280 g all-purpose flour  
120 g whole wheat flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
60 ml extra virgin olive oil  
15 ml honey  
1/2 tsp sea salt  
1 tsp dried basil  
1 tsp dried oregano  
1/2 tsp dried thyme  
1/2 tsp garlic powder  
25 g freshly grated Parmesan cheese (optional)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, combine 240 ml warm water and 15 ml honey. Sprinkle 7 g yeast over the top and let it sit for 5–10 minutes or until frothy.

In a large bowl, whisk together 280 g all-purpose flour, 120 g whole wheat flour, 1/2 tsp sea salt, 1 tsp dried basil, 1 tsp oregano, 1/2 tsp thyme, and 1/2 tsp garlic powder.

Make a well in the center of the dry ingredients. Add the activated yeast mixture and 60 ml olive oil. Mix until a dough forms.

Turn the dough onto a lightly floured surface and knead for about 5–7 minutes until smooth and elastic.

#### Proof the Dough:

Place the dough in a lightly oiled bowl, cover it with a damp cloth, and let it rise in a warm, draft-free area for about 1 hour or until doubled in size.

#### Shape and Air Fry:

Punch down the dough and divide it into 12 equal portions.

Shape each portion into a ball and place them in the air fryer basket. Arrange them in a single layer; you may need to do this in batches.

Cook the rolls in the air fryer at 175°C for 10–12 minutes.

# Mediterranean Stuffed Bread

PREP: 20 MIN

COOK: 18 MIN

SERVES: 4

### INGREDIENTS

#### For the Dough:

190 g all-purpose flour  
120 g whole wheat flour  
1 packet (7 g) active dry yeast  
240 ml warm water (45°C)  
60 ml extra virgin olive oil  
15 ml honey  
1/2 tsp sea salt

#### For the Filling:

75 g crumbled feta cheese  
40 g chopped sun-dried tomatoes (packed in oil)  
35 g sliced black olives  
15 g chopped fresh basil  
15 g chopped fresh parsley  
40 g finely chopped red onion  
1 garlic clove, minced  
1 tsp dried oregano  
1/2 tsp dried thyme  
15 ml extra virgin olive oil (for drizzling)

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, combine 240 ml warm water and 15 ml honey. Sprinkle 7 g yeast over the top and let it sit for 5–10 minutes, or until frothy. In a large bowl, whisk together 190 g all-purpose flour, 120 g whole wheat flour, and 1/2 tsp sea salt. Add the activated yeast mixture and 60 ml olive oil. Mix until a dough forms. Turn the dough onto a lightly floured surface and knead for about 5–7 minutes, until smooth and elastic.

#### Prepare the Filling:

In a bowl, mix together 75 g feta cheese, 40 g sun-dried tomatoes, 35 g black olives, 15 g chopped fresh basil, 15 g chopped fresh parsley, 40 g red onion, 1 garlic clove (minced), 1 tsp dried oregano, and 1/2 tsp dried thyme.

#### Assemble the Stuffed Bread:

Punch down the dough and roll it out on a lightly floured surface into a rectangle about 6 mm thick. Spread the filling evenly over the dough, leaving a small border around the edges. Roll the dough up tightly from one side to the other to form a log. Pinch the edges to seal the bread and tuck the ends under slightly. Cut the rolled dough into 4 equal pieces.

#### Air Fry the Stuffed Bread:

Drizzle a little olive oil (about 15 ml) over each piece. Air fry at 175°C for 15–18 minutes.

## Bread and Pastries

# Cornbread with Feta

PREP: 15 MIN

COOK: 18 MIN

SERVES: 6

### INGREDIENTS

#### For the Cornbread:

150 g cornmeal  
125 g all-purpose flour  
30 g whole wheat flour  
50 g granulated sugar  
1 tbsp baking powder  
1/2 tsp sea salt  
240 ml buttermilk  
60 ml extra virgin olive oil  
2 large eggs  
150 g crumbled feta cheese  
40 g chopped sun-dried tomatoes (packed in oil)  
15 g chopped fresh basil  
15 g chopped fresh parsley

#### For Garnish:

1 tbsp chopped fresh rosemary

### INSTRUCTIONS

#### Prepare the Batter:

In a large bowl, whisk together 150 g cornmeal, 125 g all-purpose flour, 30 g whole wheat flour, 50 g granulated sugar, 1 tbsp baking powder, and 1/2 tsp sea salt. In another bowl, whisk together 240 ml buttermilk, 60 ml olive oil, and 2 large eggs. Gradually add the wet ingredients to the dry ingredients, stirring until just combined. Be careful not to overmix. Fold in 150 g crumbled feta cheese, 40 g chopped sun-dried tomatoes, 15 g chopped basil, and 15 g chopped parsley until evenly distributed.

#### Cook the Cornbread:

Lightly grease an air fryer-safe baking pan (about 15 cm round or square) with olive oil or line it with parchment paper. This helps prevent sticking. Pour the cornbread batter into the prepared pan, smoothing the top with a spatula. Place the pan in the air fryer basket. Air fry at 175°C for 15–18 minutes, or until a toothpick inserted into the center comes out clean. You may need to check and adjust the cooking time based on your air fryer model.

#### Garnish and Serve:

Allow the cornbread to cool slightly. Sprinkle with 1 tbsp chopped fresh rosemary for added flavor. Cut into squares or wedges and serve warm.

# Spinach and Cheese Swirls

PREP: 15 MIN

COOK: 12 MIN

SERVES: 8

### INGREDIENTS

#### For the Filling:

30 g fresh spinach, finely chopped  
75 g feta cheese, crumbled  
25 g grated Parmesan cheese  
60 g ricotta cheese  
1 clove garlic, minced  
1/2 tsp dried oregano  
1/4 tsp ground black pepper  
1/4 tsp sea salt

#### For the Dough:

1 sheet of store-bought puff pastry (thawed)  
15 ml extra virgin olive oil

#### For Garnish:

1 tbsp chopped fresh basil  
1 tbsp sesame seeds (optional)

### INSTRUCTIONS

#### Prepare the Filling:

In a bowl, combine 30 g chopped spinach, 75 g feta cheese, 25 g Parmesan cheese, 60 g ricotta cheese, 1 clove garlic (minced), 1/2 tsp dried oregano, 1/4 tsp black pepper, and 1/4 tsp sea salt. Mix until well combined.

#### Prepare the Dough:

Unfold the puff pastry sheet on a lightly floured surface. Use a rolling pin to gently roll out the pastry to smooth out creases. Lightly brush the puff pastry with 15 ml extra virgin olive oil.

#### Assemble the Swirls:

Evenly spread the spinach and cheese mixture over the puff pastry, leaving a small border around the edges. Carefully roll up the pastry sheet from one edge to the other to form a log or cylinder.

Slice the rolled pastry into 8 equal pieces, about 2.5 cm thick.

#### Cook the Swirls:

Place the swirls in the air fryer basket in a single layer, leaving some space between them. If necessary, work in batches. Air fry at 175°C for 10–12 minutes or until the swirls are golden brown and crispy. Shake the basket halfway through cooking to ensure even browning.

## Bread and Pastries

# Greek Yogurt and Honey Bread

PREP: 15 MIN

COOK: 25 MIN

SERVES: 8

### INGREDIENTS

#### For the Bread:

240 g Greek yogurt (plain, non-fat or low-fat)  
60 ml honey  
1 large egg  
60 ml extra virgin olive oil  
180 g whole wheat flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
30 g chopped walnuts (optional)  
1 tbsp sesame seeds (optional)

#### For Garnish:

1 tbsp honey, for drizzling  
Fresh mint leaves (optional, for garnish)

### INSTRUCTIONS

#### Prepare the Batter:

In a large bowl, whisk together 240 g Greek yogurt, 60 ml honey, 1 large egg, and 60 ml olive oil until smooth. In a separate bowl, mix 180 g whole wheat flour, 1 tsp baking powder, 1/2 tsp baking soda, 1/4 tsp salt, 1/2 tsp cinnamon, and 1/4 tsp nutmeg. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Be careful not to overmix. If using, fold in 30 g chopped walnuts gently.

#### Prepare the Air Fryer:

Preheat the air fryer to 160°C for 5 minutes.

#### Bake the Bread:

Line a small, air fryer-safe baking pan with parchment paper or lightly grease it with olive oil. Pour the batter into the prepared baking pan and smooth the top with a spatula. Place the pan in the air fryer basket and cook at 160°C for 20–25 minutes, or until a toothpick inserted into the center comes out clean. Check halfway through cooking and rotate the pan if necessary for even baking. Allow the bread to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

#### Garnish and Serve:

Once the bread has cooled, drizzle with 1 tbsp honey. Garnish with fresh mint leaves if desired. Slice and serve as a snack, breakfast, or with a cup of tea or coffee.

# Sourdough Rolls

PREP: 20 MIN

COOK: 15 MIN

SERVES: 8

### INGREDIENTS

#### For the Rolls:

240 g sourdough starter (active and bubbly)  
120 ml warm water (45°C)  
60 ml extra virgin olive oil  
5 ml (1 tsp) honey  
1 1/2 tsp salt  
310 g all-purpose flour  
1 tsp dried oregano  
1 tsp dried basil  
1/2 tsp garlic powder  
1/2 tsp onion powder

#### For the Topping:

15 ml extra virgin olive oil  
10 g grated Parmesan cheese  
1/2 tsp dried rosemary  
1/2 tsp sea salt

### INSTRUCTIONS

#### Prepare the Dough:

In a large mixing bowl, combine 240 g sourdough starter, 120 ml warm water, 60 ml olive oil, and 5 ml (1 tsp) honey. Mix well. Add 1 1/2 tsp salt, 310 g all-purpose flour, 1 tsp oregano, 1 tsp basil, 1/2 tsp garlic powder, and 1/2 tsp onion powder. Stir until the dough starts to come together. Turn the dough out onto a lightly floured surface and knead for about 5–7 minutes or until smooth and elastic. If the dough is too sticky, add a bit more flour as needed. Place the dough in a lightly oiled bowl, cover it with a damp cloth or plastic wrap, and let rise in a warm place for 1–2 hours or until doubled in size.

#### Shape and Prepare the Rolls:

Punch down the dough and divide it into 8 equal pieces. Shape each piece into a ball and place them in a lightly greased or parchment-lined air fryer-safe baking pan or basket. Brush the tops of the rolls with 15 ml olive oil and sprinkle with 10 g Parmesan cheese, 1/2 tsp dried rosemary, and 1/2 tsp sea salt.

#### Air Fry the Rolls:

Place the pan or basket in the air fryer and cook at 175°C for 12–15 minutes, or until the rolls are golden brown and have an internal temperature of 88°C.

## Bread and Pastries

# Feta and Oregano Bread

PREP: 20 MIN

COOK: 18 MIN

SERVES: 8

### INGREDIENTS

#### For the Dough:

240 ml warm water (45°C)  
120 g Greek yogurt  
30 ml extra virgin olive oil  
15 ml honey  
7 g active dry yeast (1 packet)  
1 1/2 tsp salt  
440 g all-purpose flour  
75 g crumbled feta cheese  
2 tbsp dried oregano

#### For the Topping:

15 ml extra virgin olive oil  
10 g grated Parmesan cheese  
1 tbsp chopped fresh oregano (or 1 tsp dried)  
1/2 tsp sea salt

### INSTRUCTIONS

#### Prepare the Dough:

In a small bowl, combine 240 ml warm water, 15 ml honey, and 7 g yeast. Let sit for 5–10 minutes until frothy. In a large bowl, mix 120 g Greek yogurt, 30 ml olive oil, and 1 1/2 tsp salt. Add the activated yeast mixture and stir well. Gradually add 440 g all-purpose flour, one cup at a time, until the dough comes together. Knead for about 5–7 minutes on a lightly floured surface until smooth and elastic. Gently fold in 75 g crumbled feta cheese and 2 tbsp dried oregano. Place the dough in a lightly oiled bowl, cover with a damp cloth or plastic wrap, and let rise in a warm place for about 1 hour or until doubled in size.

#### Shape and Prepare the Bread:

Punch down the dough and turn it out onto a lightly floured surface. Shape the dough into a loaf or divide it into smaller pieces for individual rolls. Brush the top of the dough with 15 ml olive oil and sprinkle with 10 g grated Parmesan cheese, 1 tbsp chopped fresh oregano (or 1 tsp dried), and 1/2 tsp sea salt.

#### Air Fry the Bread:

Place the bread (or rolls) in the air fryer basket or on the air fryer tray. Cook at 175°C for 15–18 minutes or until golden brown.

#### Serving Suggestions:

Serve warm with a side of olive oil and balsamic vinegar.

# Pita Chips with Za'atar

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

4 whole wheat pita breads  
15 ml extra virgin olive oil  
2 tbsp za'atar spice blend (Za'atar is a blend of dried thyme, sesame seeds, sumac, and salt)  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp salt  
1/4 tsp black pepper

### INSTRUCTIONS

#### Prepare the Pita Chips:

Preheat your air fryer to 175°C for 3–5 minutes. Stack the 4 whole wheat pita breads and cut them into triangular wedges. Each pita can be cut into 8 triangles. In a large bowl, toss the pita wedges with 15 ml olive oil, making sure each piece is coated evenly. Sprinkle 2 tbsp za'atar spice blend, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/4 tsp salt, and 1/4 tsp black pepper over the pita wedges. Toss to coat evenly.

#### Air Fry the Pita Chips:

Place the pita wedges in the air fryer basket in a single layer, ensuring they are not overcrowded. You may need to work in batches depending on the size of your air fryer. Cook at 175°C for 8–10 minutes, shaking the basket halfway through cooking to ensure even crisping. The pita chips should be golden brown and crispy.

Remove the chips from the air fryer and let them cool slightly on a wire rack or paper towel to maintain crispness.

#### Serving Suggestions:

Serve with Mediterranean dips like hummus, tzatziki, or baba ganoush.

Crush over salads for added crunch and flavor.

Enjoy on their own as a healthy, crunchy snack.

## Chapter 6: Grains, Pasta and Rice

### Lemon-Parmesan Orzo

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

#### INGREDIENTS

170 g orzo pasta  
15 ml extra virgin olive oil  
50 g grated Parmesan cheese  
15 ml fresh lemon juice  
1 tsp lemon zest  
2 cloves garlic, minced  
1/2 tsp dried oregano  
1/2 tsp dried thyme  
1/2 tsp dried basil  
Salt and black pepper to taste  
2 tbsp chopped fresh parsley (for garnish)

#### INSTRUCTIONS

##### **Prepare the Orzo:**

Cook 170 g orzo pasta according to package instructions until al dente. Drain and set aside.

In a small bowl, combine 15 ml olive oil, 50 g Parmesan cheese, 15 ml lemon juice, 1 tsp lemon zest, 2 cloves garlic (minced), 1/2 tsp dried oregano, 1/2 tsp dried thyme, 1/2 tsp dried basil, salt, and pepper.

##### **Air Fry the Orzo:**

Preheat your air fryer to 175°C for 3–5 minutes.

Toss the cooked orzo with the seasoning mix in a large bowl until well coated.

Place the seasoned orzo in the air fryer basket. Spread it out in an even layer. If your air fryer is small, you might need to do this in batches.

Cook at 175°C for 8–10 minutes, shaking the basket halfway through cooking to ensure even crisping. The orzo should become slightly crispy and golden brown.

##### **Garnish and Serve:**

Once the orzo is cooked and crispy, transfer it to a serving dish and sprinkle with 2 tbsp chopped fresh parsley. Serve as a side dish or a light main course.

### Shrimp and Spinach Fettuccine

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

#### INGREDIENTS

##### **For the Shrimp:**

450 g large shrimp, peeled and deveined  
30 ml extra virgin olive oil  
15 ml lemon juice  
2 cloves garlic, minced  
1 tsp dried oregano  
1/2 tsp smoked paprika  
Salt and black pepper to taste

##### **For the Fettuccine:**

225 g fettuccine pasta  
60 g fresh spinach, chopped  
50 g grated Parmesan cheese  
15 ml extra virgin olive oil  
1/2 tsp dried basil  
1/2 tsp dried thyme  
Salt and black pepper to taste

##### **For Garnish:**

2 tbsp chopped fresh parsley  
Lemon wedges (for serving)

#### INSTRUCTIONS

##### **Prepare the Shrimp:**

In a bowl, combine 30 ml olive oil, 15 ml lemon juice, 2 cloves garlic (minced), 1 tsp dried oregano, 1/2 tsp smoked paprika, salt, and black pepper. Toss the 450 g shrimp in the marinade and let it sit for about 10 minutes. Place the marinated shrimp in the air fryer basket in a single layer. Cook at 200°C for 6–8 minutes, shaking the basket halfway through to ensure even cooking. The shrimp should be pink and opaque.

##### **Cook the Fettuccine:**

Cook 225 g fettuccine according to package instructions until al dente. Drain and set aside.

In a large skillet over medium heat, add 15 ml olive oil. Sauté 60 g chopped spinach until wilted (about 2–3 minutes). Add the cooked fettuccine to the skillet with the spinach. Stir in 50 g grated Parmesan cheese, 1/2 tsp dried basil, 1/2 tsp thyme, crushed red pepper flakes (if using), salt, and black pepper. Toss until well combined.

##### **Combine and Serve:**

Once the shrimp are cooked, gently toss them with the fettuccine and spinach mixture in the skillet. Transfer the dish to a serving platter and garnish with 2 tbsp chopped fresh parsley. Serve with lemon wedges on the side for an extra burst of freshness.

## Grains, Pasta and Rice

# Greek-Style Stuffed Bell Peppers with Rice

PREP: 10 MIN

COOK: 30 MIN

SERVES: 6

### INGREDIENTS

#### For the Stuffed Peppers:

4 large bell peppers (red, yellow, or green)  
195 g cooked brown rice  
225 g ground turkey or lean beef (optional)  
75 g crumbled feta cheese  
35 g chopped Kalamata olives  
120 g diced tomatoes (fresh or canned)  
40 g chopped red onion  
2 cloves garlic, minced  
1 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp ground cumin  
Salt and black pepper to taste  
15 ml extra virgin olive oil

#### For Garnish:

Chopped fresh parsley  
Lemon wedges

### INSTRUCTIONS

#### Prepare the Bell Peppers:

Slice the tops off the 4 large bell peppers and remove the seeds and membranes. If needed, trim the bottom of the peppers so they can stand upright.

#### Prepare the Filling:

If using 225 g ground turkey or beef, heat 15 ml olive oil in a skillet over medium heat. Add the ground meat and cook until browned, breaking it up as it cooks. Drain excess fat if necessary. In a large bowl, combine 195 g cooked brown rice, 75 g crumbled feta cheese, 35 g chopped olives, 120 g diced tomatoes, 40 g red onion, 2 cloves garlic (minced), 1 tsp dried oregano, 1/2 tsp dried basil, 1/2 tsp ground cumin, salt, and black pepper. If using ground meat, add it to the mixture and stir to combine.

#### Stuff the Peppers:

Spoon the rice mixture into each bell pepper, packing it gently. Lightly brush the outside of the stuffed peppers with a little olive oil to help them crisp up.

#### Cook the Peppers:

Place the stuffed peppers in the air fryer basket, standing upright. Air fry at 190°C for 15–20 minutes or until the peppers are tender and slightly charred on the edges. Check halfway through cooking. The peppers should be tender, and the filling should be heated through.

# Chicken and Rice Pilaf

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

#### For the Chicken:

4 boneless, skinless chicken thighs  
30 ml extra virgin olive oil  
1 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp ground cumin  
1/2 tsp smoked paprika  
2 cloves garlic, minced  
Salt and black pepper to taste  
1 lemon, juiced (about 30 ml)

#### For the Rice Pilaf:

195 g long-grain brown rice  
360 ml low-sodium chicken broth  
120 g diced tomatoes (fresh or canned)  
35 g chopped Kalamata olives  
40 g diced red bell pepper  
40 g diced onion  
15 g chopped fresh parsley  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp ground cinnamon  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Chicken:

In a bowl, mix 30 ml olive oil, 1 tsp dried oregano, 1/2 tsp dried basil, 1/2 tsp ground cumin, 1/2 tsp smoked paprika, 2 cloves garlic (minced), salt, black pepper, and 30 ml lemon juice. Add 4 boneless, skinless chicken thighs and coat them well. Let marinate for at least 15 minutes (or up to 1 hour in the refrigerator).

#### Prepare the Rice Pilaf:

In a medium bowl, combine 195 g brown rice, 360 ml chicken broth, 120 g diced tomatoes, 35 g chopped olives, 40 g diced red bell pepper, 40 g diced onion, 15 g chopped parsley, 1/2 tsp dried thyme, 1/2 tsp dried rosemary, 1/4 tsp ground cinnamon, salt, and black pepper.

#### Cook the Chicken and Rice Pilaf:

Place the marinated chicken thighs in the air fryer basket. Pour the rice pilaf mixture around the chicken, making sure not to overcrowd the basket. If needed, use a parchment liner or air fryer-safe dish to keep the rice from falling through the basket. Air fry at 190°C for 25–30 minutes. Rice should be tender and the liquid absorbed.

## Grains, Pasta and Rice

# Creamy Risotto with Sun-Dried Tomatoes

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

**For the Risotto:**

200 g Arborio rice  
480 ml low-sodium chicken or vegetable broth  
240 ml water  
70 g sun-dried tomatoes, chopped  
80 g finely chopped onion  
2 cloves garlic, minced  
25 g grated Parmesan cheese  
15 g chopped fresh basil  
15 ml extra virgin olive oil  
1/2 tsp dried thyme  
1/2 tsp dried oregano  
Salt and black pepper to taste

**For Garnish (Optional):**

Additional chopped fresh basil  
Extra grated Parmesan cheese

### INSTRUCTIONS

**Prepare the Risotto Mixture:**

In a bowl, mix 200 g Arborio rice, 480 ml chicken or vegetable broth, 240 ml water, 70 g chopped sun-dried tomatoes, 80 g finely chopped onion, 2 cloves garlic (minced), 25 g grated Parmesan cheese, 15 g chopped fresh basil, 15 ml olive oil, 1/2 tsp dried thyme, 1/2 tsp dried oregano, salt, and black pepper. Preheat the air fryer to 190°C for 3–5 minutes.

**Cook the Risotto:**

Pour the risotto mixture into an air fryer-safe baking dish or a parchment-lined air fryer basket. Spread the mixture evenly. Air fry at 190°C for 20–25 minutes. Stir the risotto halfway through cooking to ensure even cooking. If you notice the edges are cooking faster than the center, gently stir to redistribute. The risotto should be creamy and the rice tender. If needed, you can add a bit more broth or water if the mixture looks too dry and cook for an additional 5 minutes.

**Serve:**

Let the risotto rest for a few minutes after cooking. Garnish with additional chopped fresh basil and extra grated Parmesan cheese if desired. Spoon the risotto into bowls and enjoy warm.

# Penne with Eggplant and Basil

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

**For the Penne and Eggplant:**

225 g penne pasta  
1 medium eggplant, diced (approx. 300 g)  
30 ml extra virgin olive oil  
150 g cherry tomatoes, halved  
60 g black olives, sliced  
2 cloves garlic, minced  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp dried thyme  
Salt and black pepper to taste

**For Garnish:**

15 g chopped fresh basil  
25 g grated Parmesan cheese (optional)

### INSTRUCTIONS

**Cook the Penne Pasta:**

In a large pot, bring water to a boil. Add a pinch of salt. Cook 225 g penne pasta according to package instructions until al dente. Drain and set aside.

**Prepare the Eggplant and Vegetables:**

In a bowl, toss approx. 300 g diced eggplant with 15 ml olive oil, 1/2 tsp dried oregano, 1/2 tsp dried basil, 1/2 tsp dried thyme, salt, and black pepper. Place the eggplant in the air fryer basket or on a tray. Air fry at 200°C for 10 minutes, shaking the basket halfway through cooking.

**Combine and Cook:**

In a large bowl, combine the cooked penne pasta, air-fried eggplant, 150 g cherry tomatoes, 60 g black olives, 2 cloves garlic (minced), and the remaining 15 ml olive oil. Transfer the mixture to the air fryer basket or a baking dish that fits in the air fryer. Air fry at 200°C for 10–15 minutes, stirring halfway through to ensure even cooking. The vegetables should be tender and slightly caramelized, and the penne should be heated through.

**Serve:**

Remove from the air fryer and stir in 15 g chopped fresh basil. Optionally, sprinkle with 25 g grated Parmesan cheese. Serve warm, enjoying the vibrant flavors and Mediterranean aroma.

## Grains, Pasta and Rice

# Lemon-Dill Rice with Feta

PREP: 10 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Rice:

195 g long-grain white rice or brown rice  
360 ml water or low-sodium vegetable broth  
15 ml extra virgin olive oil  
75 g crumbled feta cheese  
1 tbsp lemon zest (from about 1 lemon)  
30 ml fresh lemon juice (from about 1 lemon)  
2 tbsp chopped fresh dill (or 2 tsp dried dill)  
1/2 tsp garlic powder  
1/2 tsp onion powder  
Salt and black pepper to taste

#### For Garnish:

Additional fresh dill for garnish

### INSTRUCTIONS

#### Prepare the Rice:

Rinse 195 g rice under cold water to remove excess starch. Drain well.  
Preheat the air fryer to 175°C for 3–5 minutes.  
In a medium bowl, mix the rinsed rice with 360 ml water or vegetable broth, 15 ml olive oil, 1/2 tsp garlic powder, 1/2 tsp onion powder, salt, and pepper.

#### Cook the Rice:

Line the air fryer basket with parchment paper to prevent sticking, or use a non-stick spray if you prefer.  
Place the rice mixture in an air fryer-safe baking dish or a heatproof container that fits into your air fryer.  
Air fry at 175°C for 15 minutes.  
After 15 minutes, carefully stir the rice to ensure even cooking.  
Air fry for an additional 5–10 minutes or until the rice is tender and cooked through.

#### Finish and Garnish:

Once the rice is cooked, remove it from the air fryer. Stir in 75 g crumbled feta cheese, 1 tbsp lemon zest, and 30 ml lemon juice. Mix in 2 tbsp chopped fresh dill or 2 tsp dried dill. Garnish with additional fresh dill before serving.

# Pasta Primavera with Fresh Herbs

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Pasta:

225 g whole wheat or whole grain penne pasta  
150 g cherry tomatoes, halved  
130 g zucchini, sliced into half-moons  
120 g bell peppers, sliced (any color)  
60 g red onion, sliced  
90 g broccoli florets  
30 ml extra virgin olive oil  
1 tsp dried oregano  
1/2 tsp garlic powder  
1/2 tsp onion powder  
Salt and black pepper to taste

#### For the Fresh Herb Mixture:

15 g fresh basil, chopped  
15 g fresh parsley, chopped  
10 g fresh chives, chopped  
25 g grated Parmesan cheese  
15 ml lemon juice (from about 1 lemon)  
1–2 cloves garlic, minced (optional)

### INSTRUCTIONS

#### Cook the Pasta:

Cook 225 g penne pasta according to package instructions until al dente. Drain and set aside.

#### Prepare the Vegetables:

Preheat the air fryer to 190°C for 3–5 minutes. In a large bowl, toss 150 g cherry tomatoes, 130 g zucchini, 120 g bell peppers, 60 g red onion, and 90 g broccoli with 30 ml olive oil, 1 tsp dried oregano, 1/2 tsp garlic powder, 1/2 tsp onion powder, salt, and pepper. Place the seasoned vegetables in the air fryer basket. Avoid overcrowding for even cooking.  
Air fry at 190°C for 15 minutes. Shake the basket halfway through cooking to ensure even roasting.

#### Combine Pasta and Vegetables:

Once the vegetables are tender and slightly crispy, transfer them to the bowl with the cooked pasta.  
Stir in 15 g chopped fresh basil, 15 g parsley, 10 g chives, and 1–2 cloves garlic (minced, if using).  
Add 25 g grated Parmesan cheese and 15 ml lemon juice to the pasta and vegetable mixture. Toss everything together until well combined.

#### Serve:

Serve the pasta primavera warm, garnished with additional fresh herbs if desired.

## Grains, Pasta and Rice

# Spaghetti Squash with Marinara

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

#### For the Spaghetti Squash:

1 medium spaghetti squash (approx. 900–1,200 g)  
30 ml extra virgin olive oil  
1/2 tsp garlic powder  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/4 tsp salt  
1/4 tsp black pepper

#### For the Marinara Sauce:

240 ml marinara sauce (store-bought or homemade)  
120 g diced tomatoes (canned or fresh)  
1 clove garlic, minced  
1/2 tsp dried basil  
1/2 tsp dried oregano  
1/4 tsp red pepper flakes (optional for heat)  
15 ml extra virgin olive oil  
Salt and black pepper to taste

#### For Garnish:

15 g fresh basil, chopped  
25 g grated Parmesan cheese (optional)

### INSTRUCTIONS

#### Prepare the Spaghetti Squash:

Carefully cut the spaghetti squash (approx. 900–1,200 g) in half lengthwise. Scoop out the seeds with a spoon and discard them. Brush the inside of each squash half with 15 ml olive oil. Sprinkle with 1/2 tsp garlic powder, 1/2 tsp dried oregano, 1/2 tsp dried basil, 1/4 tsp salt, and 1/4 tsp black pepper. Place the squash halves cut-side down in the air fryer basket. Air fry at 180°C for 20–25 minutes or until the flesh is tender and can be easily shredded with a fork. Check for doneness by poking with a fork; it should penetrate easily. Carefully remove the squash from the air fryer and let it cool slightly. Use a fork to scrape the flesh into spaghetti-like strands.

#### Prepare the Marinara Sauce:

In a small saucepan, heat 15 ml olive oil over medium heat. Add 1 clove garlic (minced) and cook until fragrant, about 1 minute. Add 120 g diced tomatoes, 240 ml marinara sauce, 1/2 tsp dried basil, 1/2 tsp dried oregano, 1/4 tsp red pepper flakes (if using), salt, and black pepper. Stir to combine. Simmer the sauce over low heat for about 10 minutes, allowing the flavors to meld. Stir occasionally.

#### Combine and Serve:

Toss the shredded spaghetti squash with the marinara sauce until well coated. Divide the spaghetti squash and marinara mixture among serving plates.

# Greek Lemon Rice Pilaf

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

195 g long-grain rice (such as basmati or jasmine)  
360 ml vegetable broth or chicken broth  
60 ml lemon juice (from 1 medium lemon)  
1 tbsp lemon zest  
15 ml extra virgin olive oil  
80 g diced onion  
2 cloves garlic, minced  
40 g sliced almonds (toasted)  
15 g chopped fresh parsley  
1/2 tsp dried oregano  
1/2 tsp dried thyme  
1/4 tsp ground cumin  
1/4 tsp ground black pepper  
1/4 tsp salt (adjust to taste)

### INSTRUCTIONS

#### Prepare the Ingredients:

Rinse 195 g rice under cold water until clear. Toast 40 g sliced almonds in a skillet over medium heat for 3–4 minutes. Set aside.

#### Cook the Rice:

Toss rice with 15 ml olive oil. In an oven-safe dish (that fits your air fryer), combine the rice, 360 ml broth, 60 ml lemon juice, 1 tbsp lemon zest, 15 ml olive oil, 80 g diced onion, 2 minced garlic cloves, 1/2 tsp dried oregano, 1/2 tsp thyme, 1/4 tsp cumin, pepper, and salt. Cover with foil and air fry at 160°C for 20 minutes. Remove foil, stir, and check doneness. If needed, cook uncovered for 5–10 more minutes until tender and liquid is absorbed.

#### Finish and Serve:

Fold in toasted almonds and 15 g chopped parsley. Fluff with a fork and serve warm with your favorite Mediterranean mains.

## Grains, Pasta and Rice

# Stuffed Tomatoes with Rice and Herbs

PREP: 20 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

4 large ripe tomatoes  
95 g uncooked long-grain rice (such as basmati or jasmine)  
240 ml vegetable or chicken broth  
80 g chopped onion  
2 cloves garlic, minced  
15 g chopped fresh parsley  
10 g chopped fresh basil  
1/2 tsp dried oregano  
1/2 tsp dried thyme  
1/4 tsp ground cumin  
1/4 tsp ground black pepper  
1/4 tsp salt (adjust to taste)  
30 ml extra virgin olive oil  
30 g crumbled feta cheese (optional)  
15 ml lemon juice (optional)

### INSTRUCTIONS

#### Prepare the Tomatoes:

Slice the tops off 4 large ripe tomatoes and gently scoop out the seeds and pulp, leaving a hollow shell. Reserve the pulp for the filling. Lightly brush the insides of the tomatoes with a little olive oil (30 ml) and sprinkle with a little salt and pepper. Set aside.

#### Prepare the Rice Filling:

In a medium saucepan, bring 240 ml broth to a boil. Add 95 g rice, reduce heat to low, cover, and cook for 15 minutes or until the rice is tender and the liquid is absorbed. Remove from heat and let it sit covered for 5 minutes. While the rice is cooking, heat the remaining olive oil (30 ml) in a skillet over medium heat. Add 80 g chopped onion and 2 cloves garlic (minced) and sauté until softened and fragrant, about 3–4 minutes. In a bowl, mix the cooked rice, sautéed onions and garlic, reserved tomato pulp, 15 g chopped parsley, 10 g chopped basil, 1/2 tsp dried oregano, 1/2 tsp dried thyme, 1/4 tsp ground cumin, 1/4 tsp black pepper, and 1/4 tsp salt. Stir well to combine. If using, fold in 30 g crumbled feta cheese and 15 ml lemon juice.

#### Stuff and Cook the Tomatoes:

Spoon the rice mixture into each tomato, pressing down gently to pack the filling. Place the stuffed tomatoes in the air fryer basket. Air fry at 175°C for 15–20 minutes or until the tomatoes are tender and the filling is heated through.

# Pesto Orzo with Cherry Tomatoes

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

170 g uncooked orzo pasta  
225 g cherry tomatoes, halved  
30 ml extra virgin olive oil  
60 ml pesto sauce (store-bought or homemade)  
25 g grated Parmesan cheese (optional)  
1 tbsp chopped fresh basil (for garnish)  
1/2 tsp dried oregano  
1/2 tsp garlic powder  
1/4 tsp ground black pepper  
1/4 tsp salt (adjust to taste)  
30 g pine nuts (optional for added crunch)

### INSTRUCTIONS

#### Prepare the Orzo:

In a pot of salted boiling water, cook 170 g orzo according to package instructions until al dente, about 8–10 minutes. Drain and set aside.

#### Prepare the Vegetables:

Preheat your air fryer to 175°C. Toss 225 g halved cherry tomatoes with 15 ml olive oil, 1/2 tsp dried oregano, 1/2 tsp garlic powder, 1/4 tsp black pepper, and 1/4 tsp salt. Place the seasoned cherry tomatoes in the air fryer basket in a single layer. Air fry at 175°C for 8–10 minutes or until the tomatoes are slightly blistered and tender. Shake the basket halfway through cooking for even roasting.

#### Combine Ingredients:

In a large bowl, toss the cooked orzo with 60 ml pesto sauce until well coated. Gently fold in the roasted cherry tomatoes. If using, fold in 30 g pine nuts and 25 g grated Parmesan cheese for extra flavor and crunch.

#### Serve:

Sprinkle with 1 tbsp chopped fresh basil before serving. Serve as a side dish with grilled chicken or fish, or enjoy it as a light main course. Pair with a side of Greek salad or a dollop of tzatziki for a complete Mediterranean meal.

## Grains, Pasta and Rice

# Paella with Shrimp and Chorizo

PREP: 20 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

200 g arborio rice  
225 g large shrimp, peeled and deveined  
225 g chorizo, sliced  
120 g red bell pepper, diced  
120 g green bell pepper, diced  
70 g small onion, finely chopped  
2 cloves garlic, minced  
150 g cherry tomatoes, halved  
130 g frozen peas  
480 ml chicken broth  
120 ml white wine  
15 ml olive oil  
1 tsp smoked paprika  
1/2 tsp saffron threads  
1 tsp dried oregano  
1/2 tsp ground black pepper  
1/2 tsp salt (adjust to taste)  
1 lemon, cut into wedges (for garnish)  
2 tbsp fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### Pre-Cook Ingredients:

Preheat your air fryer to 175°C. In a small pan, cook 225 g chorizo slices until they are browned. Remove and set aside. In the same pan, cook 225 g shrimp until pink and opaque, about 2–3 minutes per side. Remove and set aside.

#### Prepare the Paella Base:

In a large air fryer-safe pan, add 15 ml olive oil, 70 g chopped onion, and 2 cloves garlic (minced). Sauté for 3–4 minutes until softened. Add 120 g diced red bell pepper, 120 g diced green bell pepper, and 150 g halved cherry tomatoes, and cook for another 2–3 minutes. Stir in 200 g arborio rice, 1 tsp smoked paprika, 1/2 tsp saffron threads, 1 tsp dried oregano, 1/2 tsp black pepper, and 1/2 tsp salt. Cook for 2 minutes, stirring constantly.

#### Cook the Paella:

Pour in 480 ml chicken broth and 120 ml white wine. Stir to combine. Mix in the cooked chorizo slices. Place the pan in the air fryer basket.

Cook at 175°C for 15 minutes, stirring halfway through.

#### Add Final Ingredients:

After 15 minutes, carefully stir in the cooked shrimp and 130 g frozen peas. Cook for an additional 10 minutes until the rice is tender and the liquid is absorbed.

# Spinach and Feta Stuffed Shells

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

16 jumbo pasta shells  
250 g ricotta cheese  
150 g crumbled feta cheese  
60 g fresh spinach, chopped  
1 egg  
25 g grated Parmesan cheese  
1 clove garlic, minced  
10 g fresh basil, chopped  
1 tsp dried oregano  
1/2 tsp ground black pepper  
1/2 tsp salt (adjust to taste)  
480 ml marinara sauce  
15 ml olive oil  
Parchment paper or liners

### INSTRUCTIONS

#### Prepare the Pasta Shells:

Cook 16 jumbo pasta shells according to the package instructions until al dente. Drain and set aside.

#### Prepare the Filling:

In a large bowl, mix together 250 g ricotta cheese, 150 g crumbled feta cheese, 60 g chopped spinach, 1 egg, 25 g grated Parmesan cheese, 1 clove garlic (minced), 10 g chopped fresh basil, 1 tsp dried oregano, 1/2 tsp black pepper, and 1/2 tsp salt until well combined.

#### Stuff the Shells:

Using a spoon, fill each cooked pasta shell with the spinach and feta mixture.

#### Cook the Stuffed Shells:

Spread a layer of 480 ml marinara sauce on the bottom of the air fryer basket. Place the stuffed shells on top of the sauce, then spoon additional marinara sauce over the shells. Cook at 175°C for 15–20 minutes, until the shells are heated through and the cheese is melted and bubbly. Shake the basket halfway through cooking to ensure even heating.

#### Serve:

Sprinkle with additional Parmesan cheese and fresh basil if desired. Serve warm, with a side of mixed greens or a Mediterranean salad for a complete meal.

## Grains, Pasta and Rice

# Brown Rice with Mediterranean Veggies

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

200 g brown rice  
480 ml water  
1 medium zucchini, diced  
1 medium eggplant, diced  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
150 g cherry tomatoes, halved  
80 g red onion, chopped  
30 ml olive oil  
1 tsp dried oregano  
1 tsp dried thyme  
1 tsp dried basil  
1 tsp garlic powder  
1/2 tsp ground black pepper  
1/2 tsp salt (adjust to taste)  
40 g crumbled feta cheese  
15 g fresh parsley, chopped  
Parchment paper or liners

### INSTRUCTIONS

#### Prepare the Brown Rice:

Cook the brown rice according to the package instructions using 480 ml water. Once cooked, fluff with a fork and set aside.

#### Prepare the Vegetables:

Preheat the air fryer to 190°C. In a large bowl, combine diced zucchini, eggplant, red bell pepper, yellow bell pepper, cherry tomatoes, and red onion. Drizzle with 30 ml olive oil and sprinkle with 1 tsp oregano, 1 tsp thyme, 1 tsp basil, 1 tsp garlic powder, 1/2 tsp black pepper, and 1/2 tsp salt. Toss to coat evenly.

#### Air Fry the Vegetables:

Line the air fryer basket with parchment paper or liners to prevent sticking. Place the seasoned vegetables in the air fryer basket. Cook at 190°C for 15–20 minutes, shaking the basket halfway through cooking to ensure even cooking and prevent sticking.

#### Combine Rice and Vegetables:

Once the vegetables are cooked, combine them with the cooked brown rice in a large bowl. Toss gently to mix.

#### Serve:

Sprinkle with 40 g crumbled feta cheese and 15 g chopped fresh parsley before serving. Serve warm as a main dish or a side.

# Quinoa and Rice-Stuffed Peppers

PREP: 20 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

4 large bell peppers (red, yellow, or orange)  
90 g quinoa  
100 g brown rice  
360 ml water or vegetable broth  
1 medium onion, finely chopped  
2 cloves garlic, minced  
150 g cherry tomatoes, halved  
30 g baby spinach, chopped  
30 g Kalamata olives, chopped  
40 g crumbled feta cheese  
30 ml olive oil  
1 tsp dried oregano  
1 tsp dried basil  
1/2 tsp ground black pepper  
1/2 tsp salt (adjust to taste)  
1 tbsp fresh parsley, chopped  
Parchment paper or liners

### INSTRUCTIONS

#### Prepare the Quinoa and Rice:

Rinse the quinoa under cold water. In a medium saucepan, combine 90 g quinoa, 100 g brown rice, and 360 ml water or vegetable broth. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes or until both are cooked and water is absorbed.

#### Prepare the Peppers and Filling:

In a large skillet, heat 30 ml olive oil over medium heat. Add the chopped onion and garlic, and sauté until softened about 3–4 minutes. Stir in 150 g cherry tomatoes, 30 g chopped spinach, and 30 g Kalamata olives. Cook for another 2–3 minutes until the spinach is wilted. In a large bowl, combine the cooked quinoa and rice, sautéed vegetables, 1 tsp oregano, 1 tsp basil, 1/2 tsp black pepper, and 1/2 tsp salt. Mix well. Stir in 40 g crumbled feta cheese.

#### Prepare the Peppers:

Slice the tops off the bell peppers and remove the seeds and membranes. Fill each bell pepper with the quinoa and rice mixture, packing it in firmly.

#### Air Fry the Stuffed Peppers:

Place the stuffed peppers upright in the air fryer basket. Cook at 190°C for 20–25 minutes, until the peppers are tender and the filling is heated through.

## Grains, Pasta and Rice

# Air Fryer Tortellini with Pesto Sauce

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

450 g fresh cheese tortellini  
150 g cherry tomatoes, halved  
60 ml olive oil  
120 g basil pesto (store-bought or homemade)  
25 g grated Parmesan cheese  
30 g pine nuts (optional)  
2 cloves garlic, minced  
1/2 tsp salt  
1/2 tsp black pepper  
1 tsp dried oregano  
1 tsp dried basil  
Fresh basil leaves for garnish  
Parchment paper or liners

### INSTRUCTIONS

#### Prepare the Ingredients:

Preheat the air fryer to 200°C. In a large bowl, toss the fresh tortellini with 60 ml olive oil, minced garlic, 1/2 tsp salt, 1/2 tsp black pepper, 1 tsp dried oregano, and 1 tsp dried basil until evenly coated.

#### Air Fry the Tortellini:

Line the air fryer basket with parchment paper or liners to prevent sticking. Place the tortellini in a single layer in the air fryer basket. Cook at 200°C for 8–10 minutes, shaking the basket halfway through cooking to ensure even cooking. The tortellini should be golden brown and crispy on the outside.

#### Prepare the Cherry Tomatoes:

While the tortellini is cooking, toss 150 g cherry tomatoes with a little olive oil, salt, and pepper. After the tortellini has cooked for 5 minutes, add the cherry tomatoes to the basket. Continue cooking for the remaining 3–5 minutes.

#### Assemble the Dish:

In a large bowl, combine the air-fried tortellini and cherry tomatoes with 120 g basil pesto. Toss until the tortellini is evenly coated with the pesto. Sprinkle with 25 g grated Parmesan cheese and 30 g pine nuts (if using).

#### Serve:

Garnish with fresh basil leaves before serving.

# Risotto with Artichokes and Olives

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

200 g Arborio rice  
480 ml vegetable broth, warmed  
150 g canned artichoke hearts, drained and chopped  
60 g Kalamata olives, pitted and sliced  
75 g cherry tomatoes, halved  
1 small onion, finely chopped  
2 cloves garlic, minced  
60 ml dry white wine (optional)  
25 g grated Parmesan cheese  
30 ml olive oil  
1 tsp dried oregano  
1 tsp dried basil  
Salt and pepper, to taste  
Fresh parsley, chopped, for garnish  
Lemon wedges for serving  
Parchment liners

### INSTRUCTIONS

#### Prepare the Ingredients:

In a small pan, heat 15 ml of olive oil over medium heat. Add the chopped onion and minced garlic and sauté until translucent and fragrant, about 3–4 minutes.

#### Cook the Risotto Base:

In a large mixing bowl, combine the sautéed onion and garlic, 200 g Arborio rice, 480 ml warmed vegetable broth, 60 ml white wine (if using), 1 tsp dried oregano, and 1 tsp dried basil. Mix well. Place a parchment liner in the air fryer basket and pour the risotto mixture into the basket. Cook at 160°C for 15 minutes, stirring halfway through.

#### Add Vegetables:

After 15 minutes, add 150 g chopped artichoke hearts, 60 g sliced Kalamata olives, and 75 g halved cherry tomatoes to the risotto mixture. Cook for an additional 10 minutes at 160°C, stirring halfway through to ensure even cooking and to prevent sticking.

#### Finish the Risotto:

Once the risotto is cooked, stir in 25 g grated Parmesan cheese and the remaining 15 ml of olive oil. Season with salt and pepper to taste.

## Grains, Pasta and Rice

# Barley Risotto with Mushrooms

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

200 g pearl barley  
480 ml vegetable broth, warmed  
100 g mushrooms, sliced (button or cremini)  
1 small onion, finely chopped  
2 cloves garlic, minced  
60 ml dry white wine (optional)  
25 g grated Parmesan cheese  
30 ml olive oil  
1 tsp dried thyme  
1 tsp dried oregano  
Salt and pepper, to taste  
Fresh parsley, chopped, for garnish  
Parchment liners

### INSTRUCTIONS

#### Prepare the Ingredients:

In a small pan, heat 15 ml of olive oil over medium heat. Add the chopped onion and minced garlic and sauté until translucent and fragrant, about 3–4 minutes.

#### Cook the Barley Risotto Base:

In a large mixing bowl, combine the sautéed onion and garlic, 200 g pearl barley, 480 ml warmed vegetable broth, 60 ml white wine (if using), 1 tsp dried thyme, and 1 tsp dried oregano. Mix well. Place a parchment liner in the air fryer basket and pour the barley mixture into the basket. Cook at 160°C for 15 minutes, stirring halfway through.

#### Add Mushrooms:

After 15 minutes, add 100 g sliced mushrooms to the barley mixture. Cook for an additional 15 minutes at 160°C, stirring halfway through to ensure even cooking.

#### Finish the Risotto:

Once the barley is cooked, stir in 25 g grated Parmesan cheese and the remaining 15 ml of olive oil. Season with salt and pepper to taste. Let the risotto rest in the air fryer for 2–3 minutes to allow the flavors to meld together.

#### Serve:

Transfer the risotto to serving bowls. Garnish with freshly chopped parsley. Serve warm as a main course or side dish.

# Couscous with Vegetables

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

170 g couscous  
300 ml vegetable broth, warmed  
1 small zucchini, diced  
1 small red bell pepper, diced  
1 small yellow bell pepper, diced  
1 small red onion, diced  
150 g cherry tomatoes, halved  
30 g Kalamata olives, pitted and sliced  
30 ml olive oil  
1 tsp dried oregano  
1 tsp dried basil  
1/2 tsp ground cumin  
Salt and pepper, to taste  
Fresh parsley, chopped, for garnish  
Lemon wedges for serving  
Parchment liners

### INSTRUCTIONS

#### Prepare the Ingredients:

Warm 300 ml vegetable broth in a small saucepan over low heat.

#### Cook the Vegetables:

In a large mixing bowl, combine the diced zucchini, red and yellow bell peppers, red onion, and cherry tomatoes. Drizzle with 15 ml of olive oil and season with 1 tsp dried oregano, 1 tsp dried basil, 1/2 tsp ground cumin, salt, and pepper. Cook at 190°C for 15 minutes, shaking the basket halfway through cooking to ensure even cooking.

#### Prepare the Couscous:

In a heatproof bowl, combine 170 g couscous and the warmed vegetable broth. Cover and let it sit for 5 minutes or until the liquid is absorbed. Fluff the couscous with a fork.

#### Combine and Finish:

Once the vegetables are cooked, combine them with the couscous. Add 30 g sliced Kalamata olives and the remaining 15 ml of olive oil. Toss to mix all ingredients thoroughly. Adjust seasoning with additional salt and pepper, if needed.

#### Serve:

Transfer the couscous and vegetable mixture to a serving dish. Garnish with freshly chopped parsley. Serve with lemon wedges on the side for an extra burst of freshness.

## Chapter 7: Sides and Salads

### Air Fryer Greek Salad

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

#### INGREDIENTS

##### Chicken:

2 boneless, skinless chicken breasts  
15 ml olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1/2 teaspoon black pepper

##### Salad:

120 g mixed salad greens (romaine, arugula, and spinach)  
150 g cherry tomatoes, halved  
130 g cucumber, diced  
50 g red onion, thinly sliced  
75 g Kalamata olives, pitted and halved  
75 g feta cheese, crumbled

##### Dressing:

60 ml extra-virgin olive oil  
30 ml red wine vinegar  
1 clove garlic, minced  
1 teaspoon dried oregano  
Salt and black pepper to taste

#### INSTRUCTIONS

##### Prepare the Chicken:

In a small bowl, mix the 15 ml olive oil, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1 teaspoon garlic powder, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Rub the seasoning mixture evenly over the chicken breasts. Place the chicken breasts in the air fryer basket. Cook the chicken in the air fryer for 12–15 minutes, or until the internal temperature reaches 74°C, flipping halfway through. Tip: To ensure even cooking and prevent sticking, lightly spray the air fryer basket with olive oil spray and shake the basket halfway through cooking. Once cooked, let the chicken rest for 5 minutes before slicing it into thin strips.

##### Prepare the Salad:

In a large bowl, combine the 120 g mixed salad greens, 150 g cherry tomatoes, 130 g cucumber, 50 g red onion, and 75 g Kalamata olives.

##### Make the Dressing:

In a small bowl, whisk together the 60 ml extra-virgin olive oil, 30 ml red wine vinegar, minced garlic, 1 teaspoon dried oregano, salt, and black pepper.

##### Assemble the Salad:

Drizzle the dressing over the salad and toss to combine. Top the salad with the sliced chicken and 75 g crumbled feta cheese.

### Lemon-Garlic Roasted Potatoes

PREP: 10 MIN

COOK: 25 MIN

SERVES: 4

#### INGREDIENTS

680 g baby potatoes, halved  
30 ml extra-virgin olive oil  
1 teaspoon lemon zest  
30 ml fresh lemon juice  
4 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
Fresh parsley, chopped (for garnish)

#### INSTRUCTIONS

##### Prepare the Potatoes:

Preheat your air fryer to 200°C.

In a large bowl, toss the halved baby potatoes with 30 ml olive oil, 1 teaspoon lemon zest, 30 ml lemon juice, minced garlic, 1 teaspoon dried oregano, 1 teaspoon dried thyme, 1/2 teaspoon dried rosemary, 1/2 teaspoon salt, and 1/2 teaspoon black pepper until evenly coated.

##### Cook the Potatoes:

Place the seasoned potatoes in the air fryer basket in a single layer. Tip: For best results, do not overcrowd the basket. Cook in batches if necessary.

Air fry the potatoes for 20–25 minutes, shaking the basket halfway through to ensure even cooking. Tip: Lightly spray the air fryer basket with olive oil spray before cooking to prevent sticking and enhance crispiness.

Check for doneness by piercing the potatoes with a fork; they should be tender and golden brown.

##### Garnish and Serve:

Transfer the cooked potatoes to a serving dish. Garnish with freshly chopped parsley.

## Sides and Salads

# Mediterranean Chickpea Salad

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### Chickpeas:

1 can (425 g) chickpeas, drained and rinsed  
15 ml olive oil  
1 teaspoon ground cumin  
1 teaspoon smoked paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### Salad:

300 g cherry tomatoes, halved  
1 cucumber, diced  
1/2 red onion, thinly sliced  
75 g Kalamata olives, pitted and halved  
75 g feta cheese, crumbled  
120 g mixed salad greens (arugula, spinach, and romaine)

#### Dressing:

60 ml extra-virgin olive oil  
30 ml red wine vinegar  
1 clove garlic, minced  
1 teaspoon dried oregano  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Chickpeas:

Preheat your air fryer to 190°C.  
In a medium bowl, toss the drained and rinsed chickpeas with 15 ml olive oil, ground cumin, smoked paprika, garlic powder, salt, and black pepper until evenly coated.

Spread the chickpeas in a single layer in the air fryer basket.

Tip: Use parchment liners to prevent sticking and ensure easy cleanup.

Air fry the chickpeas for 12–15 minutes, shaking the basket halfway through cooking for even crispiness.

#### Prepare the Salad:

In a large bowl, combine the 300 g cherry tomatoes, cucumber, red onion, 75 g Kalamata olives, and 120 g mixed salad greens.

#### Make the Dressing:

In a small bowl, whisk together 60 ml extra-virgin olive oil, 30 ml red wine vinegar, minced garlic, dried oregano, salt, and black pepper.

#### Assemble the Salad:

Drizzle the dressing over the salad and toss to combine.

Top the salad with the crispy chickpeas and 75 g crumbled feta cheese.

# Air Fryer Zucchini Fries

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

2 medium zucchinis  
60 g all-purpose flour  
2 large eggs  
50 g panko breadcrumbs  
50 g grated Parmesan cheese  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Olive oil spray

### INSTRUCTIONS

#### Prepare the Zucchini:

Cut the zucchinis into fry-sized sticks, approximately 7.5 cm long and 1.25 cm thick.

Set up a breading station with three shallow bowls: one with 60 g flour, one with beaten eggs, and one with a mixture of 50 g panko breadcrumbs, 50 g grated Parmesan cheese, dried oregano, dried basil, garlic powder, salt, and black pepper.

#### Bread the Zucchini:

Dredge each zucchini stick in the flour, shaking off any excess.

Dip the floured zucchini stick into the beaten eggs, ensuring it is fully coated. Roll the zucchini stick in the breadcrumb mixture, pressing gently to adhere to the coating.

#### Cook the Zucchini Fries:

Preheat your air fryer to 200°C.

Lightly spray the air fryer basket with olive oil spray to prevent sticking.

Arrange the breaded zucchini sticks in a single layer in the air fryer basket. Tip: For best results, do not overcrowd the basket. Cook in batches if necessary.

Air fry the zucchini fries for 12–15 minutes, shaking the basket halfway through to ensure even cooking until they are golden brown and crispy.

## Sides and Salads

# Air Fryer Cucumber and Feta Salad

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### **Cucumbers:**

2 large cucumbers, sliced into 0.5 cm rounds  
15 ml olive oil  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### **Salad:**

75 g crumbled feta cheese  
30 g red onion, thinly sliced  
30 g Kalamata olives, pitted and halved  
40 g cherry tomatoes, halved  
2 tablespoons fresh dill, chopped

#### **Dressing:**

60 ml extra-virgin olive oil  
30 ml red wine vinegar  
1 clove garlic, minced  
1 teaspoon dried oregano  
Salt and black pepper to taste

### INSTRUCTIONS

#### **Prepare the Cucumbers:**

Preheat your air fryer to 190°C.  
In a large bowl, toss the cucumber slices with 15 ml olive oil, dried oregano, salt, and black pepper until evenly coated. Spread the cucumber slices in a single layer in the air fryer basket. Tip: Use parchment liners to prevent sticking and ensure easy cleanup.

Air fry the cucumber slices for 8–10 minutes, shaking the basket halfway through until they are lightly browned and slightly crispy.

#### **Prepare the Salad:**

In a large salad bowl, combine the air-fried cucumbers, 75 g crumbled feta cheese, 30 g red onion, 30 g Kalamata olives, 40 g cherry tomatoes, and fresh dill.

#### **Make the Dressing:**

In a small bowl, whisk together 60 ml extra-virgin olive oil, 30 ml red wine vinegar, minced garlic, dried oregano, salt, and black pepper.

#### **Assemble the Salad:**

Drizzle the dressing over the salad and toss gently to combine.

# Roasted Brussels Sprouts

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

450 g Brussels sprouts, trimmed and halved  
30 ml extra-virgin olive oil  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
25 g grated Parmesan cheese  
Fresh lemon juice (optional for serving)

### INSTRUCTIONS

#### **Prepare the Brussels Sprouts:**

Preheat your air fryer to 190°C.  
In a large bowl, toss the Brussels sprouts with 30 ml olive oil, minced garlic, dried oregano, dried thyme, salt, and black pepper until evenly coated.

#### **Cook the Brussels Sprouts:**

Place the Brussels sprouts in a single layer in the air fryer basket. Tip: Use parchment liners to prevent sticking and ensure easy cleanup.

Air fry the Brussels sprouts for 15–20 minutes, shaking the basket halfway through to ensure even cooking. They should be crispy on the outside and tender on the inside.

#### **Finish and Serve:**

Transfer the roasted Brussels sprouts to a serving dish. Sprinkle with 25 g grated Parmesan cheese and toss to coat evenly.

Squeeze fresh lemon juice over the top, if desired, for added brightness.

## Sides and Salads

# Quinoa Tabbouleh

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### Quinoa:

170 g quinoa, rinsed  
480 ml water  
15 ml olive oil  
1 teaspoon salt

#### Vegetables and Herbs:

150 g cherry tomatoes, halved  
1 cucumber, diced  
1/2 red onion, finely chopped  
15 g fresh parsley, chopped  
5 g fresh mint, chopped

#### Dressing:

60 ml extra-virgin olive oil  
30 ml fresh lemon juice  
1 clove garlic, minced  
1 teaspoon dried oregano  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Quinoa:

Preheat your air fryer to 190°C. In a medium saucepan, combine the rinsed 170 g quinoa, 480 ml water, 15 ml olive oil, and salt. Bring to a boil over medium-high heat. Once boiling, reduce the heat to low, cover, and simmer for about 15 minutes or until the quinoa is cooked and the water is absorbed. Fluff the quinoa with a fork and allow it to cool slightly.

#### Air Fry the Quinoa:

Spread the cooked quinoa in an even layer on a piece of parchment paper in the air fryer basket. This helps to achieve a slightly crispy texture. Air fry the quinoa at 190°C for 10 minutes, shaking the basket halfway through cooking.

#### Prepare the Vegetables and Herbs:

In a large bowl, combine the 150 g cherry tomatoes, cucumber, red onion, 15 g parsley, and 5 g mint.

#### Make the Dressing:

In a small bowl, whisk together 60 ml extra-virgin olive oil, 30 ml fresh lemon juice, minced garlic, dried oregano, salt, and black pepper.

#### Assemble the Tabbouleh:

Add the air-fried quinoa to the bowl with the vegetables and herbs. Drizzle the dressing over the quinoa and vegetable mixture and toss gently to combine.

# Air Fryer Stuffed Mushrooms

PREP: 20 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

16 large white mushrooms or cremini mushrooms, stems removed and finely chopped  
30 ml extra-virgin olive oil  
75 g onion, finely chopped  
2 cloves garlic, minced  
60 g sun-dried tomatoes, finely chopped  
30 g Kalamata olives, finely chopped  
15 g fresh parsley, chopped  
1 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
30 g breadcrumbs  
20 g grated Parmesan cheese  
30 g crumbled feta cheese

### INSTRUCTIONS

#### Prepare the Filling:

Preheat your air fryer to 190°C.

In a large skillet, heat 30 ml olive oil over medium heat. Add the finely chopped mushroom stems and 75 g onion to the skillet. Sauté for 5–7 minutes, until softened.

Add the minced garlic, 60 g sun-dried tomatoes, 30 g Kalamata olives, 15 g parsley, dried oregano, dried thyme, salt, and black pepper. Cook for an additional 2–3 minutes until fragrant.

Remove the skillet from heat and stir in 30 g breadcrumbs, 20 g Parmesan cheese, and 30 g feta cheese until well combined.

#### Stuff the Mushrooms:

Fill each mushroom cap with the prepared filling, pressing gently to ensure the filling is packed in.

#### Cook the Stuffed Mushrooms:

Lightly spray the air fryer basket with olive oil spray, or use parchment liners to prevent sticking.

Arrange the stuffed mushrooms in a single layer in the air fryer basket. Air fry the mushrooms at 190°C for 12–15 minutes until the mushrooms are tender and the filling is golden brown.

Tip: Shake the basket halfway through cooking for even cooking.

## Sides and Salads

# Warm Farro Salad with Roasted Vegetables

PREP: 20 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

**Farro:**

170 g farro, 720 ml water, 1/2 teaspoon salt

**Roasted Vegetables:**

1 red bell pepper, chopped

1 yellow bell pepper, chopped

1 zucchini, chopped

1 red onion, chopped

150 g cherry tomatoes, halved

30 ml extra-virgin olive oil

1 teaspoon dried oregano

1 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon black pepper

**Salad:**

30 g Kalamata olives, halved

30 g crumbled feta cheese

15 g fresh parsley, chopped

**Dressing:**

60 ml extra-virgin olive oil

30 ml fresh lemon juice

1 clove garlic, minced

1 teaspoon dried oregano

Salt and black pepper to taste

### INSTRUCTIONS

**Cook the Farro:**

In a medium saucepan, bring 720 ml water to a boil. Add 170 g farro and 1/2 teaspoon salt. Reduce heat to low, cover, and simmer for 20–25 minutes or until the farro is tender and the water is absorbed. Drain any excess water and set the farro aside to cool slightly.

**Roast the Vegetables:**

In a large bowl, toss the chopped red bell pepper, yellow bell pepper, zucchini, red onion, and 150 g cherry tomatoes with 30 ml olive oil, dried oregano, dried thyme, salt, and black pepper. Spread the vegetables in a single layer in the air fryer basket. Air fry the vegetables for 15–20 minutes, shaking the basket halfway through to ensure even cooking.

**Prepare the Salad:**

In a large salad bowl, combine the cooked farro, roasted vegetables, 30 g Kalamata olives, 30 g crumbled feta cheese, and 15 g fresh parsley.

**Make the Dressing:**

In a small bowl, whisk together 60 ml extra-virgin olive oil, 30 ml fresh lemon juice, minced garlic, dried oregano, salt, and black pepper.

**Assemble the Salad:**

Drizzle the dressing over the farro and vegetable mixture and toss gently to combine. Serve the salad warm.

# Air Fryer Garlic Green Beans

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

450 g fresh green beans, trimmed

30 ml extra-virgin olive oil

4 cloves garlic, minced

1 teaspoon dried oregano

1 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon black pepper

25 g grated Parmesan cheese (optional)

Lemon wedges (for serving)

### INSTRUCTIONS

**Prepare the Green Beans:**

Preheat your air fryer to 190°C.

In a large bowl, toss the 450 g green beans with 30 ml olive oil, minced garlic, dried oregano, dried thyme, 1/2 teaspoon salt, and 1/2 teaspoon black pepper until evenly coated.

**Cook the Green Beans:**

Spread the green beans in a single layer in the air fryer basket.

Tip: Use parchment liners to prevent sticking and ensure easy cleanup.

Air fry the green beans at 190°C for 10–12 minutes, shaking the basket halfway through to ensure even cooking. The green beans should be tender and slightly crispy.

**Finish and Serve:**

Transfer the cooked green beans to a serving dish.

Optional: Sprinkle with 25 g grated Parmesan cheese while the beans are still hot. Serve with lemon wedges for a fresh, tangy finish.

## Sides and Salads

# Tomato and Red Onion Salad

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

4 medium tomatoes, cut into wedges  
1 large red onion, sliced into rings  
30 ml extra-virgin olive oil  
15 ml balsamic vinegar  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
30 g crumbled feta cheese  
Fresh basil leaves for garnish (optional)

### INSTRUCTIONS

#### **Prepare the Vegetables:**

Preheat your air fryer to 200°C.

In a large bowl, toss the tomato wedges and red onion rings with 30 ml olive oil, 15 ml balsamic vinegar, dried oregano, dried basil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper until well coated.

#### **Air Fry the Vegetables:**

Arrange the tomato wedges and red onion rings in a single layer in the air fryer basket. You might need to cook them in batches to avoid overcrowding.

Air fry at 200°C for 8–10 minutes, shaking the basket halfway through cooking to ensure even roasting. The tomatoes should be slightly caramelized and the onions tender.

#### **Assemble the Salad:**

Transfer the roasted tomatoes and onions to a serving dish. Sprinkle with 30 g crumbled feta cheese. Garnish with fresh basil leaves, if desired.

# Air Fryer Parmesan Asparagus

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

450 g fresh asparagus, trimmed  
30 ml extra-virgin olive oil  
25 g grated Parmesan cheese  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 lemon, cut into wedges (for serving)

### INSTRUCTIONS

#### **Prepare the Asparagus:**

Preheat your air fryer to 200°C.

In a large bowl, toss the 450 g asparagus with 30 ml olive oil, 25 g grated Parmesan cheese, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 teaspoon garlic powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper until well coated.

#### **Cook the Asparagus:**

Arrange the asparagus in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking.

Air fry at 200°C for 8–10 minutes, shaking the basket halfway through cooking to ensure the asparagus cooks evenly. The asparagus should be tender and the Parmesan cheese lightly golden and crispy.

#### **Serve:**

Transfer the cooked asparagus to a serving dish. Serve with lemon wedges for a fresh, tangy addition.

## Sides and Salads

# Air Fryer Mediterranean Couscous Salad

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Couscous:

170 g couscous  
240 ml vegetable broth

#### For the Roasted Vegetables:

1 red bell pepper, chopped  
1 zucchini, chopped  
150 g cherry tomatoes, halved  
15 ml extra-virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/2 teaspoon black pepper

#### For the Salad:

30 g Kalamata olives, sliced  
30 g crumbled feta cheese  
40 g red onion, finely chopped  
15 g fresh parsley, chopped  
30 ml fresh lemon juice  
30 ml extra-virgin olive oil

### INSTRUCTIONS

#### Cook the Couscous:

In a medium saucepan, bring 240 ml vegetable broth to a boil. Stir in 170 g couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork and set aside to cool.

#### Roast the Vegetables:

Preheat your air fryer to 190°C.

In a large bowl, toss the chopped red bell pepper, zucchini, and 150 g cherry tomatoes with 15 ml olive oil, dried oregano, dried basil, 1/2 teaspoon salt, and 1/2 teaspoon black pepper.

Arrange the vegetables in a single layer in the air fryer basket. Use parchment liners if needed to prevent sticking.

Air fry at 190°C for 12–15 minutes, shaking the basket halfway through cooking until the vegetables are tender and slightly caramelized.

#### Prepare the Salad:

In a large bowl, combine the cooked couscous, roasted vegetables, 30 g Kalamata olives, 30 g crumbled feta cheese, 40 g red onion, and 15 g fresh parsley.

In a small bowl, whisk together 30 ml fresh lemon juice and 30 ml extra-virgin olive oil.

Pour the dressing over the couscous mixture and toss gently to combine.

# Air Fryer Sweet Potato Wedges

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

2 large sweet potatoes, peeled and cut into wedges

30 ml extra-virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon dried rosemary  
1/2 teaspoon garlic powder  
1/2 teaspoon smoked paprika  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### Prepare the Sweet Potatoes:

Preheat your air fryer to 200°C.

In a large bowl, toss the sweet potato wedges with 30 ml olive oil, 1 teaspoon dried oregano, 1 teaspoon dried rosemary, 1/2 teaspoon garlic powder, 1/2 teaspoon smoked paprika, 1/2 teaspoon salt, and 1/4 teaspoon black pepper until evenly coated.

#### Cook the Sweet Potatoes:

Arrange the sweet potato wedges in a single layer in the air fryer basket. You may need to cook them in batches to avoid overcrowding.

Air fry at 200°C for 12–15 minutes, shaking the basket halfway through cooking to ensure even crispiness. The wedges should be golden brown and tender inside.

#### Serve:

Transfer the cooked sweet potato wedges to a serving dish. Garnish with chopped fresh parsley for a burst of color and flavor.

## Sides and Salads

# Spinach and Orzo Salad

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### For the Orzo:

170 g orzo pasta  
480 ml water

#### For the Roasted Vegetables:

1 red bell pepper, chopped  
1 zucchini, chopped  
150 g cherry tomatoes, halved  
15 ml extra-virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/2 teaspoon black pepper

#### For the Salad:

60 g fresh spinach leaves  
30 g Kalamata olives, sliced  
30 g crumbled feta cheese  
40 g red onion, finely chopped  
10 g fresh basil, chopped  
30 ml fresh lemon juice  
30 ml extra-virgin olive oil

### INSTRUCTIONS

#### Cook the Orzo:

Bring 480 ml of water to a boil in a medium saucepan. Add 170 g orzo and cook according to package instructions, usually about 8–10 minutes, until al dente. Drain and rinse under cold water to cool. Set aside.

#### Roast the Vegetables:

Preheat your air fryer to 190°C.

In a large bowl, toss the chopped red bell pepper, zucchini, and 150 g cherry tomatoes with 15 ml olive oil, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 teaspoon salt, and 1/2 teaspoon black pepper.

Arrange the vegetables in a single layer in the air fryer basket.

Use parchment liners if needed to prevent sticking.

Air fry at 190°C for 10–12 minutes, shaking the basket halfway through cooking until the vegetables are tender and slightly caramelized.

#### Assemble the Salad:

In a large bowl, combine the cooked orzo, roasted vegetables, 60 g fresh spinach leaves, 30 g Kalamata olives, 30 g crumbled feta cheese, 40 g red onion, and 10 g fresh basil.

In a small bowl, whisk together 30 ml fresh lemon juice and 30 ml extra-virgin olive oil.

Pour the dressing over the salad and toss gently to combine.

# Air Fryer Eggplant Caponata

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Caponata:

1 large eggplant, peeled and cut into 2.5 cm cubes  
1 red bell pepper, chopped  
1 onion, chopped  
2 cloves garlic, minced  
120 g canned diced tomatoes  
30 g green olives, sliced  
30 g capers, rinsed and drained  
30 ml extra-virgin olive oil  
30 ml red wine vinegar  
15 ml honey or maple syrup  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For Garnish:

Fresh basil leaves, chopped

### INSTRUCTIONS

#### Prepare the Ingredients:

Preheat your air fryer to 190°C.

In a large bowl, toss the eggplant cubes with 15 ml olive oil and a pinch of salt. Arrange the eggplant in a single layer in the air fryer basket. Air fry at 190°C for 10 minutes, shaking the basket halfway through, until the eggplant is tender and slightly browned. Transfer to a bowl and set aside.

#### Cook the Caponata:

In a large skillet over medium heat, heat the remaining 15 ml olive oil. Add the chopped onion and red bell pepper. Sauté for 5–7 minutes until softened. Add the minced garlic and cook for an additional 1 minute until fragrant.

Stir in 120 g diced tomatoes, 30 g green olives, 30 g capers, 30 ml red wine vinegar, 15 ml honey, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 teaspoon ground cumin, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Add the roasted eggplant to the skillet and mix well.

Simmer for 5 minutes until the flavors meld together and the sauce thickens slightly.

#### Serve:

Transfer the Eggplant Caponata to a serving dish.

Garnish with chopped fresh basil leaves before serving.

## Sides and Salads

# Roasted Beet and Goat Cheese Salad

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Roasted Beets:

4 medium beets, peeled and cut into 2.5 cm cubes  
15 ml extra-virgin olive oil  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For the Salad:

120 g mixed salad greens (e.g., arugula, spinach, and baby kale)  
30 g crumbled goat cheese  
30 g walnuts, toasted  
30 g red onion, thinly sliced  
30 g pomegranate seeds (optional)

#### For the Dressing:

45 ml extra-virgin olive oil  
15 ml balsamic vinegar  
1 teaspoon Dijon mustard  
1 teaspoon honey  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Beets:

Preheat your air fryer to 190°C.

In a large bowl, toss the beet cubes with 15 ml olive oil, 1 teaspoon dried thyme, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Arrange the beets in a single layer in the air fryer basket. Use parchment liners if needed to prevent sticking.

Air fry at 190°C for 18–20 minutes, shaking the basket halfway through until the beets are tender and slightly caramelized.

Transfer to a bowl and let cool slightly.

#### Prepare the Salad:

In a large salad bowl, combine 120 g mixed salad greens, 30 g crumbled goat cheese, 30 g toasted walnuts, 30 g sliced red onion, and 30 g pomegranate seeds (if using).

#### Prepare the Dressing:

In a small bowl or jar, whisk together 45 ml extra-virgin olive oil, 15 ml balsamic vinegar, 1 teaspoon Dijon mustard, 1 teaspoon honey, salt, and black pepper until well combined.

#### Assemble the Salad:

Add the roasted beets to the salad bowl.

Drizzle with the prepared dressing and toss gently to combine.

# Cauliflower with Tahini Sauce

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Cauliflower:

1 large head of cauliflower, cut into florets  
30 ml extra-virgin olive oil  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/2 teaspoon ground turmeric  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For the Tahini Sauce:

60 g tahini  
30 ml fresh lemon juice  
15 ml extra-virgin olive oil  
1 clove garlic, minced  
30–45 ml water (to thin out the sauce)  
Salt to taste

#### For Garnish:

Fresh parsley, chopped  
Sesame seeds (optional)

### INSTRUCTIONS

#### Prepare the Cauliflower:

Preheat your air fryer to 190°C.

In a large bowl, toss the cauliflower florets with 30 ml olive oil, 1 teaspoon ground cumin, 1 teaspoon paprika, 1/2 teaspoon ground turmeric, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper until well-coated.

Arrange the cauliflower florets in a single layer in the air fryer basket. Use parchment liners if needed to prevent sticking.

Air fry at 190°C for 18–20 minutes, shaking the basket halfway through until the cauliflower is golden brown and tender.

#### Prepare the Tahini Sauce:

In a small bowl, whisk together 60 g tahini, 30 ml fresh lemon juice, 15 ml extra-virgin olive oil, minced garlic, and a pinch of salt.

Gradually add 30–45 ml water, one tablespoon at a time, until the sauce reaches your desired consistency (it should be smooth and pourable).

#### Assemble and Serve:

Transfer the roasted cauliflower to a serving dish.

Drizzle the tahini sauce over the cauliflower. Garnish with chopped fresh parsley and sesame seeds if desired.

## Sides and Salads

# Panzanella Bread Salad

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### For the Bread:

180 g crusty bread, cut into 2.5 cm cubes  
(about 4 slices of day-old baguette or  
ciabatta)

30 ml extra-virgin olive oil  
1/2 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon black pepper

#### For the Salad:

300 g cherry tomatoes, halved  
1 cucumber, diced  
1/2 red onion, thinly sliced  
30 g Kalamata olives, pitted and halved  
10 g fresh basil leaves, chopped

30 g feta cheese, crumbled

#### For the Dressing:

45 ml extra-virgin olive oil  
30 ml red wine vinegar  
1 teaspoon Dijon mustard  
1 clove garlic, minced  
1/2 teaspoon dried oregano  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Bread:

Preheat your air fryer to 200°C.

In a large bowl, toss 180 g bread cubes with 30 ml extra-virgin olive oil, 1/2 teaspoon dried oregano, 1/2 teaspoon garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon black pepper until evenly coated. Arrange the bread cubes in a single layer in the air fryer basket. Use parchment liners if needed to prevent sticking. Air fry at 200°C for 8–10 minutes, shaking the basket halfway through until the bread cubes are golden brown and crispy. Transfer to a large mixing bowl and let cool slightly.

#### Prepare the Salad:

In a large bowl, combine 300 g cherry tomatoes, diced cucumber, sliced red onion, 30 g Kalamata olives, and 10 g chopped basil.

#### Prepare the Dressing:

In a small bowl or jar, whisk together 45 ml extra-virgin olive oil, 30 ml red wine vinegar, 1 teaspoon Dijon mustard, minced garlic, 1/2 teaspoon dried oregano, salt, and black pepper until well combined.

#### Assemble the Salad:

Add the crispy bread cubes to the bowl with the vegetables. Drizzle with the prepared dressing and toss gently to combine. Sprinkle 30 g crumbled feta cheese over the top and give it a final toss.

# Stuffed Peppers with Quinoa and Veggies

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffed Peppers:

4 large bell peppers (any color), tops cut off  
and seeds removed

170 g cooked quinoa  
150 g cherry tomatoes, diced  
120 g zucchini, diced  
75 g red onion, finely chopped  
75 g Kalamata olives, chopped  
75 g crumbled feta cheese  
2 cloves garlic, minced  
15 ml extra-virgin olive oil  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon black pepper

#### For Garnish (optional):

Fresh parsley, chopped  
Lemon wedges

### INSTRUCTIONS

#### Prepare the Filling:

In a large bowl, combine 170 g cooked quinoa, 150 g diced cherry tomatoes, 120 g diced zucchini, 75 g chopped red onion, 75 g chopped Kalamata olives, 75 g crumbled feta cheese, and minced garlic. Drizzle the mixture with 15 ml extra-virgin olive oil and season with 1 teaspoon dried oregano, 1/2 teaspoon dried basil, 1/2 teaspoon ground cumin, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Mix well to combine.

#### Prepare the Peppers:

Stuff each bell pepper with the quinoa and veggie mixture, pressing down gently to pack the filling.

#### Cook the Stuffed Peppers:

Arrange the stuffed peppers in the air fryer basket. Depending on the size of your air fryer, you may need to cook them in batches. Air fry at 190°C for 15–20 minutes or until the peppers are tender and the filling is heated through.

Check for doneness by inserting a fork into the peppers; they should be easily pierced. If your air fryer has a shake or turn function, gently shake or turn the basket halfway through cooking to ensure even cooking.

#### Serve:

Remove the stuffed peppers from the air fryer and let them cool slightly. Garnish with chopped fresh parsley.

# Chapter 8: Fish and Seafood

## Herb-Crusted Salmon

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

4 salmon fillets (about 170 g each), skinless and boneless  
30 ml extra-virgin olive oil  
15 ml fresh lemon juice  
1 teaspoon Dijon mustard  
15 g fresh parsley, finely chopped  
8 g fresh dill, finely chopped  
8 g fresh basil, finely chopped  
30 g breadcrumbs (use whole wheat or gluten-free for a healthier option)  
25 g grated Parmesan cheese  
1 clove garlic, minced  
1/2 teaspoon dried oregano  
1/4 teaspoon dried thyme  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Herb Mixture:

In a small bowl, mix together 15 g fresh parsley, 8 g dill, 8 g basil, 30 g breadcrumbs, 25 g grated Parmesan cheese, minced garlic, 1/2 teaspoon dried oregano, and 1/4 teaspoon dried thyme.

#### Prepare the Salmon:

Preheat your air fryer to 200°C.

In a separate bowl, combine 30 ml extra-virgin olive oil, 15 ml lemon juice, 1 teaspoon Dijon mustard, salt, and black pepper. Brush each 170 g salmon fillet with the olive oil mixture on both sides.

#### Apply the Herb Crust:

Press the herb mixture evenly onto the top of each salmon fillet. Ensure the mixture adheres well to the salmon.

#### Cook the Salmon:

Place the salmon fillets in the air fryer basket in a single layer.

If needed, use parchment liners to prevent sticking.

Air fry at 200°C for 10–12 minutes, or until the salmon is cooked through and flakes easily with a fork. The internal temperature should reach 63°C.

#### Serve:

Carefully remove the salmon fillets from the air fryer.

Garnish with additional fresh herbs if desired, and serve with lemon wedges on the side.

## Mediterranean Shrimp Skewers

PREP: 20 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

#### For the shrimp marinade:

450 g large shrimp, peeled and deveined  
45 ml extra virgin olive oil  
30 ml fresh lemon juice  
3 garlic cloves, minced  
4 g fresh parsley, chopped  
4 g fresh basil, chopped  
1 teaspoon dried oregano  
1/2 teaspoon paprika  
1/4 teaspoon ground cumin  
Salt and black pepper to taste

#### For the skewers:

4 wooden or metal skewers (if using wooden skewers, soak them in water for 30 minutes before use to prevent burning)

### INSTRUCTIONS

#### Prepare the marinade:

In a large bowl, mix 45 ml olive oil, 30 ml lemon juice, minced garlic, 4 g parsley, 4 g basil, 1 teaspoon dried oregano, 1/2 teaspoon paprika, 1/4 teaspoon cumin, salt, and black pepper.

#### Marinate the shrimp:

Add 450 g shrimp to the bowl with the marinade. Toss to coat evenly.

Cover and refrigerate for at least 15 minutes or up to 1 hour for more flavor.

#### Skewer the shrimp:

Preheat the air fryer to 200°C.

Thread the marinated shrimp onto the skewers, placing them close together but not touching.

#### Cook the shrimp:

Place the shrimp skewers in the air fryer basket. If necessary, use parchment liners to prevent sticking.

Air fry at 200°C for 8–10 minutes, flipping the skewers halfway through to brown evenly. The shrimp should be pink and opaque, with an internal temperature of 63°C.

#### Serve:

Carefully remove the shrimp skewers from the air fryer.

Garnish with extra fresh herbs and serve with lemon wedges.

## Fish and Seafood

# Crispy Air Fryer Fish Tacos

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Fish:

450 g white fish fillets (such as cod, tilapia, or haddock), cut into taco-sized strips  
60 g whole-wheat flour, 60 g cornmeal  
1 teaspoon paprika, 1 teaspoon garlic powder  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon cayenne pepper (optional for heat)  
Salt and black pepper to taste  
2 large eggs, beaten

#### For the Tacos:

8 small whole wheat or corn tortillas  
60 g shredded cabbage or lettuce  
150 g diced tomatoes, 1 avocado, sliced  
10 g fresh cilantro, chopped  
1 lime, cut into wedges

#### For the Mediterranean Tzatziki Sauce:

240 g Greek yogurt  
1/2 cucumber, finely grated  
15 ml fresh lemon juice  
1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill), 2 cloves garlic, minced  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Tzatziki Sauce:

Mix 240 g Greek yogurt, 1/2 grated cucumber, 15 ml lemon juice, 1 tbsp fresh dill (or 1 tsp dried), 2 minced garlic cloves, salt, and pepper. Chill until needed.

#### Prepare the Fish:

In a shallow dish, combine 60 g whole-wheat flour, 60 g cornmeal, 1 tsp each paprika, garlic powder, and oregano, 1/2 tsp each cumin and cayenne, salt, and pepper.

Place 2 beaten eggs in another dish. Dip 450 g fish strips into egg, then coat in flour mix.

#### Cook the Fish:

Lightly grease or line the air fryer basket. Place fish in a single layer; cook in batches if needed. Air fry at 200°C for 8–10 minutes, flipping halfway, until golden and crispy.

#### Assemble the Tacos:

Warm 8 tortillas at 175°C for 2–3 minutes or in a skillet.

Add tzatziki, fish, 60 g shredded cabbage or lettuce, 150 g diced tomatoes, avocado, and 10 g cilantro.

Serve with lime wedges.

# Garlic Lemon Scallops

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

450 g large sea scallops, cleaned and patted dry  
30 ml olive oil  
3 cloves garlic, minced  
1 tablespoon lemon zest  
30 ml lemon juice  
1 teaspoon dried oregano  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Fresh parsley, chopped, for garnish

### INSTRUCTIONS

#### Marinate the Scallops:

In a large bowl, combine 30 ml olive oil, minced garlic, 1 tablespoon lemon zest, 30 ml lemon juice, 1 teaspoon dried oregano, 1/2 teaspoon paprika, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Add 450 g scallops to the bowl and gently toss to coat evenly with the marinade.

Let the scallops marinate for 5–10 minutes at room temperature.

#### Preheat the Air Fryer:

Preheat the air fryer to 200°C for 3–5 minutes.

#### Cook the Scallops:

Lightly coat the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking. Arrange the marinated scallops in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary. Air fry the scallops at 200°C for 4–5 minutes, shaking the basket halfway through to ensure even cooking. The scallops should be opaque and firm to the touch when done.

#### Serve:

Remove the scallops from the air fryer and transfer them to a serving plate. Garnish with freshly chopped parsley and an additional squeeze of lemon juice, if desired.

## Fish and Seafood

# Air Fryer Mediterranean Cod

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Cod:

4 cod fillets (about 170 g each)  
30 ml olive oil  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Juice of 1 lemon  
Fresh parsley, chopped, for garnish

#### For the Tzatziki Sauce (optional):

240 g Greek yogurt  
1/2 cucumber, grated and drained  
1 clove garlic, minced  
1 tablespoon fresh dill, chopped  
15 ml lemon juice  
Salt and pepper to taste

### INSTRUCTIONS

#### Prepare the Cod:

Pat the 4 cod fillets (170 g each) dry with paper towels. This helps achieve a crispy exterior. In a small bowl, combine 30 ml olive oil, 1 teaspoon dried oregano, 1 teaspoon dried thyme, 1 teaspoon paprika, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Rub the seasoning mixture evenly over both sides of each cod fillet. Drizzle lemon juice over the seasoned fillets.

#### Cook the Cod:

Lightly coat the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking. Arrange the cod fillets in a single layer in the air fryer basket. Air fry the cod at 200°C for 6–8 minutes per side, flipping halfway through the cooking time. The cod should be opaque and easily flake with a fork when done.

#### Prepare the Tzatziki Sauce (Optional):

In a medium bowl, combine 240 g Greek yogurt, 1/2 grated and drained cucumber, 1 clove minced garlic, 1 tablespoon chopped fresh dill, 15 ml lemon juice, salt, and pepper. Mix well until smooth. Adjust seasoning to taste.

#### Serve:

Remove the cod from the air fryer and transfer to a serving plate. Garnish with freshly chopped parsley and an extra squeeze of lemon juice, if desired.

# Shrimp and Feta Stuffed Peppers

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

4 large bell peppers (any color)  
15 ml olive oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
170 g cooked quinoa (or cooked rice)  
225 g cooked shrimp, chopped  
75 g feta cheese, crumbled  
30 g Kalamata olives, chopped  
30 g sun-dried tomatoes, chopped  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
15 g fresh parsley, chopped (for garnish)  
Juice of 1 lemon

### INSTRUCTIONS

#### Prepare the Peppers:

Slice the tops off the 4 large bell peppers and remove the seeds and membranes.

#### Prepare the Filling:

Heat 15 ml olive oil in a skillet over medium heat. Add the chopped onion and garlic, and cook until softened, about 3–4 minutes. In a large bowl, combine the cooked onion and garlic with 170 g cooked quinoa (or rice), 225 g chopped shrimp, 75 g crumbled feta cheese, 30 g chopped Kalamata olives, 30 g sun-dried tomatoes, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 teaspoon paprika, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Mix thoroughly until all ingredients are well combined. Stir in the juice of 1 lemon.

#### Stuff the Peppers:

Spoon the shrimp and feta mixture into each bell pepper, packing it tightly. Fill each pepper to the top.

#### Cook the Stuffed Peppers:

Lightly coat the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking. Arrange the stuffed peppers in a single layer in the air fryer basket. Air fry at 190°C for 12–15 minutes or until the peppers are tender and the filling is heated through. Check halfway through cooking and gently shake the basket to ensure even cooking.

## Fish and Seafood

# Air Fryer Tuna Patties

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Tuna Patties:

1 can (410 g) tuna in water, drained and flaked  
60 g whole wheat breadcrumbs  
40 g finely chopped red onion  
15 g chopped fresh parsley  
25 g grated Parmesan cheese  
1 large egg  
30 ml lemon juice  
15 ml olive oil  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/4 teaspoon paprika  
Salt and black pepper to taste

#### For Serving:

Lemon wedges  
Fresh parsley, chopped  
Greek yogurt or tzatziki (optional)

### INSTRUCTIONS

#### Prepare the Tuna Mixture:

In a large bowl, combine 410 g drained tuna, 60 g whole wheat breadcrumbs, 40 g chopped red onion, 15 g fresh parsley, 25 g Parmesan cheese, 1 egg, 30 ml lemon juice, 15 ml olive oil, 1 teaspoon dried oregano, 1/2 teaspoon dried basil, 1/2 teaspoon garlic powder, 1/4 teaspoon paprika, salt, and black pepper. Mix well until all ingredients are fully incorporated. The mixture should be moist but hold together well. If it seems too dry, add a little more lemon juice or a splash of water.

#### Form the Patties:

Divide the mixture into 8 equal portions and shape each portion into a patty about 1.25 cm thick.

#### Cook the Tuna Patties:

Lightly coat the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking. Place the tuna patties in the basket in a single layer, making sure they are not touching. You may need to cook in batches depending on the size of your air fryer. Air fry at 190°C for 10–12 minutes, flipping halfway through, until the patties are golden brown and cooked through.

#### Serve:

Remove the tuna patties from the air fryer and let them cool slightly. Garnish with freshly chopped parsley and serve with lemon wedges on the side.

# Lemon-Dill Air Fryer Tilapia

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

4 tilapia fillets (about 170 g each)  
30 ml olive oil  
30 ml lemon juice (freshly squeezed)  
2 teaspoons dried dill  
1 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon paprika  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt  
Lemon wedges, for garnish  
Fresh dill or parsley, chopped, for garnish

### INSTRUCTIONS

#### Prepare the Tilapia:

Pat the 4 tilapia fillets (170 g each) dry with paper towels to remove excess moisture. This helps the seasoning adhere better and promotes crispiness. In a small bowl, mix together 30 ml olive oil, 30 ml lemon juice, 2 teaspoons dried dill, 1 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon paprika, 1/4 teaspoon black pepper, and 1/4 teaspoon salt. Brush or lightly coat each tilapia fillet with the seasoned olive oil mixture, making sure both sides are well-coated.

#### Preheat the Air Fryer:

Preheat the air fryer to 190°C for 3–5 minutes.

#### Cook the Tilapia:

Lightly coat the air fryer basket with non-stick spray or line it with parchment paper to prevent sticking. Place the tilapia fillets in the air fryer basket in a single layer. Ensure they are not overlapping. You may need to cook in batches depending on the size of your air fryer. Air fry at 190°C for 10–12 minutes, flipping halfway through, until the tilapia is golden brown and flakes easily with a fork.

#### Serve:

Carefully remove the tilapia from the air fryer and transfer it to a serving platter. Garnish with lemon wedges and freshly chopped dill or parsley.

## Fish and Seafood

# Sardines with Lemon and Herbs

PREP: 10 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

12 fresh sardines (cleaned and gutted, or use canned sardines if preferred)  
30 ml olive oil  
30 ml lemon juice (freshly squeezed)  
2 cloves garlic, minced  
4 g fresh parsley, chopped  
4 g fresh basil, chopped  
1 teaspoon dried oregano  
1/2 teaspoon paprika  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt  
Lemon wedges, for garnish  
Fresh herbs for garnish (parsley or basil)

### INSTRUCTIONS

#### **Prepare the Sardines:**

If using fresh sardines, pat them dry with paper towels to remove excess moisture. If using canned sardines, gently drain them and set aside.

In a small bowl, mix together 30 ml olive oil, 30 ml lemon juice, minced garlic, 4 g chopped parsley, 4 g chopped basil, 1 teaspoon dried oregano, 1/2 teaspoon paprika, 1/4 teaspoon black pepper, and 1/4 teaspoon salt.

#### **Marinate the Sardines:**

Brush or coat the sardines with the olive oil mixture, making sure to get some of the marinade inside the cavity if using whole fresh sardines.

Allow to marinate for at least 5 minutes for the flavors to meld.

#### **Cook the Sardines:**

Arrange the sardines in a single layer in the air fryer basket. If necessary, cook in batches to avoid overcrowding.

Air fry at 190°C for 8–10 minutes, flipping halfway through, until the sardines are crispy and cooked through. The exact cooking time may vary depending on the size of the sardines.

#### **Serve:**

Carefully remove the sardines from the air fryer and transfer to a serving platter. Garnish with lemon wedges and additional fresh herbs, if desired.

# Mediterranean Stuffed Squid

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

8 medium squid tubes (cleaned and with tentacles removed)  
85 g cooked quinoa  
75 g crumbled feta cheese  
30 g chopped Kalamata olives  
30 g sun-dried tomatoes, finely chopped  
2 cloves garlic, minced  
15 g fresh parsley, chopped  
4 g fresh basil, chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon ground black pepper  
1/4 teaspoon salt  
30 ml olive oil  
1 lemon, cut into wedges (for garnish)

### INSTRUCTIONS

#### **Prepare the Filling:**

In a bowl, combine 85 g cooked quinoa, 75 g crumbled feta cheese, 30 g chopped Kalamata olives, 30 g sun-dried tomatoes, 2 cloves minced garlic, 15 g chopped parsley, 4 g chopped basil, 1/2 teaspoon dried oregano, 1/2 teaspoon black pepper, and 1/4 teaspoon salt. Mix well.

#### **Stuff the Squid:**

Gently fill each of the 8 squid tubes with the quinoa mixture, packing it lightly. Do not overfill, as the stuffing will expand slightly during cooking. Use toothpicks or kitchen twine to secure the open ends of the squid to keep the filling in place.

#### **Cook the Stuffed Squid:**

Lightly brush or spray the air fryer basket with 30 ml olive oil or use parchment paper to prevent sticking. Arrange the stuffed squid in a single layer in the air fryer basket. If necessary, cook in batches to avoid overcrowding. Air fry at 190°C for 12–15 minutes, turning halfway through, until the squid is cooked through and the stuffing is heated and slightly crispy.

#### **Serve:**

Carefully remove the stuffed squid from the air fryer and transfer to a serving platter. Garnish with lemon wedges and additional fresh herbs, if desired.

## Fish and Seafood

# Mussels with Garlic Butter

PREP: 15 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

900 g fresh mussels, cleaned and debearded  
45 g unsalted butter, melted  
4 cloves garlic, minced  
4 g fresh parsley, chopped  
1 teaspoon lemon zest  
1/2 teaspoon dried oregano  
1/4 teaspoon red pepper flakes (optional, for a bit of heat)  
1/4 teaspoon ground black pepper  
1/2 teaspoon salt  
Lemon wedges for serving

### INSTRUCTIONS

#### **Prepare the Mussels:**

Rinse 900 g mussels under cold water and scrub the shells if necessary. Discard any mussels that are open and do not close when tapped or have broken shells.

#### **Prepare the Garlic Butter Mixture:**

In a bowl, mix together 45 g melted unsalted butter, 4 cloves minced garlic, 4 g chopped parsley, 1 teaspoon lemon zest, 1/2 teaspoon dried oregano, 1/4 teaspoon red pepper flakes (if using), 1/4 teaspoon black pepper, and 1/2 teaspoon salt.

#### **Toss Mussels:**

Place the cleaned mussels in a large bowl and pour the garlic butter mixture over them. Toss gently to coat all the mussels evenly.

#### **Cook the Mussels:**

Lightly brush or spray the air fryer basket with olive oil to prevent sticking. Arrange the mussels in a single layer in the air fryer basket. If needed, cook in batches to avoid overcrowding. Air fry at 190°C for 8–10 minutes. The mussels should open up during cooking. Discard any mussels that remain closed.

#### **Serve:**

Carefully remove the mussels from the air fryer and transfer them to a serving platter. Garnish with extra chopped parsley and lemon wedges.

# Pesto-Crusted Air Fryer Salmon

PREP: 10 MIN

COOK: 12 MIN

SERVES: 4

### INGREDIENTS

#### **For the Salmon:**

4 salmon fillets (170 g each), skinless  
120 g basil pesto (store-bought or homemade)  
15 ml olive oil  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt

#### **For Homemade Basil Pesto (optional):**

2 cups fresh basil leaves, packed (50 g)  
30 g pine nuts  
25 g grated Parmesan cheese  
60 ml extra-virgin olive oil  
2 cloves garlic, minced  
15 ml lemon juice  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

### INSTRUCTIONS

#### **Prepare the Pesto (if making homemade):**

In a food processor, combine 50 g basil leaves, 30 g pine nuts, 25 g grated Parmesan cheese, 2 cloves minced garlic, 1/4 teaspoon salt, and 1/4 teaspoon black pepper. Pulse until finely chopped. With the processor running, slowly stream in 60 ml olive oil until the pesto reaches your desired consistency. Add 15 ml lemon juice and pulse to combine. Adjust seasoning if needed.

#### **Prepare the Salmon:**

Pat the 4 salmon fillets (170 g each) dry with paper towels. Brush each fillet lightly with 15 ml olive oil and season with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Spread a generous layer of 120 g pesto over each salmon fillet, pressing lightly to adhere.

#### **Cook the Salmon:**

Lightly spray or brush the air fryer basket with olive oil to prevent sticking. Place the salmon fillets in the air fryer basket, ensuring they are not overcrowded. Cook in batches if necessary. Air fry at 190°C for 10–12 minutes, or until the salmon flakes easily with a fork and the pesto is crisp.

#### **Serve:**

Carefully remove the salmon from the air fryer and transfer to a serving platter.

## Fish and Seafood

# Fish Cakes with Tzatziki Sauce

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Fish Cakes:

450 g white fish fillets (e.g., cod or haddock),  
cooked and flaked  
170 g cooked quinoa  
30 g finely chopped fresh parsley  
15 g finely chopped fresh dill  
40 g finely chopped onion  
2 cloves garlic, minced  
60 g breadcrumbs (whole grain or gluten-  
free, if desired), 1 large egg  
30 ml lemon juice  
1 teaspoon dried oregano  
1/2 teaspoon paprika  
Salt and black pepper to taste  
Olive oil spray for greasing

#### For the Tzatziki Sauce:

240 g Greek yogurt (full-fat or low-fat)  
1/2 cucumber, grated and excess moisture  
squeezed out  
30 ml lemon juice  
2 cloves garlic, minced  
1 tablespoon fresh dill, chopped  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Tzatziki Sauce:

In a medium bowl, combine 240 g Greek yogurt, 1/2 grated and squeezed cucumber, 30 ml lemon juice, 2 cloves minced garlic, and 1 tablespoon chopped dill. Season with salt and black pepper to taste. Mix well, cover, and refrigerate until ready to serve. This allows the flavors to meld together.

#### Prepare the Fish Cakes:

In a large bowl, mix together 450 g flaked cooked fish, 170 g cooked quinoa, 30 g chopped parsley, 15 g chopped dill, 40 g finely chopped onion, and 2 cloves minced garlic. Add 60 g breadcrumbs, 1 egg, 30 ml lemon juice, 1 teaspoon dried oregano, 1/2 teaspoon paprika, salt, and black pepper. Mix until well combined. Shape the mixture into 8–10 patties, about 1.25 cm thick.

#### Cook the Fish Cakes:

Lightly spray or brush the air fryer basket with olive oil to prevent sticking. Arrange the fish cakes in a single layer in the air fryer basket, leaving space between them. Air fry at 190°C for 12–15 minutes, flipping halfway through the cooking time, until the fish cakes are golden brown and crispy on the outside.

#### Serve:

Carefully remove the fish cakes from the air fryer and transfer them to a serving platter. Serve warm with a side of the chilled tzatziki sauce for dipping.

# Greek-Style Grilled Octopus

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Octopus:

450 g cleaned octopus (pre-cooked or thawed  
if frozen)  
60 ml extra virgin olive oil  
45 ml lemon juice (about 1 lemon)  
3 cloves garlic, minced  
1 tablespoon fresh oregano, chopped (or 1  
teaspoon dried oregano)  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
Salt and black pepper to taste  
Fresh parsley, chopped (for garnish)

#### For Serving:

Lemon wedges  
Fresh dill sprigs (optional)

### INSTRUCTIONS

#### Marinate the Octopus:

Whisk together 60 ml olive oil, 45 ml lemon juice, 3 minced garlic cloves, 1 tbsp fresh (or 1 tsp dried) oregano, 1 tsp smoked paprika, 1 tsp ground cumin, salt, and pepper. Add 450 g octopus, toss to coat, cover, and refrigerate for 1–4 hours.

#### Prepare the Octopus:

Remove from marinade, shake off excess, and cut into bite-sized pieces if desired.

#### Cook the Octopus:

Lightly spray or line air fryer basket. Arrange octopus in a single layer. Air fry at 200°C for 15–18 minutes, shaking halfway. Cook 2–3 minutes more if needed, until golden and crispy.

#### Serve:

Transfer to a platter, garnish with parsley and lemon wedges. Optional: add fresh dill.

## Fish and Seafood

# Calamari with Tzatziki

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Calamari:

450 g calamari rings, thawed if frozen  
120 g all-purpose flour (or use whole wheat flour for a healthier option)  
1 teaspoon smoked paprika  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
1/2 teaspoon salt, 1/4 teaspoon black pepper  
2 large eggs, beaten  
50 g panko breadcrumbs (whole wheat or gluten-free if preferred)  
15 ml olive oil (for spraying)

#### For the Tzatziki Sauce:

240 g Greek yogurt (plain, full-fat or low-fat)  
1/2 cucumber, grated and excess water squeezed out  
2 cloves garlic, minced  
15 ml lemon juice  
1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill)  
15 ml extra virgin olive oil  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Tzatziki Sauce:

In a bowl, combine 240 g Greek yogurt, 1/2 grated and squeezed cucumber, 2 cloves minced garlic, 15 ml lemon juice, 1 tablespoon chopped fresh dill (or 1 teaspoon dried dill), and 15 ml olive oil. Mix well and season with salt and black pepper to taste. Refrigerate until ready to serve to allow flavors to meld.

#### Prepare the Calamari:

In a shallow bowl, combine 120 g flour, 1 teaspoon smoked paprika, 1 teaspoon garlic powder, 1 teaspoon dried oregano, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. In a separate bowl, place 2 beaten eggs. In another shallow bowl, place 50 g panko breadcrumbs.

#### Coat the Calamari:

Dip each of the 450 g calamari rings into the seasoned flour, coating evenly. Dip the floured calamari into the beaten eggs, allowing the excess to drip off. Coat the calamari with panko breadcrumbs, pressing lightly to adhere.

#### Cook the Calamari:

Lightly spray the air fryer basket with 15 ml olive oil or use a parchment liner. Arrange the calamari rings in a single layer in the air fryer basket. Avoid overcrowding for even cooking. Air fry at 200°C for 10–12 minutes, shaking the basket halfway through cooking for even crisping.

# Mackerel with Tomato Relish

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Mackerel:

4 mackerel fillets (about 170 g each), skin-on  
30 ml olive oil  
1 teaspoon dried oregano  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 lemon, cut into wedges (for garnish)

#### For the Tomato Relish:

300 g cherry tomatoes, halved  
75 g red onion, finely diced  
2 cloves garlic, minced  
15 ml extra virgin olive oil  
15 ml red wine vinegar  
1 teaspoon dried basil  
1 teaspoon dried thyme  
1/2 teaspoon sugar (optional)  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Tomato Relish:

In a bowl, combine 300 g cherry tomatoes, 75 g red onion, and 2 cloves minced garlic. Add 15 ml olive oil, 15 ml red wine vinegar, 1 teaspoon dried basil, 1 teaspoon dried thyme, and 1/2 teaspoon sugar (if using). Mix well. Season with salt and black pepper to taste. Let the relish sit for at least 10 minutes to allow flavors to meld.

#### Prepare the Mackerel:

Pat the 4 mackerel fillets (170 g each) dry with paper towels. Rub each fillet with olive oil and season with dried oregano, paprika, garlic powder, onion powder, salt, and black pepper.

#### Cook the Mackerel:

Lightly spray the air fryer basket with olive oil or use a parchment liner to prevent sticking. Place the seasoned mackerel fillets in the air fryer basket, skin-side down. Ensure they are not overcrowded. Air fry at 200°C for 12–15 minutes, depending on the thickness of the fillets, until the fish is cooked through and flakes easily with a fork. There's no need to shake the basket, but you can check halfway through to ensure even cooking.

#### Serve:

Transfer the cooked mackerel fillets to a serving platter. Spoon the tomato relish over the mackerel fillets.

## Fish and Seafood

# Swordfish Steaks

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Swordfish Steaks:

4 swordfish steaks (about 170 g each)  
45 ml extra virgin olive oil  
1 lemon, zested and juiced  
2 cloves garlic, minced  
1 tablespoon fresh oregano (or 1 teaspoon dried oregano)  
1 tablespoon fresh parsley, chopped (or 1 teaspoon dried parsley)  
1 teaspoon smoked paprika  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For the Mediterranean Salsa:

150 g cherry tomatoes, halved  
1/2 cucumber, diced  
40 g red onion, finely diced  
30 g Kalamata olives, pitted and sliced  
6 g fresh basil, chopped  
15 ml extra virgin olive oil  
15 ml red wine vinegar  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Mediterranean Salsa:

Combine 150 g cherry tomatoes, 1/2 diced cucumber, 40 g red onion, 30 g Kalamata olives, and 6 g basil in a bowl. Drizzle with 15 ml olive oil and 15 ml red wine vinegar. Toss and season with salt and pepper.

#### Marinate the Swordfish Steaks:

Mix 45 ml olive oil, lemon zest and juice (1 lemon), 2 minced garlic cloves, 1 tbsp fresh oregano (or 1 tsp dried), 1 tbsp parsley (or 1 tsp dried), 1 tsp smoked paprika, 1/2 tsp cumin, 1/2 tsp salt, 1/4 tsp pepper. Brush over 4 x 170 g swordfish steaks. Marinate for 10 minutes or up to 1 hour in the fridge.

#### Cook the Steaks:

Spray or line air fryer basket. Place steaks in a single layer. Air fry at 200°C for 12–15 minutes, flipping halfway. Fish is done when it flakes easily.

#### Serve:

Transfer to platter, top with salsa, and garnish with lemon wedges and herbs if desired.

# Trout with Lemon and Capers

PREP: 10 MIN

COOK: 30 MIN

SERVES: 6

### INGREDIENTS

#### For the Trout:

4 trout fillets (about 170 g each)  
30 ml extra virgin olive oil  
1 lemon, thinly sliced  
30 g capers, drained  
3 cloves garlic, minced  
1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill)  
1 tablespoon fresh parsley, chopped (or 1 teaspoon dried parsley)  
1 teaspoon dried oregano  
1/2 teaspoon smoked paprika  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For Garnish (Optional):

Fresh lemon wedges  
Extra chopped fresh parsley

### INSTRUCTIONS

#### Prepare the Trout:

Pat the trout fillets dry with paper towels and place them on a plate. In a small bowl, mix together 30 ml olive oil, minced garlic, dill, parsley, oregano, smoked paprika, salt, and black pepper. Brush the mixture evenly over the trout fillets, ensuring they are well-coated.

#### Preheat the Air Fryer:

Preheat the air fryer to 190°C for about 5 minutes.

#### Arrange the Trout in the Air Fryer:

Lightly spray the air fryer basket with olive oil or use a parchment liner to prevent sticking. Place the trout fillets in the air fryer basket in a single layer. Top each fillet with a few lemon slices and scatter 30 g capers over them.

#### Cook the Trout:

Air fry at 190°C for 12–15 minutes, depending on the thickness of the fillets. Check for doneness by gently flaking the fish with a fork. The fish should be opaque and flake easily. If needed, shake the basket halfway through cooking to ensure even cooking.

#### Serve:

Transfer the cooked trout fillets to a serving platter. Garnish with additional lemon wedges and chopped parsley if desired.

## Fish and Seafood

# Shrimp and Avocado Salad

PREP: 15 MIN

COOK: 8 MIN

SERVES: 4

### INGREDIENTS

#### For the Shrimp:

450 g large shrimp, peeled and deveined  
30 ml extra virgin olive oil  
15 ml lemon juice  
1 teaspoon smoked paprika  
1 teaspoon dried oregano  
1 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1/2 teaspoon salt, 1/4 teaspoon black pepper

#### For the Salad:

120 g mixed greens (e.g., arugula, spinach, romaine), 1 ripe avocado, diced  
150 g cherry tomatoes, halved  
1/2 cucumber, sliced  
40 g red onion, thinly sliced  
40 g Kalamata olives, pitted and halved  
40 g crumbled feta cheese

#### For the Dressing:

45 ml extra virgin olive oil, 15 ml red wine vinegar, 1 teaspoon Dijon mustard  
1 clove garlic, minced, 1 teaspoon dried oregano, 1/2 teaspoon honey (optional)  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Shrimp:

In a bowl, combine 30 ml olive oil, 15 ml lemon juice, 1 teaspoon smoked paprika, 1 teaspoon oregano, 1 teaspoon garlic powder, 1/2 teaspoon cumin, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Add the shrimp to the bowl and toss to coat evenly. Let marinate for at least 10 minutes.

#### Cook the Shrimp:

Arrange the marinated shrimp in a single layer in the air fryer basket. Air fry at 200°C for 6–8 minutes, shaking the basket halfway through cooking. The shrimp should be opaque and have a slight char.

#### Prepare the Salad:

While the shrimp is cooking, prepare the salad ingredients. In a large bowl, combine 120 g mixed greens, diced avocado, 150 g cherry tomatoes, 1/2 cucumber, 40 g red onion, 40 g olives, and 40 g crumbled feta cheese.

#### Make the Dressing:

In a small bowl or jar, whisk together 45 ml olive oil, 15 ml red wine vinegar, 1 teaspoon Dijon mustard, 1 clove garlic (minced), 1 teaspoon oregano, and 1/2 teaspoon honey (if using). Season with salt and black pepper to taste.

#### Assemble the Salad:

Once the shrimp is done cooking, let it cool slightly before adding it to the salad. Drizzle the salad with the dressing.

# Air Fryer Seafood Paella

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

200 g short-grain rice (e.g., Arborio or Bomba)  
1 tablespoon extra virgin olive oil  
1 onion, finely chopped  
3 cloves garlic, minced  
1 bell pepper, diced  
150 g cherry tomatoes, halved  
130 g frozen peas  
200 g seafood mix (e.g., shrimp, mussels, squid), thawed and drained  
120 ml white wine (optional)  
480 ml low-sodium chicken or vegetable broth  
1 teaspoon smoked paprika  
1 teaspoon ground turmeric  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
Salt and black pepper to taste  
Lemon wedges for serving  
Fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### Prepare the Ingredients:

Rinse the 200 g rice under cold water and drain.

#### Sauté the Vegetables:

In a large, oven-safe skillet or dish that fits in your air fryer, heat 1 tablespoon olive oil over medium heat. Add the chopped onion and cook until translucent, about 3–4 minutes. Stir in the minced garlic and cook for another minute until fragrant. Add the bell pepper and cook for 2 minutes.

#### Combine Ingredients:

Stir in 150 g cherry tomatoes, 130 g peas, and 200 g seafood mix. Cook for 2–3 minutes until the seafood starts to cook. Add 120 ml white wine (if using) and let it reduce for 2 minutes. Stir in the rice, 1 teaspoon smoked paprika, 1 teaspoon turmeric, 1 teaspoon oregano, 1/2 teaspoon cumin, salt, and black pepper. Pour in 480 ml chicken or vegetable broth and stir to combine all ingredients.

#### Cook the Paella:

Place the skillet or dish into the air fryer basket. Air fry at 175°C for 15 minutes.

#### Check and Serve:

After 15 minutes, check that the rice is tender and the seafood is cooked through. If necessary, add a bit more broth and cook for an additional 2–3 minutes.

# Chapter 9: Poultry and Meat

## Greek Lemon Chicken Thighs

PREP: 45 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

4 boneless, skinless chicken thighs  
45 ml extra virgin olive oil  
Juice of 2 lemons  
Zest of 1 lemon  
4 cloves garlic, minced  
1 tablespoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon ground cumin  
1 teaspoon smoked paprika  
Salt and black pepper to taste  
Fresh parsley, chopped (for garnish)  
Lemon wedges for serving

### INSTRUCTIONS

#### **Marinate the Chicken:**

In a large mixing bowl, combine the olive oil, lemon juice, lemon zest, minced garlic, oregano, thyme, cumin, smoked paprika, salt, and black pepper. Add the chicken thighs to the bowl and coat them evenly with the marinade. Cover the bowl and marinate the chicken in the refrigerator for at least 30 minutes (or up to 2 hours for more flavor).

#### **Preheat the Air Fryer:**

Preheat the air fryer to 190°C for about 5 minutes.

#### **Prepare the Air Fryer Basket:**

Lightly spray the air fryer basket with cooking spray or use parchment liners to prevent sticking.

#### **Air Fry the Chicken:**

Place the marinated chicken thighs in a single layer in the air fryer basket. Air fry at 190°C for 10 minutes. After 10 minutes, shake the basket or turn the chicken thighs over to ensure even cooking. Continue to air fry for another 8–10 minutes or until the internal temperature of the chicken reaches 75°C.

#### **Serve:**

Remove the chicken from the air fryer and let it rest for a few minutes. Garnish with chopped fresh parsley and serve with lemon wedges.

## Air Fryer Lamb Kofta

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

450 g ground lamb  
1 small onion, finely chopped  
3 cloves garlic, minced  
15 g fresh parsley, finely chopped  
15 g fresh mint, finely chopped  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground cinnamon  
1/2 teaspoon ground allspice  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt  
15 ml olive oil

### INSTRUCTIONS

#### **Prepare the Lamb Mixture:**

In a large mixing bowl, combine the ground lamb, chopped onion, minced garlic, parsley, mint, cumin, coriander, cinnamon, allspice, black pepper, and salt.

#### **Shape the Kofta:**

With damp hands, take a small portion of the lamb mixture (about 2 tablespoons) and shape it into a small sausage or oval shape.

#### **Prepare the Air Fryer Basket:**

Lightly spray the air fryer basket with cooking spray or use parchment liners to prevent sticking.

#### **Cook the Kofta:**

Place the kofta in a single layer in the air fryer basket, ensuring they do not touch or overlap. Lightly brush the kofta with olive oil to help with browning. Air fry at 190°C for 7–8 minutes. After 7–8 minutes, shake the basket or turn the kofta to ensure even cooking. Continue to air fry for another 7–8 minutes or until the internal temperature reaches 71°C and the kofta are nicely browned.

## Poultry and Meat

# Stuffed Chicken Breasts

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

4 boneless, skinless chicken breasts  
75 g crumbled feta cheese  
30 g sun-dried tomatoes, chopped  
30 g Kalamata olives, pitted and chopped  
30 g fresh spinach, chopped  
2 cloves garlic, minced  
1 tablespoon fresh oregano, chopped (or 1 teaspoon dried oregano)  
1 tablespoon fresh basil, chopped (or 1 teaspoon dried basil)  
1/2 teaspoon black pepper  
1/2 teaspoon salt  
15 ml olive oil  
1 lemon, sliced for garnish

### INSTRUCTIONS

#### **Prepare the Filling:**

In a medium bowl, combine the feta cheese, sun-dried tomatoes, Kalamata olives, spinach, garlic, oregano, basil, black pepper, and salt. Mix well.

#### **Prepare the Chicken Breasts:**

Using a sharp knife, make a horizontal slit along the thickest part of each chicken breast to create a pocket for the filling. Be careful not to cut all the way through. Stuff each chicken breast with the prepared filling, securing it with toothpicks if necessary.

#### **Preheat the Air Fryer:**

Preheat the air fryer to 190°C for about 5 minutes.

#### **Prepare the Air Fryer Basket:**

Lightly spray the air fryer basket with cooking spray or use parchment liners to prevent sticking.

#### **Cook the Chicken Breasts:**

Brush the stuffed chicken breasts with olive oil to promote browning. Place the chicken breasts in the air fryer basket in a single layer, ensuring they do not touch or overlap. Air fry at 190°C for 10 minutes. After 10 minutes, shake the basket or turn the chicken breasts to ensure even cooking. Continue to air fry for another 8–10 minutes or until the internal temperature reaches 74°C and the chicken is nicely browned.

# Spiced Air Fryer Turkey Meatballs

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

450 g ground turkey  
30 g breadcrumbs  
20 g grated Parmesan cheese  
15 g finely chopped fresh parsley  
2 cloves garlic, minced  
1 egg, beaten  
15 ml olive oil  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon ground paprika  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### INSTRUCTIONS

#### **Prepare the Mixture:**

In a large mixing bowl, combine the ground turkey, breadcrumbs, Parmesan cheese, parsley, minced garlic, beaten egg, and olive oil.

#### **Add the Spices:**

Add the ground cumin, ground coriander, ground paprika, ground cinnamon, ground nutmeg, salt, and black pepper to the mixture. Mix well until all ingredients are evenly distributed.

#### **Form the Meatballs:**

Using your hands or a small ice cream scoop, form the mixture into meatballs, about 2.5 to 4 cm in diameter. You should get about 16–20 meatballs.

#### **Prepare the Air Fryer Basket:**

Lightly spray the air fryer basket with cooking spray or use parchment liners to prevent sticking.

#### **Air Fry the Meatballs:**

Place the meatballs in a single layer in the air fryer basket, ensuring they do not touch. Cook the meatballs at 190°C for 12–15 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The meatballs should be golden brown and cooked through with an internal temperature of at least 75°C.

## Poultry and Meat

# Air Fryer Chicken Souvlaki

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

680 g chicken breast, cut into 2.5 cm cubes  
30 ml olive oil  
45 ml lemon juice (about 1 lemon)  
3 cloves garlic, minced  
1 tablespoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/2 teaspoon ground coriander  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Wooden skewers (soaked in water for 30 minutes to prevent burning)

### INSTRUCTIONS

#### **Marinate the Chicken:**

In a large bowl, combine olive oil, lemon juice, garlic, oregano, thyme, cumin, paprika, coriander, salt, and black pepper. Add the chicken cubes to the marinade and toss to coat evenly. Cover and refrigerate for at least 1 hour (or overnight for best results).

#### **Preheat the Air Fryer:**

Preheat your air fryer to 190°C for 5 minutes.

#### **Prepare the Skewers:**

Thread the marinated chicken cubes onto the soaked wooden skewers.

#### **Cook the Chicken Souvlaki:**

Lightly grease the air fryer basket or use parchment liners to prevent sticking. Place the skewers in a single layer in the air fryer basket. Cook at 190°C for 10 minutes. Shake the basket or turn the skewers halfway through the cooking time to ensure even cooking.

Continue cooking for an additional 5–10 minutes or until the chicken is cooked through and has reached an internal temperature of 74°C.

#### **Serve:**

Serve the chicken souvlaki hot with a side of tzatziki sauce, a Greek salad, and whole wheat pita bread or quinoa for a complete Mediterranean meal.

# Greek Lamb Chops with Mint Yogurt

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### **For the Lamb Chops:**

8 lamb chops (about 680 g)  
45 ml olive oil  
30 ml lemon juice (about 1 lemon)  
3 cloves garlic, minced  
2 teaspoons dried oregano  
1 teaspoon dried thyme  
1 teaspoon ground cumin  
1 teaspoon paprika  
1 teaspoon salt  
1/2 teaspoon black pepper

#### **For the Mint Yogurt:**

240 g Greek yogurt  
10 g fresh mint leaves, finely chopped  
15 ml lemon juice  
1 clove garlic, minced  
Salt and pepper to taste

### INSTRUCTIONS

#### **Marinate the Lamb Chops:**

In a large bowl, combine olive oil, lemon juice, garlic, oregano, thyme, cumin, paprika, salt, and black pepper. Add the lamb chops and toss to coat evenly. Cover and refrigerate for at least 1 hour (or overnight for best results).

#### **Prepare the Mint Yogurt:**

In a small bowl, mix together Greek yogurt, chopped mint leaves, lemon juice, garlic, salt, and pepper. Cover and refrigerate until ready to serve.

#### **Cook the Lamb Chops:**

Lightly grease the air fryer basket or use parchment liners to prevent sticking. Place the lamb chops in a single layer in the air fryer basket. Cook at 190°C for 6–7 minutes on each side, or until the internal temperature reaches 63°C for medium-rare, or your desired doneness. Shake the basket or turn the lamb chops halfway through the cooking time to ensure even cooking.

#### **Serve:**

Serve the lamb chops hot, topped with a dollop of mint yogurt. Accompany with a side of roasted vegetables, a Greek salad, or a serving of couscous or quinoa.

## Poultry and Meat

# Chicken Gyros

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Chicken:

680 g boneless, skinless chicken thighs or breasts, cut into strips  
45 ml olive oil  
30 ml lemon juice (about 1 lemon)  
3 cloves garlic, minced  
2 teaspoons dried oregano  
1 teaspoon ground cumin, 1 teaspoon paprika  
1 teaspoon ground coriander  
1 teaspoon salt, 1/2 teaspoon black pepper

#### For the Tzatziki Sauce:

240 g Greek yogurt  
1/2 cucumber, grated and excess water squeezed out, 15 ml lemon juice  
1 clove garlic, minced  
1 tablespoon fresh dill, chopped  
Salt and pepper to taste

#### For the Gyros:

4 whole-wheat pita breads or flatbreads  
150 g cherry tomatoes, halved  
1/2 red onion, thinly sliced  
50 g shredded lettuce  
75 g crumbled feta cheese

### INSTRUCTIONS

#### Marinate the Chicken:

In a large bowl, combine olive oil, lemon juice, garlic, oregano, cumin, paprika, coriander, salt, and black pepper. Add the chicken strips and toss to coat evenly. Cover and refrigerate for at least 1 hour (or overnight for best results).

#### Prepare the Tzatziki Sauce:

In a small bowl, mix together Greek yogurt, grated cucumber, lemon juice, garlic, dill, salt, and pepper. Cover and refrigerate until ready to serve.

#### Preheat the Air Fryer:

Preheat your air fryer to 190°C for 5 minutes.

#### Cook the Chicken:

Lightly grease the air fryer basket or use parchment liners to prevent sticking. Place the marinated chicken strips in a single layer in the air fryer basket. Cook at 190°C for 12–15 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The chicken should be cooked through and slightly crispy on the edges.

#### Assemble the Gyros:

Warm the pita bread.  
Spread a generous amount of tzatziki sauce on each pita.  
Top with the cooked chicken strips, cherry tomatoes, red onion, shredded lettuce, and crumbled feta cheese.

# Mediterranean Beef Kebabs

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

680 g beef sirloin, cut into 2.5 cm cubes  
30 ml olive oil  
30 ml lemon juice (about 1 lemon)  
3 cloves garlic, minced  
2 teaspoons dried oregano  
1 teaspoon ground cumin  
1 teaspoon paprika  
1 teaspoon ground coriander  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 red bell pepper, cut into 2.5 cm pieces  
1 green bell pepper, cut into 2.5 cm pieces  
1 red onion, cut into 2.5 cm pieces

### INSTRUCTIONS

#### Marinate the Beef:

In a large bowl, combine olive oil, lemon juice, garlic, oregano, cumin, paprika, coriander, salt, and black pepper. Add the beef cubes and toss to coat evenly. Cover and refrigerate for at least 1 hour (or overnight for best results).

#### Preheat the Air Fryer:

Preheat your air fryer to 190°C for 5 minutes.

#### Assemble the Kebabs:

Thread the marinated beef cubes onto skewers, alternating with pieces of red bell pepper, green bell pepper, and red onion.

#### Cook the Kebabs:

Lightly grease the air fryer basket or use parchment liners to prevent sticking. Place the kebabs in a single layer in the air fryer basket. Cook at 190°C for 12–15 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The beef should be cooked through and the vegetables should be slightly charred.

#### Serve the Kebabs:

Remove the kebabs from the air fryer and let them rest for a few minutes before serving.

## Poultry and Meat

# Chicken Thighs with Olives and Capers

PREP: 15 MIN

COOK: 30 MIN

SERVES: 4

### INGREDIENTS

4 bone-in, skin-on chicken thighs  
30 ml olive oil  
15 ml lemon juice  
3 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon paprika  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt  
75 g green olives, pitted and halved  
2 tablespoons capers, drained  
1 lemon, sliced thin

### INSTRUCTIONS

#### **Prepare the Marinade:**

In a large bowl, mix together the olive oil, lemon juice, minced garlic, oregano, thyme, paprika, black pepper, and salt.

#### **Marinate the Chicken:**

Add the chicken thighs to the bowl and coat them thoroughly with the marinade. Let it sit for at least 15 minutes or up to 2 hours in the refrigerator for deeper flavor.

#### **Prepare the Basket:**

Lightly grease the air fryer basket or use parchment liners to prevent sticking.

#### **Arrange the Chicken:**

Place the marinated chicken thighs in a single layer in the air fryer basket. Arrange the olives, capers, and lemon slices around and on top of the chicken.

#### **Cook the Chicken:**

Air fry the chicken thighs at 190°C for 25–30 minutes, shaking the basket halfway through cooking to ensure even cooking. The internal temperature of the chicken should reach 74°C.

#### **Rest the Chicken:**

Once cooked, remove the chicken thighs from the air fryer and let them rest for a few minutes before serving.

# Lemon and Herb Turkey Burgers

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

450 g ground turkey  
40 g finely chopped red onion  
2 cloves garlic, minced  
8 g fresh parsley, finely chopped  
4 g fresh dill, finely chopped  
1 teaspoon lemon zest  
15 ml lemon juice  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
15 ml olive oil

### INSTRUCTIONS

#### **Prepare the Turkey Burger Mixture:**

In a large bowl, combine the ground turkey, red onion, garlic, parsley, dill, lemon zest, lemon juice, oregano, cumin, salt, and black pepper. Mix until all ingredients are well incorporated.

#### **Form the Patties:**

Divide the mixture into 4 equal portions and shape each portion into a patty about 1.25 cm thick.

#### **Preheat the Air Fryer:**

Preheat your air fryer to 190°C for 5 minutes.

#### **Prepare the Basket:**

Lightly grease the air fryer basket or use parchment liners to prevent sticking.

#### **Cook the Turkey Burgers:**

Place the turkey patties in the air fryer basket in a single layer. Lightly brush or spray the tops with olive oil. Air fry at 190°C for 15–18 minutes, flipping the patties halfway through the cooking time. The internal temperature of the burgers should reach 74°C.

#### **Rest the Burgers:**

Once cooked, remove the turkey burgers from the air fryer and let them rest for a few minutes before serving.

## Poultry and Meat

# Stuffed Pork Tenderloin with Spinach and Feta

PREP: 20 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffed Pork Tenderloin:

450 g pork tenderloin  
30 g fresh spinach, chopped  
75 g crumbled feta cheese  
30 g sun-dried tomatoes, chopped  
2 cloves garlic, minced  
1 tablespoon fresh rosemary, chopped  
1 tablespoon fresh thyme, chopped  
15 ml olive oil  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt

#### For the Marinade:

30 ml olive oil  
15 ml balsamic vinegar  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

### INSTRUCTIONS

#### Prepare the Pork Tenderloin:

Use a sharp knife to carefully cut a slit lengthwise down the center of the pork tenderloin, creating a pocket for the stuffing.

#### Stuff the Tenderloin:

In a bowl, combine the chopped spinach, crumbled feta, sun-dried tomatoes, minced garlic, rosemary, thyme, olive oil, black pepper, and salt. Spoon the spinach and feta mixture into the pocket of the pork tenderloin. Use toothpicks to secure the open edges and prevent the stuffing from spilling out.

#### Marinate the Pork:

In a small bowl, whisk together the olive oil, balsamic vinegar, oregano, garlic powder, salt, and black pepper. Brush the outside of the stuffed pork tenderloin with the marinade. Let it sit for 10–15 minutes to absorb the flavors.

#### Air Fry the Tenderloin:

Place the stuffed pork tenderloin in the air fryer basket. Cook at 190°C for 20–25 minutes, turning halfway through the cooking time. The internal temperature should reach 63°C for medium doneness.

#### Rest the Pork:

Once cooked, remove the pork tenderloin from the air fryer and let it rest for 5 minutes before slicing. This allows the juices to redistribute and makes for a more tender result.

# Spiced Chicken with Spinach and Feta

PREP: 45 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Moroccan-Spiced Chicken:

680 g chicken thighs, boneless and skinless  
30 ml olive oil  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon paprika  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground turmeric  
1/4 teaspoon cayenne pepper (optional for extra heat)  
2 cloves garlic, minced  
15 ml fresh lemon juice  
1 teaspoon honey  
1/2 teaspoon salt  
1/2 teaspoon black pepper

#### For the Spinach and Feta:

60 g fresh spinach, chopped  
75 g crumbled feta cheese  
30 g sun-dried tomatoes, chopped  
1 tablespoon fresh parsley, chopped  
15 ml olive oil  
1/4 teaspoon black pepper  
1/4 teaspoon salt

### INSTRUCTIONS

#### Marinate the Chicken:

In a large bowl, combine the olive oil, cumin, coriander, paprika, cinnamon, turmeric, cayenne pepper (if using), minced garlic, lemon juice, honey, salt, and black pepper. Add the chicken thighs to the bowl and toss to coat thoroughly. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.

#### Cook the Chicken:

Lightly grease the air fryer basket or use parchment liners to prevent sticking. Arrange the marinated chicken thighs in a single layer in the basket. Air fry at 193°C for 10 minutes. Flip the chicken thighs and cook for an additional 10–15 minutes, or until the internal temperature reaches 74°C and the chicken is cooked through.

#### Prepare the Spinach and Feta:

While the chicken is cooking, combine the chopped spinach, crumbled feta, sun-dried tomatoes, parsley, olive oil, salt, and black pepper in a bowl. Toss gently to mix.

#### Assemble and Serve:

Once the chicken is cooked, let it rest for a few minutes before slicing. Serve the chicken over a bed of the spinach and feta mixture. The residual heat from the chicken will slightly wilt the spinach, enhancing the flavors.

## Poultry and Meat

# Meatball Subs with Marinara

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Meatballs:

450 g lean ground beef or turkey  
60 g whole wheat breadcrumbs  
20 g grated Parmesan cheese  
15 g finely chopped fresh parsley  
2 cloves garlic, minced  
1 egg, beaten  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For the Marinara Sauce:

240 ml marinara sauce (store-bought or homemade)  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon red pepper flakes (optional for heat)

#### For the Subs:

4 whole wheat sub rolls  
100 g shredded part-skim mozzarella cheese  
Fresh basil or parsley for garnish (optional)

### INSTRUCTIONS

#### Prepare the Meatballs:

In a large bowl, combine the ground meat, whole wheat breadcrumbs, Parmesan cheese, parsley, minced garlic, beaten egg, oregano, basil, salt, and black pepper. Form the mixture into 12–16 meatballs, about 3.8 cm in diameter. Place them on a baking sheet and chill in the refrigerator for at least 30 minutes to help them hold their shape during cooking.

#### Cook the Meatballs:

Air fry at 190°C for 10 minutes. Flip the meatballs and cook for an additional 5–10 minutes, or until they are cooked through and reach an internal temperature of 74°C.

#### Prepare the Marinara Sauce:

In a small saucepan, heat the marinara sauce over medium heat. Stir in the dried oregano, dried basil, and red pepper flakes (if using). Simmer for a few minutes until heated through.

#### Assemble the Subs:

Slice the whole wheat sub rolls lengthwise but not all the way through. Place 3–4 meatballs into each sub roll. Spoon marinara sauce over the meatballs and sprinkle with shredded mozzarella cheese. Place the assembled subs back into the air fryer basket. Air fry at 190°C for 3–5 minutes.

# Greek-Style Beef Patties with Tzatziki

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Beef Patties:

450 g lean ground beef  
60 g finely chopped onion  
15 g finely chopped fresh parsley  
2 cloves garlic, minced  
30 g breadcrumbs (whole wheat preferred)  
30 g crumbled feta cheese  
1 egg, beaten  
1 teaspoon dried oregano  
1 teaspoon dried mint  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon black pepper

#### For the Tzatziki Sauce:

240 g plain Greek yogurt (non-fat or low-fat)  
1/2 cucumber, grated, and excess moisture squeezed out  
2 cloves garlic, minced  
15 ml olive oil  
15 ml fresh lemon juice  
1 tablespoon chopped fresh dill (or 1 teaspoon dried dill), 1/4 teaspoon salt  
1/4 teaspoon black pepper

### INSTRUCTIONS

#### Prepare the Beef Patties:

In a large bowl, combine the ground beef, chopped onion, parsley, minced garlic, breadcrumbs, crumbled feta cheese, beaten egg, oregano, mint, cumin, salt, and black pepper. Mix until well combined, but avoid overmixing. Divide the mixture into 4 equal portions and shape into patties about 1.25 cm thick. Place the patties on a plate and chill in the refrigerator for at least 30 minutes to help them hold their shape during cooking.

#### Cook the Beef Patties:

Arrange the chilled patties in a single layer in the air fryer basket.

Air fry at 190°C for 10 minutes. Flip the patties and cook for an additional 5–10 minutes, or until they are cooked through and reach an internal temperature of 71°C.

#### Prepare the Tzatziki Sauce:

In a medium bowl, combine the Greek yogurt, grated cucumber, minced garlic, olive oil, lemon juice, chopped dill, salt, and black pepper. Mix well and refrigerate until ready to use.

#### Serve the Beef Patties:

Serve the beef patties warm with a dollop of tzatziki sauce on the side.

## Poultry and Meat

# Garlic and Rosemary Pork Chops

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

4 bone-in pork chops (about 2.5 cm thick)  
30 ml olive oil  
4 cloves garlic, minced  
1 tablespoon fresh rosemary, chopped (or 1  
teaspoon dried rosemary)  
1 teaspoon lemon zest  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
Salt and freshly ground black pepper, to taste  
**For Serving:**  
Lemon wedges  
Fresh rosemary sprigs (optional)

### INSTRUCTIONS

**Prepare the Marinade:**

In a small bowl, combine olive oil, minced garlic, chopped rosemary, lemon zest, oregano, thyme, salt, and black pepper.

**Marinate the Pork Chops:**

Rub the pork chops all over with the marinade mixture. Allow them to marinate for at least 15 minutes. For best results, marinate in the refrigerator for 1 hour.

**Cook the Pork Chops:**

Place the marinated pork chops in the air fryer basket. Ensure they are not overlapping to allow for even cooking. Air fry the pork chops at 200°C for 10 minutes. Flip the pork chops halfway through cooking to ensure they cook evenly.

**Check for Doneness:**

The pork chops should reach an internal temperature of 63°C for optimal doneness. If needed, cook for an additional 2–3 minutes, checking frequently to avoid overcooking.

**Rest and Serve:**

Let the pork chops rest for 5 minutes before serving. This allows the juices to be redistributed and enhances the flavor.

**Garnish:**

Serve with lemon wedges and optionally garnish with fresh rosemary sprigs.

# Mediterranean Chicken Drumsticks

PREP: 40 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

4 chicken drumsticks  
30 ml olive oil  
15 ml lemon juice  
3 cloves garlic, minced  
1 tablespoon fresh oregano, chopped (or 1  
teaspoon dried oregano)  
1 tablespoon fresh rosemary, chopped (or 1  
teaspoon dried rosemary)  
1 teaspoon paprika  
1 teaspoon ground cumin  
1 teaspoon dried thyme  
1 teaspoon ground coriander  
Salt and freshly ground black pepper to taste  
1 tablespoon chopped fresh parsley (for  
garnish, optional)

### INSTRUCTIONS

**Prepare the Marinade:**

In a large bowl, mix together olive oil, lemon juice, minced garlic, oregano, rosemary, paprika, cumin, thyme, coriander, salt, and black pepper.

**Marinate the Chicken:**

Add the chicken drumsticks to the bowl and toss to coat evenly with the marinade. Cover and refrigerate for at least 30 minutes or up to 2 hours for more intense flavor.

**Preheat the Air Fryer:**

Preheat your air fryer to 200°C for 5 minutes.

**Cook the Drumsticks:**

Arrange the marinated chicken drumsticks in the air fryer basket. Make sure they are not overlapping to ensure even cooking. Air fry the drumsticks at 200°C for 20 minutes. Flip the drumsticks halfway through the cooking time to ensure they cook evenly and develop a crispy texture.

**Check for Doneness:**

The chicken drumsticks should reach an internal temperature of 74°C. If needed, continue cooking for an additional 5 minutes, checking frequently.

## Poultry and Meat

# Beef and Veggie Skewers

PREP: 45 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

450 g beef sirloin, cut into 2.5 cm cubes  
1 red bell pepper, cut into 2.5 cm pieces  
1 yellow bell pepper, cut into 2.5 cm pieces  
1 zucchini, sliced into 1.25 cm rounds  
1 red onion, cut into 2.5 cm pieces  
30 ml olive oil  
15 ml lemon juice  
3 cloves garlic, minced  
1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried rosemary)  
1 tablespoon fresh oregano, chopped (or 1 teaspoon dried oregano)  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/2 teaspoon ground coriander  
Salt and freshly ground black pepper, to taste  
Wooden or metal skewers (if using wooden skewers, soak them in water for at least 30 minutes to prevent burning)

### INSTRUCTIONS

#### Prepare the Marinade:

In a bowl, combine olive oil, lemon juice, minced garlic, rosemary, oregano, cumin, paprika, coriander, salt, and black pepper.

#### Marinate the Beef:

Add the beef cubes to the marinade, tossing to coat evenly. Cover and refrigerate for at least 30 minutes.

#### Assemble the Skewers:

Thread the marinated beef, bell peppers, zucchini, and red onion onto skewers, alternating between beef and vegetables.

#### Cook the Skewers:

Place the skewers in the air fryer basket in a single layer, leaving space between them for air circulation. You may need to work in batches depending on the size of your air fryer. Air fry at 200°C for 10–15 minutes, turning the skewers halfway through the cooking time to ensure even cooking. The beef should be browned and cooked to your desired level of doneness, and the vegetables should be tender.

#### Check for Doneness:

Ensure the beef reaches an internal temperature of at least 63°C for medium-rare, or adjust according to your preference.

# Spiced Lamb Meatballs with Tzatziki Sauce

PREP: 35 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Lamb Meatballs:

450 g ground lamb, 60 g fresh breadcrumbs  
20 g grated Parmesan cheese  
1 egg, lightly beaten  
1 small onion, finely chopped  
3 cloves garlic, minced  
1 tablespoon fresh mint, chopped (or 1 teaspoon dried mint)  
1 tablespoon fresh parsley, chopped  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon smoked paprika  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt  
15 ml olive oil (for brushing)

#### For the Tzatziki Sauce:

240 g Greek yogurt (plain, full-fat, or 2%)  
1/2 cucumber, finely grated and drained  
1 clove garlic, minced, 1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill)  
15 ml fresh lemon juice  
15 ml olive oil, Salt and pepper, to taste

### INSTRUCTIONS

#### Prepare the Meatballs:

In a large bowl, combine the ground lamb, fresh breadcrumbs, Parmesan cheese, beaten egg, chopped onion, minced garlic, mint, parsley, cumin, coriander, paprika, cinnamon, salt, and black pepper. Mix until well combined. Shape the mixture into 3.8 cm meatballs and place them on a plate.

#### (Optional) Marinate:

For enhanced flavor, cover and refrigerate the meatballs for 15 minutes to allow the spices to meld.

#### Cook the Meatballs:

Brush the meatballs lightly with olive oil. Place the meatballs in the air fryer basket in a single layer, leaving space between them for air circulation. You may need to work in batches depending on the size of your air fryer. Air fry at 200°C for 12–15 minutes, shaking the basket or turning the meatballs halfway through cooking for even browning. The meatballs should be browned and have an internal temperature of at least 71°C.

#### Prepare the Tzatziki Sauce:

In a bowl, combine Greek yogurt, grated cucumber, minced garlic, dill, lemon juice, olive oil, salt, and pepper. Mix well and refrigerate until ready to serve.

## Poultry and Meat

# Air Fryer Chicken and Vegetable Medley

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

450 g boneless, skinless chicken breasts, cut into bite-sized pieces  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
1 zucchini, sliced  
1 red onion, chopped  
150 g cherry tomatoes, halved  
30 ml olive oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon garlic powder  
1/2 teaspoon paprika  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### INSTRUCTIONS

#### **Prepare the Chicken and Vegetables:**

In a large bowl, combine the chicken pieces, bell peppers, zucchini, red onion, and cherry tomatoes.

In a small bowl, whisk together the olive oil, dried oregano, dried basil, garlic powder, paprika, ground cumin, salt, and black pepper.

Pour the olive oil mixture over the chicken and vegetables, tossing well to coat evenly.

#### **Preheat the Air Fryer:**

Preheat your air fryer to 200°C for 5 minutes.

#### **Cook the Chicken and Vegetables:**

Place the chicken and vegetable mixture in the air fryer basket in a single layer. You may need to work in batches depending on the size of your air fryer.

Air fry at 200°C for 15–20 minutes, shaking the basket or stirring the mixture halfway through cooking to ensure even cooking and browning. The chicken should be cooked thoroughly, and the vegetables should be tender.

#### **Serve:**

Remove from the air fryer and serve warm.

# Greek Turkey Meatloaf with Fresh Herbs

PREP: 15 MIN

COOK: 30 MIN

SERVES: 6

### INGREDIENTS

#### **For the Meatloaf:**

450 g ground turkey  
60 g whole wheat breadcrumbs  
40 g finely chopped onion  
2 cloves garlic, minced  
15 g chopped fresh parsley  
15 g chopped fresh basil  
15 g chopped fresh oregano  
75 g crumbled feta cheese  
1 large egg  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1/2 teaspoon paprika  
1/4 teaspoon black pepper  
1/2 teaspoon salt

#### **For the Topping:**

60 ml marinara sauce  
1 tablespoon chopped fresh basil (optional)

### INSTRUCTIONS

#### **Prepare the Meatloaf Mixture:**

In a large bowl, combine the ground turkey, whole wheat breadcrumbs, chopped onion, minced garlic, fresh parsley, fresh basil, fresh oregano, crumbled feta cheese, egg, dried oregano, dried thyme, paprika, black pepper, and salt. Mix until all ingredients are well incorporated. Be careful not to overmix, as this can make the meatloaf dense.

#### **Shape the Meatloaf:**

Transfer the mixture to a loaf pan or shape it into a loaf on a piece of parchment paper that fits into the air fryer basket.

#### **Cook the Meatloaf:**

Place the meatloaf in the air fryer basket, ensuring it is not touching the sides of the basket. Air fry at 190°C for 20 minutes. Check for doneness by inserting a meat thermometer into the center; it should read 74°C. If necessary, cook for an additional 5–10 minutes until fully cooked and browned on top.

#### **Add Topping:**

Brush the top of the meatloaf with marinara sauce during the last 5 minutes of cooking. Optionally, sprinkle additional fresh basil on top before serving.

## Chapter 10: Vegetarian Recipes

### Air Fryer Stuffed Zucchini Boats

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

#### INGREDIENTS

##### For the Zucchini Boats:

4 medium zucchini, halved lengthwise  
15 ml olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper

##### For the Stuffing:

185 g cooked quinoa  
75 g crumbled feta cheese  
75 g cherry tomatoes, halved  
35 g black olives, sliced  
40 g red onion, finely diced  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon crushed red pepper flakes (optional, for heat)  
1 tablespoon fresh parsley, chopped (for garnish)

#### INSTRUCTIONS

##### Prepare the Zucchini:

Wash and dry the zucchini. Cut them in half lengthwise and scoop out the center using a spoon, creating a boat-like shape. Brush the zucchini halves with olive oil and season with salt and pepper.

##### Prepare the Stuffing:

In a medium bowl, combine the cooked quinoa, crumbled feta cheese, cherry tomatoes, black olives, red onion, garlic, oregano, basil, and crushed red pepper flakes. Mix well.

##### Stuff the Zucchini:

Spoon the stuffing mixture evenly into each zucchini boat.

##### Preheat the Air Fryer:

Preheat the air fryer to 190°C.

##### Cook the Zucchini Boats:

Place the stuffed zucchini boats in the air fryer basket in a single layer. If necessary, cook in batches. Air fry at 190°C for 10–15 minutes, or until the zucchini is tender and the stuffing is golden and heated through. Check halfway through cooking and shake the basket if needed to ensure even cooking.

##### Serve:

Garnish with fresh parsley before serving.

### Mediterranean Veggie Skewers

PREP: 15 MIN

COOK: 12 MIN

SERVES: 4

#### INGREDIENTS

1 red bell pepper, cut into 2.5 cm chunks  
1 yellow bell pepper, cut into 2.5 cm chunks  
1 medium red onion, cut into 2.5 cm chunks  
150 g cherry tomatoes  
1 medium zucchini, sliced into 1.25 cm rounds  
100 g mushrooms, whole or halved if large  
30 ml olive oil  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/4 teaspoon smoked paprika  
1/4 teaspoon black pepper  
1/4 teaspoon salt  
1 tablespoon fresh parsley, chopped (for garnish)

#### INSTRUCTIONS

##### Prepare the Vegetables:

Wash and cut the bell peppers, red onion, zucchini, and mushrooms as specified. Place all the vegetables and cherry tomatoes in a large bowl.

##### Season the Vegetables:

Drizzle the olive oil over the vegetables. Sprinkle with dried oregano, basil, garlic powder, smoked paprika, salt, and black pepper. Toss well to ensure an even coating of the seasoning.

##### Assemble the Skewers:

Thread the seasoned vegetables onto skewers, alternating between different types for variety and color.

##### Cook the Skewers:

Place the skewers in the air fryer basket in a single layer. You may need to cook in batches if the basket is not large enough. Air fry at 190°C for 10–12 minutes, turning the skewers halfway through cooking to ensure even browning and cooking.

##### Serve:

Remove the skewers from the air fryer and garnish with fresh chopped parsley before serving.

## Vegetarian Recipes

# Air Fryer Eggplant with Parmesan

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Eggplant:

1 large eggplant, sliced into 1.25 cm thick rounds, 1 teaspoon salt  
60 g whole wheat breadcrumbs  
20 g grated Parmesan cheese  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon garlic powder  
1/4 teaspoon black pepper  
1/4 teaspoon paprika  
1 large egg, beaten  
30 g all-purpose flour (optional, for extra crispiness), Cooking spray

#### For the Tomato Sauce:

240 ml marinara sauce (store-bought or homemade), 1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1/4 teaspoon garlic powder  
1/4 teaspoon black pepper

#### For the Topping:

60 g shredded mozzarella cheese  
1 tablespoon chopped fresh basil (for garnish)

### INSTRUCTIONS

#### Eggplant Preparation:

Slice the eggplant and place it in a colander. Sprinkle with salt and let sit for 15 minutes to remove excess moisture and reduce bitterness. Rinse under cold water and pat dry.

#### Breading:

In a shallow bowl, mix whole wheat breadcrumbs, Parmesan, oregano, basil, garlic powder, black pepper, and paprika. Beat the egg in another bowl, and place flour in a third bowl (optional). Coat each slice in flour (if using), dip in the egg, and then press it into the breadcrumb mixture to ensure an even coating.

#### Air Frying:

Lightly spray the air fryer basket with cooking spray. Place the eggplant slices in a single layer, working in batches if needed. Air fry at 190°C for 10 minutes. Flip and cook for another 5–10 minutes or until golden and crispy.

#### Tomato Sauce:

Warm marinara sauce in a small saucepan with oregano, basil, garlic powder, and black pepper.

#### Assembling:

Place the cooked eggplant slices in a baking dish, spoon tomato sauce over each, and sprinkle with mozzarella. Return to the air fryer at 190°C for 3–5 minutes until the cheese melts.

# Spinach and Feta Stuffed Peppers

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffed Peppers:

4 large bell peppers (red, yellow, or green)  
185 g cooked quinoa (or rice)  
30 g fresh spinach, chopped  
75 g crumbled feta cheese  
80 g diced tomatoes (fresh or canned, drained)  
40 g finely chopped red onion  
2 cloves garlic, minced  
15 ml olive oil  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon ground cumin  
Salt and black pepper to taste

#### For Garnish (optional):

1 tablespoon chopped fresh parsley or basil

### INSTRUCTIONS

#### Prepare the Peppers:

Cut the tops off the bell peppers and remove the seeds and membranes.

#### Prepare the Filling:

In a large bowl, combine the cooked quinoa, chopped spinach, crumbled feta cheese, diced tomatoes, chopped red onion, minced garlic, and olive oil. Stir in the dried oregano, dried basil, ground cumin, salt, and black pepper. Mix until well combined.

#### Stuff the Peppers:

Spoon the filling mixture into each bell pepper, pressing down gently to pack the filling.

#### Cook the Peppers:

Lightly spray the air fryer basket with cooking spray or line it with parchment paper. Place the stuffed peppers in the basket, standing upright. Depending on the size of your air fryer, you may need to cook in batches. Air fry at 190°C for 15–20 minutes, or until the peppers are tender and the tops are slightly crispy. Check for doneness by piercing the peppers with a fork.

#### Serve:

Carefully remove the stuffed peppers from the air fryer. Garnish with chopped fresh parsley or basil, if desired.

## Vegetarian Recipes

# Falafel with Tzatziki

PREP: 20 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

#### For the Falafel:

200 g dried chickpeas (or 250 g canned chickpeas, drained and rinsed)  
1 small onion, chopped  
3 cloves garlic, minced  
15 g fresh parsley, chopped  
15 g fresh cilantro, chopped  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon paprika  
1/2 teaspoon baking powder  
16 g all-purpose flour (or gluten-free flour for a gluten-free option)  
Salt and black pepper to taste  
Olive oil spray

#### For the Tzatziki:

240 g Greek yogurt (plain, full-fat or low-fat)  
1/2 cucumber, peeled, seeded, and grated  
15 ml lemon juice  
1 tablespoon fresh dill, chopped (or 1 teaspoon dried dill)  
1 garlic clove, minced  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Falafel Mixture:

If using dried chickpeas, soak them in plenty of water for 8 hours or overnight. Drain and rinse well. If using canned chickpeas, skip this step. In a food processor, combine the chickpeas, onion, garlic, parsley, and cilantro. Pulse until the mixture is finely ground but not pureed. Add the cumin, coriander, paprika, baking powder, flour, salt, and black pepper. Pulse until well combined. If the mixture is too wet, add a little more flour. If it is too dry, add a tablespoon of water.

#### Shape the Falafel:

Form the falafel mixture into small balls or patties, about 2.5 to 3.8 cm in diameter. You can use your hands or a cookie scoop for even sizes.

#### Cook the Falafel:

Lightly spray the air fryer basket with olive oil spray. Arrange the falafel balls in the basket, making sure they are not touching to ensure even cooking. Air fry at 190°C for 15–20 minutes or until the falafel are golden brown and crispy.

#### Prepare the Tzatziki Sauce:

While the falafel is cooking, prepare the tzatziki sauce. In a bowl, combine the Greek yogurt, grated cucumber (squeezed to remove excess water), lemon juice, dill, minced garlic, salt, and black pepper. Mix well.

# Stuffed Tomatoes

PREP: 15 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

4 large ripe tomatoes  
90 g cooked quinoa (or couscous)  
30 g feta cheese, crumbled  
35 g black olives, sliced  
40 g red onion, finely chopped  
2 cloves garlic, minced  
15 g fresh spinach, chopped  
1 tablespoon fresh basil, chopped (or 1 teaspoon dried basil)  
1 tablespoon fresh parsley, chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
15 ml olive oil  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Tomatoes:

Wash the tomatoes and slice off the tops. Scoop out the seeds and pulp gently, leaving the tomato shells intact. Set aside.

#### Prepare the Filling:

In a medium bowl, combine the cooked quinoa, feta cheese, black olives, red onion, garlic, chopped spinach, basil, parsley, oregano, thyme, and olive oil. Mix well and season with salt and black pepper to taste.

#### Stuff the Tomatoes:

Carefully spoon the filling mixture into each tomato shell, packing it gently.

#### Preheat the Air Fryer:

Preheat the air fryer to 190°C.

#### Cook the Stuffed Tomatoes:

Lightly spray the air fryer basket with olive oil spray to prevent sticking. Place the stuffed tomatoes in the basket, making sure they are not touching. Air fry at 190°C for 15–20 minutes, or until the tomatoes are tender and the filling is slightly golden on top.

#### Serve:

Remove the stuffed tomatoes from the air fryer and let them cool slightly before serving.

## Vegetarian Recipes

# Cauliflower Steaks with Chimichurri

PREP: 10 MIN

COOK: 30 MIN

SERVES: 6

### INGREDIENTS

#### For the Cauliflower Steaks:

1 large head of cauliflower  
30 ml olive oil  
1 teaspoon smoked paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
Salt and black pepper to taste

#### For the Chimichurri Sauce:

60 g fresh parsley, packed  
30 g fresh cilantro, packed  
4 cloves garlic  
30 ml red wine vinegar  
120 ml olive oil  
1/2 teaspoon dried oregano  
1/4 teaspoon red pepper flakes (optional, for heat)  
Salt and black pepper to taste

### INSTRUCTIONS

#### Prepare the Cauliflower Steaks:

Remove the outer leaves and stem from the cauliflower, leaving the core intact. Slice the cauliflower into 1.25 cm thick steaks. Brush each steak with olive oil and season with smoked paprika, garlic powder, onion powder, dried oregano, dried thyme, salt, and black pepper.

#### Prepare the Chimichurri Sauce:

In a food processor or blender, combine the parsley, cilantro, garlic, red wine vinegar, olive oil, dried oregano, red pepper flakes (if using), salt, and black pepper. Process until well combined and the herbs are finely chopped. Adjust seasoning to taste.

#### Preheat the Air Fryer:

Preheat the air fryer to 193°C.

#### Cook the Cauliflower Steaks:

Lightly spray the air fryer basket with olive oil to prevent sticking. Place the cauliflower steaks in the basket in a single layer. You may need to cook them in batches depending on the size of your air fryer. Air fry at 193°C for 10 minutes. Flip the steaks and cook for an additional 5–10 minutes or until the cauliflower is tender and golden brown.

#### Serve:

Transfer the cooked cauliflower steaks to a serving platter and drizzle with chimichurri sauce.

# Greek Spinach Pie (Spanakopita) Bites

PREP: 20 MIN

COOK: 15 MIN

SERVES: 24

### INGREDIENTS

#### For the Filling:

60 g fresh spinach, chopped  
30 g fresh parsley, chopped  
15 g fresh dill, chopped  
150 g crumbled feta cheese  
120 g ricotta cheese  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 large egg, beaten  
15 ml olive oil  
Salt and black pepper to taste

#### For the Bites:

1 package phyllo dough (450 g), thawed  
60 ml olive oil for brushing

### INSTRUCTIONS

#### Prepare the Filling:

Heat 15 ml of olive oil in a skillet over medium heat. Sauté chopped onion for 3–4 minutes, then add garlic and cook for 1 minute. Add spinach, parsley, and dill. Cook until spinach wilts and moisture evaporates, about 5 minutes. Remove from heat and let cool slightly. In a bowl, mix the spinach with crumbled feta, ricotta, and a beaten egg. Season with salt and pepper.

#### Phyllo Dough Preparation:

Preheat the air fryer to 175°C. Lay one phyllo sheet on a surface, brush with olive oil, and repeat with 4 layers. Cut into 7.5 x 7.5 cm squares.

#### Assemble Bites:

Place a spoonful of filling on each phyllo square. Fold corners to form a pouch or triangle, sealing the edges.

#### Cook:

Brush the air fryer basket with olive oil. Arrange bites in a single layer, cooking in batches if needed. Air fry at 175°C for 8 minutes, flip and cook another 4–7 minutes until golden and crispy.

#### Serve:

Let cool slightly before serving.

## Vegetarian Recipes

# Portobello Mushrooms with Goat Cheese

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Mushrooms:

4 large Portobello mushrooms, cleaned and stems removed  
30 ml extra-virgin olive oil  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon smoked paprika  
Salt and black pepper, to taste

#### For the Goat Cheese Filling:

115 g goat cheese, softened  
15 g chopped fresh parsley  
15 g chopped fresh basil  
15 g chopped sun-dried tomatoes (optional)  
25 g finely grated Parmesan cheese  
1/2 teaspoon lemon zest

### INSTRUCTIONS

#### Prepare the Mushrooms:

Preheat the air fryer to 190°C. Brush the Portobello mushrooms with extra-virgin olive oil. In a small bowl, combine minced garlic, dried oregano, dried thyme, smoked paprika, salt, and black pepper. Rub the spice mixture evenly over both sides of each mushroom cap.

#### Prepare the Goat Cheese Filling:

In a mixing bowl, combine softened goat cheese, chopped parsley, chopped basil, sun-dried tomatoes (if using), grated Parmesan cheese, and lemon zest. Mix until well combined.

#### Stuff the Mushrooms:

Spoon the goat cheese mixture onto the center of each mushroom cap, spreading it out evenly.

#### Cook in Air Fryer:

Place the stuffed mushrooms in the air fryer basket in a single layer. You may need to work in batches depending on the size of your air fryer. Air fry at 190°C for 12–15 minutes, or until the mushrooms are tender and the cheese is golden and bubbly. You may want to check halfway through cooking and adjust the placement or flip the mushrooms for even cooking.

# Crispy Air Fryer Chickpeas with Herbs

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

1 can (425 g) chickpeas, drained and rinsed  
15 ml extra-virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon smoked paprika  
1/4 teaspoon ground cumin  
1/4 teaspoon ground coriander  
Salt and black pepper, to taste  
15 g chopped fresh parsley (for garnish)  
15 g chopped fresh basil (for garnish)  
1 tablespoon lemon zest (optional for added brightness)

### INSTRUCTIONS

#### Prepare the Chickpeas:

Preheat the air fryer to 200°C. After draining and rinsing the chickpeas, pat them dry thoroughly with paper towels. Removing excess moisture is crucial for achieving crispiness.

#### Season the Chickpeas:

In a large bowl, toss the chickpeas with extra-virgin olive oil until evenly coated. Add dried oregano, dried thyme, garlic powder, onion powder, smoked paprika, ground cumin, ground coriander, salt, and black pepper. Toss well to ensure all chickpeas are coated with the seasoning mixture.

#### Cook in Air Fryer:

Place the seasoned chickpeas in the air fryer basket. Spread them out in a single layer as much as possible to ensure even cooking. Air fry at 200°C for 15–20 minutes, shaking the basket halfway through cooking to ensure even crisping. The chickpeas are done when they are golden brown and crispy.

#### Cool and Garnish:

Transfer the crispy chickpeas to a bowl and let them cool slightly. Garnish with chopped fresh parsley, chopped basil, and lemon zest if desired.

## Vegetarian Recipes

# Artichoke Hearts with Lemon Aioli

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Artichoke Hearts:

1 can (400 g) artichoke hearts, drained and halved

30 ml extra-virgin olive oil

1 teaspoon dried oregano

1 teaspoon dried thyme

1/2 teaspoon garlic powder

1/2 teaspoon smoked paprika

Salt and black pepper, to taste

15 g chopped fresh parsley (for garnish)

#### For the Lemon Aioli:

120 g Greek yogurt

30 g mayonnaise

15 ml lemon juice

1 teaspoon lemon zest

1 clove garlic, minced

Salt and black pepper, to taste

### INSTRUCTIONS

#### Preheat the Air Fryer:

Preheat the air fryer to 190°C.

#### Season the Artichoke Hearts:

In a large bowl, toss the drained and halved artichoke hearts with extra-virgin olive oil until evenly coated. Add dried oregano, dried thyme, garlic powder, smoked paprika, salt, and black pepper. Toss well to ensure all artichoke hearts are coated with the seasoning mixture.

#### Cook in the Air Fryer:

Place the seasoned artichoke hearts in the air fryer basket. Spread them out in a single layer for even cooking. Air fry at 190°C for 12–15 minutes, shaking the basket halfway through cooking to ensure even crisping. The artichoke hearts are done when they are golden brown and crispy on the edges.

#### Preparing the Lemon Aioli:

In a small bowl, combine Greek yogurt, mayonnaise, lemon juice, lemon zest, minced garlic, salt, and black pepper. Mix well until smooth and creamy. Adjust seasoning to taste, if necessary.

#### Garnish and Serve:

Transfer the crispy artichoke hearts to a serving platter and garnish with chopped fresh parsley. Serve the artichoke hearts hot with the lemon aioli on the side for dipping.

# Veggie Burger Patties

PREP: 20 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

240 g cooked chickpeas, mashed

120 g grated zucchini, excess moisture squeezed out

75 g finely chopped red bell pepper

75 g finely chopped red onion

15 g chopped fresh parsley

2 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon dried oregano

1/2 teaspoon smoked paprika

1/2 teaspoon salt

1/4 teaspoon black pepper

30 g whole wheat breadcrumbs

1 large egg, beaten

30 ml extra-virgin olive oil (for brushing)

### INSTRUCTIONS

#### Mix Ingredients:

In a large bowl, combine mashed chickpeas, grated zucchini, red bell pepper, red onion, parsley, and minced garlic. Mix well.

#### Season the Mixture:

Add ground cumin, ground coriander, dried oregano, smoked paprika, salt, and black pepper to the mixture. Stir to combine.

#### Bind the Mixture:

Add whole wheat breadcrumbs and beaten egg to the mixture. Mix until all ingredients are well incorporated, and the mixture holds together.

#### Form Patties:

Divide the mixture into 4 equal portions and shape each portion into a patty about 1.25 cm thick.

#### Prepare for Cooking:

Lightly brush the air fryer basket with extra-virgin olive oil to prevent sticking, or use parchment liners.

#### Cook the Patties:

Place the patties in a single layer in the air fryer basket. Lightly brush the tops of the patties with olive oil.

Air fry at 190°C for 12–15 minutes, flipping halfway through cooking, until the patties are golden brown and crispy on the outside.

## Vegetarian Recipes

# Stuffed Mushrooms with Ricotta and Spinach

PREP: 15 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

12 large white or cremini mushrooms, stems removed and finely chopped  
60 g fresh spinach, chopped  
240 g ricotta cheese  
25 g grated Parmesan cheese  
2 cloves garlic, minced  
15 g fresh parsley, chopped  
15 g fresh basil, chopped  
15 ml olive oil  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Olive oil spray or parchment liners for the air fryer

### INSTRUCTIONS

#### **Mushroom Preparation:**

Clean the mushrooms with a damp paper towel and remove the stems. Finely chop the stems and set aside the caps.

#### **Sauté Spinach:**

Heat 15 ml of olive oil in a skillet over medium heat. Sauté minced garlic and chopped mushroom stems for 2–3 minutes. Add spinach and cook for another 2–3 minutes until wilted. Remove from heat to cool.

#### **Mix the Filling:**

In a bowl, combine ricotta, grated Parmesan, parsley, basil, oregano, salt, and pepper. Add the sautéed spinach and mushroom stems and mix well.

#### **Stuff the Mushrooms:**

Spoon the ricotta mixture into each mushroom cap, filling them completely.

#### **Preheat Air Fryer:**

Preheat the air fryer to 190°C for 3 minutes.

#### **Cook Mushrooms:**

Lightly spray the air fryer basket or use parchment liners. Place stuffed mushrooms in a single layer and spray the tops with olive oil. Air fry at 190°C for 12–15 minutes until mushrooms are tender and filling is golden. Shake the basket halfway through for even cooking.

# Roasted Red Pepper and Eggplant Dip

PREP: 15 MIN

COOK: 20 MIN

SERVES: 6

### INGREDIENTS

2 large red bell peppers  
1 medium eggplant  
2 cloves garlic, minced  
30 ml olive oil  
15 ml lemon juice  
1 teaspoon red wine vinegar  
1 teaspoon smoked paprika  
1/2 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
15 g fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### **Prepare Vegetables:**

Cut red bell peppers into quarters and eggplant into 2.5 cm rounds.

#### **Season:**

Toss peppers and eggplant with 30 ml olive oil, minced garlic, smoked paprika, cumin, oregano, salt, and pepper.

#### **Preheat Air Fryer:**

Preheat the air fryer to 190°C for 3 minutes.

#### **Cook:**

Place seasoned vegetables in a single layer in the air fryer basket, cooking in batches if needed. Air fry at 190°C for 15–20 minutes, shaking halfway through, until tender and slightly charred.

#### **Blend:**

Let the vegetables cool, then transfer to a food processor. Add lemon juice and red wine vinegar.

#### **Process:**

Blend until smooth and creamy. Adjust seasoning if necessary.

#### **Serve:**

Transfer to a bowl, garnish with fresh parsley, and serve.

## Vegetarian Recipes

# Sweet Potato Fries with Harissa

PREP: 10 MIN

COOK: 20 MIN

SERVES: 4

### INGREDIENTS

2 large sweet potatoes  
30 ml olive oil  
15 ml harissa paste  
1 teaspoon smoked paprika  
1/2 teaspoon ground cumin  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Fresh parsley, chopped (for garnish)

### INSTRUCTIONS

#### **Preparing the Sweet Potatoes:**

Peel the sweet potatoes and cut them into evenly sized fries, about 0.6 cm thick. In a large bowl, combine the olive oil, harissa paste, smoked paprika, ground cumin, garlic powder, salt, and black pepper. Mix well. Add the sweet potato fries to the bowl and toss to coat them evenly with the spice mixture.

#### **Cooking in the Air Fryer:**

Preheat the air fryer to 200°C for about 3 minutes. Place the sweet potato fries in a single layer in the air fryer basket. Depending on the size of your air fryer, you may need to cook in batches to avoid overcrowding. Air fry the sweet potato fries at 200°C for 15–20 minutes, shaking the basket halfway through cooking to ensure even cooking. The fries should be crispy and golden brown.

#### **Special Techniques and Tips:**

Shake the air fryer basket halfway through cooking to ensure the fries cook evenly and achieve maximum crispiness. Lightly spray the air fryer basket with olive oil spray or use parchment liners to prevent the fries from sticking.

#### **Garnishing and Serving:**

Once cooked, transfer the sweet potato fries to a serving dish and garnish with chopped fresh parsley. Serve the sweet potato fries with a side of Greek yogurt or tzatziki sauce for dipping.

# Greek-Style Stuffed Eggplant

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

2 large eggplants  
30 ml olive oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
150 g cherry tomatoes, halved  
75 g crumbled feta cheese  
35 g kalamata olives, pitted and chopped  
15 g fresh parsley, chopped  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon ground cumin  
Salt and black pepper, to taste  
30 g breadcrumbs (optional for extra texture)

### INSTRUCTIONS

#### **Prepare Eggplants:**

Preheat the air fryer to 190°C. Halve the eggplants lengthwise and scoop out the flesh, leaving a 0.6 cm shell. Finely chop the flesh.

#### **Sauté Filling:**

Heat 15 ml of olive oil in a skillet over medium heat. Sauté chopped onion and garlic for 3–4 minutes. Add eggplant flesh, cherry tomatoes, oregano, basil, cumin, salt, and pepper. Cook for 5–7 minutes until soft. Remove from heat and stir in feta, olives, and parsley.

#### **Fill Eggplants:**

Brush the inside of the eggplant shells with olive oil. Fill each shell with the vegetable mixture. Optionally, top with breadcrumbs.

#### **Air Fry:**

Place stuffed eggplants in the air fryer basket without overlapping. Air fry at 190°C for 20–25 minutes until tender and golden.

#### **Serve:**

Garnish with parsley and crumbled feta. Serve with Greek salad, quinoa, or bulgur, and a side of tzatziki.

## Vegetarian Recipes

# Asparagus with Lemon and Parmesan

PREP: 5 MIN

COOK: 10 MIN

SERVES: 4

### INGREDIENTS

450 g fresh asparagus, trimmed  
15 ml olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
25 g grated Parmesan cheese  
Zest of 1 lemon  
15 ml fresh lemon juice

### INSTRUCTIONS

#### **Preparing the Asparagus:**

Preheat the air fryer to 190°C for about 3 minutes. Wash and trim the asparagus by snapping off the woody ends. In a large bowl, toss the asparagus with olive oil, sea salt, black pepper, garlic powder, dried oregano, and dried thyme.

#### **Cooking in the Air Fryer:**

Place the seasoned asparagus in the air fryer basket in a single layer. Depending on the size of your air fryer, you may need to cook in batches.

Air fry at 190°C for 8–10 minutes, shaking the basket halfway through cooking to ensure even crisping.

After 8–10 minutes, open the air fryer and sprinkle the grated Parmesan cheese over the asparagus. Air fry for an additional 1–2 minutes until the cheese melts and becomes slightly golden.

#### **Serving Suggestions:**

Garnish with additional grated Parmesan and a sprinkle of fresh herbs like parsley or basil if desired.

Serve the Air Fryer Asparagus with Lemon and Parmesan as a side dish with grilled fish, chicken, or a hearty grain like quinoa or farro. It also pairs well with a Mediterranean-style salad.

# Roasted Garlic Brussels Sprouts

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

450 g Brussels sprouts, trimmed and halved  
30 ml olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
1 teaspoon garlic powder  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
1/4 teaspoon red pepper flakes (optional)  
4 cloves garlic, thinly sliced  
15 ml lemon juice  
15 g grated Parmesan cheese (optional)  
Fresh parsley, chopped, for garnish

### INSTRUCTIONS

#### **Preparing the Brussels Sprouts:**

Preheat the air fryer to 190°C for about 3 minutes. Wash and trim the Brussels sprouts by cutting off the stem end and halving them lengthwise. In a large bowl, toss the Brussels sprouts with olive oil, sea salt, black pepper, garlic powder, dried thyme, dried rosemary, and red pepper flakes (if using).

#### **Cooking in the Air Fryer:**

Place the seasoned Brussels sprouts in the air fryer basket in a single layer. Add the thinly sliced garlic on top. Air fry at 190°C for 10–12 minutes, shaking the basket halfway through cooking to ensure even roasting. After 10–12 minutes, open the air fryer and drizzle the Brussels sprouts with lemon juice. If desired, sprinkle with grated Parmesan cheese. Air fry for an additional 2–3 minutes until the Brussels sprouts are crispy and the cheese is melted.

#### **Serving Suggestions:**

Transfer the cooked Brussels sprouts to a serving platter. Garnish with chopped fresh parsley. Serve the Roasted Garlic Brussels Sprouts as a side dish with grilled chicken, fish, or lamb. They also pair well with a grain salad or as part of a Mediterranean mezze platter.

## Vegetarian Recipes

# Broccoli with Lemon Tahini Sauce

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Broccoli:

450 g broccoli florets  
30 ml olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon smoked paprika

#### For the Lemon Tahini Sauce:

60 g tahini  
30 ml lemon juice  
15 ml olive oil  
1 clove garlic, minced  
30 ml water (more as needed for desired consistency)  
1/4 teaspoon sea salt  
1/4 teaspoon ground cumin  
1/4 teaspoon paprika

#### Garnish:

1 tablespoon sesame seeds, toasted  
Fresh parsley, chopped

### INSTRUCTIONS

#### Preparing the Broccoli:

Preheat the air fryer to 190°C for about 3 minutes. In a large bowl, toss the broccoli florets with olive oil, sea salt, black pepper, garlic powder, and smoked paprika until evenly coated.

#### Cooking in the Air Fryer:

Place the seasoned broccoli florets in the air fryer basket in a single layer. Use parchment liners if necessary to prevent sticking.

Air fry at 190°C for 12–15 minutes, shaking the basket halfway through cooking to ensure even roasting.

#### Preparing the Lemon Tahini Sauce:

In a small bowl, whisk together tahini, lemon juice, olive oil, minced garlic, water, sea salt, ground cumin, and paprika until smooth. Adjust the water as needed to achieve a pourable consistency.

#### Serving Suggestions:

Transfer the air-fried broccoli to a serving platter. Drizzle with the lemon tahini sauce. Sprinkle with toasted sesame seeds and chopped fresh parsley for added flavor and presentation.

Serve the Air Fryer Broccoli with Lemon Tahini Sauce as a side dish with grilled chicken, fish, or tofu. It also pairs well with a grain salad or as part of a Mediterranean mezze platter.

# Quinoa and Vegetable Stuffed Peppers

PREP: 20 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Stuffed Peppers:

4 large bell peppers (red, yellow, orange, or green), tops cut off and seeds removed  
185 g quinoa, rinsed  
480 ml vegetable broth  
15 ml olive oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 medium zucchini, diced  
150 g cherry tomatoes, halved  
75 g Kalamata olives, pitted and chopped  
75 g crumbled feta cheese  
15 g chopped fresh parsley  
15 g chopped fresh basil  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon red pepper flakes (optional)

#### For Garnish:

Fresh parsley, chopped  
Lemon wedges

### INSTRUCTIONS

#### Preparing the Quinoa and Vegetable Filling:

In a medium saucepan, bring the vegetable broth to a boil. Add the rinsed quinoa, reduce heat to low, cover, and simmer for 15 minutes or until the quinoa is cooked and the liquid is absorbed. Fluff with a fork and set aside. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté for 2–3 minutes until softened and fragrant. Add the diced zucchini and cook for another 5 minutes until tender. Stir in the cherry tomatoes, Kalamata olives, cooked quinoa, feta cheese, parsley, basil, oregano, salt, black pepper, and red pepper flakes (if using). Mix well to combine.

#### Assembling and Cooking the Stuffed Peppers:

Carefully stuff each bell pepper with the quinoa and vegetable mixture, packing it in firmly. Place the stuffed peppers in the air fryer basket in a single layer. If necessary, use parchment liners to prevent sticking. Air fry at 180°C for 20–25 minutes or until the peppers are tender and slightly charred on the edges. Shake the basket halfway through cooking to ensure even cooking.

#### Serving Suggestions:

Transfer the stuffed peppers to a serving platter. Garnish with chopped fresh parsley and serve with lemon wedges on the side for a burst of fresh flavor.

# Chapter 11: Desserts

## Baklava Bites

PREP: 20 MIN

COOK: 8 MIN

SERVES: 12

### INGREDIENTS

#### For the Baklava Bites:

8 sheets of phyllo dough, thawed  
120 g finely chopped nuts (such as walnuts, almonds, or pistachios)  
85 g honey  
60 g melted butter (or olive oil for a lighter option)  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon ground nutmeg  
1/4 teaspoon salt

#### For the Honey Syrup:

120 g honey  
60 ml water  
1/2 teaspoon lemon juice  
1/4 teaspoon ground cinnamon

### INSTRUCTIONS

#### Prepare the Filling:

In a bowl, combine the finely chopped nuts, cinnamon, cloves, nutmeg, and salt. Mix well and set aside.

#### Prepare the Phyllo Dough:

Carefully brush one sheet of phyllo dough with melted butter or olive oil. Place another sheet on top and brush with more butter. Repeat until you have 4 layers. Cut the layered phyllo dough into 7.5 cm squares or rectangles.

#### Assemble the Baklava Bites:

Place a small spoonful of the nut mixture in the center of each phyllo square. Fold the edges of the phyllo over the filling to create a small parcel, or fold it into a triangle shape. Brush the tops with more melted butter.

#### Air Fry the Bites:

Air fry at 175°C for 6–8 minutes or until golden brown.

#### Prepare the Honey Syrup:

In a small saucepan, combine honey, water, lemon juice, and cinnamon. Bring to a boil over medium heat, then reduce the heat and simmer for about 5 minutes until slightly thickened.

#### Serve:

Once the baklava bites are done, let them cool slightly before drizzling with the honey syrup.

## Lemon Olive Oil Cake

PREP: 15 MIN

COOK: 20 MIN

SERVES: 8

### INGREDIENTS

#### For the Cake:

190 g all-purpose flour  
200 g granulated sugar  
120 ml extra virgin olive oil  
3 large eggs  
120 ml fresh lemon juice (about 2 lemons)  
Zest of 2 lemons  
120 g Greek yogurt  
1 teaspoon vanilla extract  
7 g baking powder (1 1/2 tsp)  
2 g baking soda (1/2 tsp)  
1/4 teaspoon salt  
1/2 teaspoon ground cardamom (optional, for a hint of spice)

#### For the Glaze (optional):

60 g powdered sugar  
30 ml fresh lemon juice  
1/4 teaspoon vanilla extract

### INSTRUCTIONS

#### Prepare the Batter:

In a bowl, whisk flour, baking powder, baking soda, salt, and cardamom. In another bowl, beat eggs and sugar until fluffy. Gradually add olive oil, lemon juice, zest, yogurt, and vanilla. Mix dry ingredients into wet until just combined.

#### Preheat Air Fryer:

Preheat the air fryer to 160°C. Line or grease a cake pan that fits your air fryer.

#### Bake the Cake:

Pour batter into the pan and smooth the top. Place the pan in the air fryer basket and cook at 160°C for 20–25 minutes. Check halfway and rotate if needed. The cake is done when a toothpick comes out clean.

#### Glaze (optional):

Mix powdered sugar, lemon juice, and vanilla until smooth. Adjust consistency as needed.

#### Cool and Glaze:

Let the cake cool in the pan for 10 minutes, then transfer to a wire rack. Once cooled, drizzle with glaze if desired.

## Desserts

# Greek Yogurt Cheesecake with Honey

PREP: 15 MIN

COOK: 20 MIN

SERVES: 8

### INGREDIENTS

#### For the Crust:

120 g whole grain graham cracker crumbs (or crushed whole grain crackers)

30 g finely chopped nuts (such as almonds or walnuts)

30 g honey

30 g melted coconut oil or extra virgin olive oil

#### For the Cheesecake Filling:

480 g Greek yogurt (plain, full-fat, or 2% for creaminess)

225 g cream cheese, softened

170 g honey

3 large eggs

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

#### For the Topping (optional):

30 g honey

Fresh berries (such as blueberries or strawberries) for garnish

Fresh mint leaves for garnish

### INSTRUCTIONS

#### Prepare the Crust:

In a medium bowl, combine graham cracker crumbs, chopped nuts, honey, and melted coconut oil or olive oil. Mix until the crumbs are evenly coated and the mixture holds together when pressed. Press the mixture firmly into the bottom of a round cake pan (compatible with your air fryer) to form an even layer. Place the pan in the refrigerator while you prepare the filling.

#### Prepare the Cheesecake Filling:

In a large bowl, beat the cream cheese until smooth. Add Greek yogurt, honey, vanilla extract, ground cinnamon, nutmeg, and salt. Mix until well combined. Add the eggs one at a time, mixing well after each addition until the mixture is smooth and creamy.

#### Assemble and Air Fry:

Pour the cheesecake filling over the prepared crust in the cake pan. Place the cake pan in the air fryer basket. Air fry at 160°C for 18–22 minutes, or until the edges are set and the center is just slightly jiggly. Allow the cheesecake to cool in the pan for about 10 minutes, then transfer to the refrigerator to chill for at least 2 hours.

#### Prepare the Topping (optional):

Drizzle honey over the chilled cheesecake just before serving.

Garnish with fresh berries and mint leaves for added freshness.

# Stuffed Dates with Almonds

PREP: 10 MIN

COOK: 8 MIN

SERVES: 12

### INGREDIENTS

#### For the Stuffed Dates:

12 Medjool dates, pitted

12 whole almonds

30 g crumbled feta cheese (optional for added Mediterranean flavor)

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

1/4 teaspoon sea salt

#### For Garnish (optional):

15 g chopped fresh parsley or mint

15 g honey (for drizzling)

### INSTRUCTIONS

#### Prepare the Dates:

Carefully make a small slit in each date and remove the pit if not already pitted. If using, stuff each date with a small amount of crumbled feta cheese, then place an almond inside the date. Gently press the date closed around the almond and cheese.

#### Season the Dates:

In a small bowl, combine ground cinnamon, cardamom, and sea salt. Sprinkle the spice mixture evenly over the stuffed dates.

#### Prepare the Air Fryer:

Preheat your air fryer to 175°C.

#### Place the Dates:

Place the stuffed dates in a single layer in the air fryer basket. If needed, use parchment paper to prevent sticking, but ensure it does not block airflow.

#### Air Fry the Dates:

Air fry at 175°C for 6–8 minutes or until the dates are warm and slightly caramelized. Shake the basket halfway through the cooking time for even cooking.

#### Serve:

Transfer the dates to a serving plate. If desired, drizzle with honey and garnish with chopped fresh parsley or mint.

## Desserts

# Honey Almond Biscotti

PREP: 15 MIN

COOK: 30 MIN

SERVES: 16

### INGREDIENTS

#### For the Biscotti Dough:

120 g whole wheat flour  
96 g almond flour  
170 g honey  
60 ml extra virgin olive oil  
2 large eggs  
50 g sliced almonds  
1 tsp vanilla extract  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp sea salt  
1 tsp baking powder

#### For Optional Glaze:

30 g honey  
15 ml water

### INSTRUCTIONS

#### Prepare the Biscotti Dough:

In a large bowl, mix the whole wheat flour, almond flour, baking powder, cinnamon, nutmeg, and sea salt. In another bowl, whisk together honey, olive oil, eggs, and vanilla extract. Gradually combine the wet and dry ingredients, mixing until a dough forms. Fold in the sliced almonds.

#### Shape the Biscotti:

Transfer the dough onto a parchment-lined surface and shape it into a log approximately 25 cm long and 5 cm wide.

#### First Bake:

Air fry at 160°C (320°F) for 15-18 minutes or until the log is firm and lightly golden.

#### Slice and Second Bake:

Once the log has cooled enough to handle, slice it diagonally into 1.25 cm wide pieces. Return the sliced biscotti to the air fryer basket in a single layer. Air fry at 160°C (320°F) for an additional 8-10 minutes or until the biscotti are crisp and golden brown.

#### Prepare the Glaze (optional):

While the biscotti are cooling, mix honey and water in a small bowl. Brush the glaze over the cooled biscotti if desired.

#### Cool and Serve:

Allow the biscotti to cool completely before serving.

# Fig and Walnut Tart

PREP: 20 MIN

COOK: 20 MIN

SERVES: 8

### INGREDIENTS

#### For the Tart Crust:

120 g whole wheat flour  
30 g almond flour  
60 g coconut oil, solid (or extra virgin olive oil)  
85 g honey  
1/4 tsp salt

#### For the Filling:

150 g fresh figs, sliced (or dried figs, chopped and soaked in warm water for 10 minutes)  
60 g chopped walnuts  
85 g honey  
15 ml extra virgin olive oil  
1 tsp fresh rosemary, finely chopped (or 1/2 tsp dried rosemary)  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp sea salt

### INSTRUCTIONS

#### Prepare the Crust:

Mix whole wheat flour, almond flour, salt, and solid coconut oil (or olive oil) in a bowl until it resembles coarse crumbs. Add honey and combine until dough forms. Press the dough into a cake or tart pan that fits your air fryer.

#### Pre-Bake Crust:

Preheat air fryer to 160°C. Place the pan in the air fryer basket and bake for 8-10 minutes until lightly golden. Let cool slightly.

#### Prepare the Filling:

Mix sliced figs, chopped walnuts, honey, olive oil, rosemary, cinnamon, nutmeg, and sea salt in a bowl.

#### Assemble and Air Fry:

Spread the fig and walnut mixture over the pre-baked crust. Air fry at 160°C for 12-15 minutes until the filling is bubbly and the crust golden. Use parchment if needed to prevent sticking.

#### Cool and Serve:

Let the tart cool for 10 minutes before removing it from the pan. Serve warm or at room temperature.

## Desserts

# Greek Honey Cookies (Melomakarona) Tart

PREP: 30 MIN

COOK: 20 MIN

SERVES: 12

### INGREDIENTS

#### For the Tart Crust:

120 g whole wheat flour  
60 g almond flour  
60 ml extra virgin olive oil  
85 g honey  
30 g finely chopped walnuts  
1/4 tsp ground cinnamon  
1/4 tsp ground cloves  
1/4 tsp sea salt

#### For the Filling:

120 g finely chopped walnuts  
170 g honey  
1/2 tsp ground cinnamon  
1/4 tsp ground cloves  
60 ml orange juice  
1 tbsp fresh orange zest

#### For Garnish (optional):

15 g honey  
30 g chopped walnuts  
Fresh mint leaves for garnish

### INSTRUCTIONS

#### Prepare the Crust:

Mix whole wheat flour, almond flour, cinnamon, cloves, and sea salt in a large bowl. Add olive oil, honey, and finely chopped walnuts. Combine until dough forms, then press into a tart pan.

#### Pre-Bake Crust:

Preheat the air fryer to 160°C. Place the pan in the air fryer and cook for 8-10 minutes until lightly golden. Let it cool slightly.

#### Prepare Filling:

Mix chopped walnuts, honey, cinnamon, cloves, orange juice, zest, and olive oil in a bowl.

#### Assemble and Air Fry:

Spread the walnut mixture over the pre-baked crust. Air fry at 160°C for 12-15 minutes until bubbly and golden. Use parchment if needed to prevent sticking.

#### Garnish (optional):

Drizzle honey over the warm tart and top with extra walnuts. Garnish with mint if desired.

#### Cool and Serve:

Let the tart cool for 10 minutes before removing it from the pan. Serve warm or at room temperature.

# Orange and Almond Cake

PREP: 20 MIN

COOK: 25 MIN

SERVES: 8

### INGREDIENTS

#### For the Cake:

120 g almond flour  
60 g whole wheat flour  
170 g honey  
120 ml freshly squeezed orange juice  
60 ml extra virgin olive oil  
3 large eggs  
1 tsp baking powder  
1/2 tsp ground cinnamon  
1/4 tsp ground cardamom  
1/4 tsp sea salt  
Zest of 1 orange

#### For the Orange Glaze (optional):

30 g honey  
15 ml orange juice  
1/2 tsp orange zest

#### For Garnish (optional):

Sliced almonds  
Fresh mint leaves

### INSTRUCTIONS

#### Prepare the Batter:

Mix almond flour, whole wheat flour, baking powder, cinnamon, cardamom, and sea salt in a bowl. In another bowl, whisk honey, orange juice, olive oil, and eggs. Gradually combine wet and dry ingredients until smooth, then fold in orange zest.

#### Preheat Air Fryer:

Preheat to 160°C. Line a round cake pan with parchment and pour in the batter, smoothing the top.

#### Air Fry the Cake:

Place the pan in the air fryer and cook at 160°C for 20-25 minutes, checking doneness at 20 minutes. If the top browns too quickly, cover with foil.

#### Prepare Glaze (optional):

Mix honey, orange juice, and zest in a small bowl. Drizzle over the cooled cake if desired.

#### Cool and Serve:

Let the cake cool in the pan for 10 minutes before transferring to a wire rack. Garnish with sliced almonds and mint if desired. Slice and serve as a Mediterranean-style dessert or with tea.

## Desserts

# Pistachio Baklava Rolls

PREP: 30 MIN

COOK: 15 MIN

SERVES: 12

### INGREDIENTS

#### For the Baklava Rolls:

1 package (450 g) phyllo dough, thawed  
120 g shelled pistachios, finely chopped  
60 g walnuts, finely chopped  
85 g honey  
60 ml extra virgin olive oil  
50 g brown sugar  
1/2 tsp ground cinnamon  
1/4 tsp ground cardamom  
1/4 tsp ground cloves  
1/4 tsp sea salt

#### For the Syrup:

170 g honey  
60 ml water  
1/2 tsp lemon juice  
1/4 tsp vanilla extract

### INSTRUCTIONS

#### Prepare the Filling:

Mix chopped pistachios, walnuts, brown sugar, cinnamon, cardamom, cloves, and sea salt in a bowl.

#### Assemble the Baklava Rolls:

Preheat the air fryer to 160°C. Lay one sheet of phyllo dough on a clean surface, brush with olive oil, and layer three more sheets, brushing each with oil. Spread the nut mixture evenly over the dough. Roll into a log and brush with oil. Repeat with remaining sheets and filling.

#### Prepare the Air Fryer:

Cut the logs into 4 cm pieces. Arrange the air fryer basket in a single layer, avoiding overlap.

#### Air Fry the Baklava Rolls:

Air fry at 160°C for 10-15 minutes until golden and crispy, shaking the basket halfway through. Let them cool slightly.

#### Prepare the Syrup:

Simmer honey, water, lemon juice, and vanilla in a saucepan for 5-7 minutes until thickened. Let it cool.

#### Finish and Serve:

Drizzle syrup over the warm baklava rolls. Let them absorb the syrup before serving.

# Ricotta and Honey Stuffed Pastries

PREP: 25 MIN

COOK: 12 MIN

SERVES: 8

### INGREDIENTS

#### For the Pastries:

1 sheet of phyllo dough (thawed if frozen)  
240 g ricotta cheese (preferably part-skim)  
85 g honey  
30 g finely chopped pistachios  
1/4 tsp ground cinnamon  
1/4 tsp vanilla extract  
1/2 tbsp fresh mint leaves, finely chopped (optional)  
30 ml extra virgin olive oil for brushing

#### For Garnish:

15 g honey  
Fresh mint leaves

### INSTRUCTIONS

#### Prepare the Filling:

In a bowl, mix ricotta cheese, honey, finely chopped pistachios, cinnamon, vanilla extract, and optional fresh mint until smooth.

#### Assemble the Pastries:

Preheat the air fryer to 160°C. Lay a sheet of phyllo dough on a clean surface, brush with olive oil, and layer two more sheets, brushing each with oil. Cut the layered dough into 4 squares. Place a spoonful of ricotta filling in the center of each square. Fold the corners over to create a package, sealing the edges.

#### Prepare the Air Fryer:

Line the air fryer basket with parchment paper or a non-stick liner. Arrange the pastries in a single layer without overlapping.

#### Air Fry the Pastries:

Air fry at 160°C for 10-12 minutes, shaking halfway through, until golden brown and crispy. Let cool slightly.

#### Garnish and Serve:

Drizzle with honey and garnish with mint if desired. Serve warm or at room temperature.

## Desserts

# Lemon Yogurt Muffins

PREP: 15 MIN

COOK: 12 MIN

SERVES: 8

### INGREDIENTS

#### For the Muffins:

120 g whole wheat flour  
120 g Greek yogurt (plain, full-fat, or 2%)  
85 g honey  
60 ml extra virgin olive oil  
1 large egg  
60 ml freshly squeezed lemon juice  
Zest of 1 lemon  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp sea salt  
1/2 tsp vanilla extract  
1/2 tsp ground cinnamon (optional, for added warmth)

#### For the Glaze (optional):

30 g honey  
15 ml lemon juice

### INSTRUCTIONS

#### Prepare the Batter:

In a bowl, whisk whole wheat flour, baking powder, baking soda, sea salt, and optional cinnamon. In another bowl, mix Greek yogurt, honey, olive oil, egg, lemon juice, zest, and vanilla. Gently fold wet ingredients into dry until just combined.

#### Prepare the Air Fryer:

Preheat to 160°C. Line a muffin pan with parchment or use silicone cups.

#### Fill the Muffin Pan:

Divide the batter evenly, filling each cup 3/4 full.

#### Air Fry the Muffins:

Place the muffin pan in the air fryer. Cook at 160°C for 10-12 minutes until a toothpick comes out clean. Work in batches if needed. If browning too quickly, cover with foil for the last few minutes.

#### Optional Glaze:

Whisk honey and lemon juice. Drizzle over cooled muffins.

#### Cool and Serve:

Let muffins cool in the pan for 5 minutes, then transfer to a rack. Enjoy as a Mediterranean-inspired breakfast or snack.

# Phyllo Apple Strudel

PREP: 20 MIN

COOK: 15 MIN

SERVES: 6

### INGREDIENTS

#### For the Strudel Filling:

3 medium apples (such as Granny Smith or Honeycrisp), peeled, cored, and thinly sliced  
60 g raisins  
30 g chopped walnuts  
85 g honey  
15 ml lemon juice  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp ground cloves  
15 ml extra virgin olive oil (for brushing the phyllo dough)  
1/2 tbsp brown sugar (optional for sprinkling)

#### For Assembly:

8 sheets phyllo dough (thawed if frozen)  
60 ml melted coconut oil or extra virgin olive oil (for brushing the phyllo)

### INSTRUCTIONS

#### Prepare the Apple Filling:

Mix sliced apples, raisins, walnuts, honey, lemon juice, cinnamon, nutmeg, and cloves in a large bowl. Set aside.

#### Prepare the Phyllo Dough:

Preheat the air fryer to 160°C.

Layer four sheets of phyllo dough, brushing each layer lightly with melted coconut oil or olive oil. Arrange into a rectangle.

#### Assemble the Strudel:

Spread the apple mixture along one edge of the dough, leaving a border. Roll the dough into a log and pinch the edges to seal.

#### Air Fry the Strudel:

Line the air fryer basket with parchment or a non-stick liner. Place the strudel in the basket, leaving space for air circulation. Air fry at 160°C for 12-15 minutes, until golden and crispy. If browning too quickly, cover with foil for the last few minutes.

#### Finish and Serve:

Let the strudel cool slightly before slicing. Optionally, dust with brown sugar for extra sweetness and crunch.

## Desserts

# Greek Semolina Cake (Revani)

PREP: 20 MIN

COOK: 25 MIN

SERVES: 8

### INGREDIENTS

#### For the Cake:

160 g semolina  
240 g plain Greek yogurt  
170 g honey  
120 ml extra virgin olive oil  
3 large eggs  
60 g all-purpose flour  
1 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp sea salt  
1/2 tsp vanilla extract  
1/2 tsp ground cinnamon (optional, for added warmth)

#### For the Syrup:

170 g honey  
120 ml water  
15 ml lemon juice  
1 cinnamon stick  
2-3 whole cloves (optional for additional spice)

### INSTRUCTIONS

#### Prepare the Syrup:

In a small saucepan, combine honey, water, lemon juice, cinnamon stick, and cloves. Bring to a boil, then simmer for 10 minutes until slightly thickened. Cool, then discard the spices.

#### Prepare the Cake Batter:

Preheat air fryer to 160°C.

In a large bowl, whisk semolina, Greek yogurt, honey, olive oil, and eggs. In another bowl, mix flour, baking powder, baking soda, salt, and cinnamon (optional). Combine dry and wet ingredients.

#### Air Fry the Cake:

Line a baking pan with parchment paper. Pour batter evenly into the pan. Air fry at 160°C for 20-25 minutes or until a toothpick comes out clean. Cover with foil if browning too quickly.

#### Apply the Syrup:

Remove the cake from the air fryer and place it on a cooling rack. While warm, pour the cooled syrup over the cake, allowing it to absorb.

#### Cool and Serve:

Let the cake cool completely before slicing. Serve at room temperature.

# Almond Crescent Cookies

PREP: 20 MIN

COOK: 10 MIN

SERVES: 24

### INGREDIENTS

#### For the Cookies:

120 g almond flour  
60 g all-purpose flour  
50 g coconut sugar or light brown sugar  
60 ml extra virgin olive oil  
30 g finely chopped almonds  
85 g honey  
1 large egg white  
1/2 tsp vanilla extract  
1/4 tsp ground cinnamon  
1/4 tsp sea salt

#### For Dusting (optional):

30 g powdered sugar

### INSTRUCTIONS

#### Prepare the Dough:

In a large bowl, mix almond flour, all-purpose flour, coconut sugar, cinnamon, and sea salt. Add olive oil, honey, egg white, and vanilla extract. Stir until combined, then fold in chopped almonds.

#### Shape the Cookies:

Preheat air fryer to 160°C. Shape dough into crescent shapes using floured hands or a small scoop. Place them on a plate or tray.

#### Air Fry the Cookies:

Line the air fryer basket with parchment paper. Arrange the cookies with 2.5 cm spacing. Air fry at 160°C for 8-10 minutes until golden brown. Shake the basket halfway through cooking for even browning.

#### Dust and Cool:

Remove cookies and cool on a wire rack. Dust with powdered sugar if desired.

#### Serve:

Enjoy the cookies with tea or coffee for a delightful treat.

## Desserts

# Cinnamon-Spiced Air Fryer Pears

PREP: 10 MIN

COOK: 15 MIN

SERVES: 4

### INGREDIENTS

#### For the Pears:

4 ripe pears (such as Bartlett or Anjou), halved and cored  
15 ml extra virgin olive oil  
15 g honey  
1 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp ground allspice (optional)  
1/4 tsp sea salt  
30 g chopped walnuts or almonds (optional for topping)

#### For Garnish (optional):

15 g chopped fresh mint or basil

### INSTRUCTIONS

#### Prepare the Pears:

In a small bowl, mix the olive oil, honey, ground cinnamon, nutmeg, allspice (if using), and sea salt. Brush or drizzle the mixture evenly over the cut sides of the pear halves.

#### Prepare the Air Fryer:

Preheat your air fryer to 175°C.

Line the air fryer basket with parchment paper or a non-stick liner to prevent sticking.

#### Air Fry the Pears:

Place the pear halves in the air fryer basket with the cut side up. If you're using walnuts or almonds, sprinkle them on top of the pears.

Air fry at 175°C for 12-15 minutes or until the pears are tender and caramelized.

#### Serve:

Carefully remove the pears from the air fryer and let them cool slightly. Garnish with chopped fresh mint or basil if desired.

#### Serving Suggestions:

Serve the pears warm as a dessert or a light snack.

They can be enjoyed alone or with a dollop of Greek yogurt on the side for added richness and protein.

# Greek Rice Pudding (Rizogalo)

PREP: 15 MIN

COOK: 25 MIN

SERVES: 4

### INGREDIENTS

#### For the Rice Pudding:

90 g short-grain or Arborio rice  
480 ml unsweetened almond milk (or whole milk if preferred)  
120 g plain Greek yogurt  
85 g honey or maple syrup  
60 ml water  
40 g raisins or dried currants (optional)  
1 tsp vanilla extract  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp sea salt

#### For Garnish (optional):

Ground cinnamon  
Chopped nuts (such as almonds or pistachios)  
Fresh mint leaves

### INSTRUCTIONS

#### Prepare the Rice:

Rinse rice under cold water until clear, then soak it in 60 ml water while prepping other ingredients.

#### Prepare the Air Fryer:

Preheat the air fryer to 160°C.

Line a small baking dish with parchment paper or a silicone mat.

#### Prepare the Rice Pudding Mixture:

In a saucepan, warm almond milk (or whole milk), Greek yogurt, honey, vanilla, cinnamon, nutmeg, and salt over medium heat, stirring occasionally.

Add soaked, drained rice and raisins (if using), and stir to combine.

#### Cook in the Air Fryer:

Pour mixture into the prepared dish and air fry at 160°C for 20-25 minutes, until thickened and golden.

#### Serve:

Let the pudding cool slightly, garnish with cinnamon, nuts, and mint if desired. Serve warm or at room temperature, perfect as dessert or breakfast.

## Desserts

# Chocolate-Dipped Figs

PREP: 15 MIN

COOK: 5 MIN

SERVES: 8

### INGREDIENTS

16 fresh or dried figs  
120 g dark chocolate chips (70% cocoa or higher)  
15 ml coconut oil (to melt with the chocolate)  
30 g chopped pistachios or almonds (for garnish)  
15 g unsweetened shredded coconut (optional, for garnish)  
1/4 tsp sea salt (optional, for a touch of contrast)

### INSTRUCTIONS

#### Prepare the Chocolate:

In a microwave-safe bowl, combine the dark chocolate chips and coconut oil. Microwave in 20-second intervals, stirring after each interval until fully melted and smooth. Be careful not to overheat.

#### Prepare the Figs:

If using fresh figs, wash and pat them dry. If using dried figs, ensure they are plump and soft. Dip each fig halfway into the melted chocolate, ensuring the chocolate covers at least half of the fig. Place the dipped figs on a parchment-lined plate or tray.

#### Air Fry the Figs:

Arrange the dipped figs in a single layer in the air fryer basket. Avoid overcrowding to ensure even air circulation. Air fry at 160°C for 3-5 minutes or until the chocolate is slightly set but still soft.

#### Add Garnishes:

Remove the figs from the air fryer and immediately sprinkle with chopped pistachios, shredded coconut (if using), and a small pinch of sea salt (if desired). Let the figs cool, and the chocolate hardens completely.

#### Serve:

Serve the chocolate-dipped figs as a delightful, healthful treat or a sweet appetizer.

# Honey-Lemon Air Fryer Donuts

PREP: 20 MIN

COOK: 10 MIN

SERVES: 6

### INGREDIENTS

#### For the Donuts:

120 g all-purpose flour  
30 g almond flour  
85 g honey  
60 g unsweetened Greek yogurt  
60 ml unsweetened almond milk (or other milk of choice)  
30 ml coconut oil, melted  
1 large egg  
1 tbsp lemon zest  
15 ml fresh lemon juice  
1 tsp baking powder  
1/2 tsp vanilla extract  
1/4 tsp sea salt  
Optional: 1/2 tsp ground cinnamon (for extra flavor)

#### For the Honey-Lemon Glaze:

30 g honey  
15 ml fresh lemon juice  
1/2 tsp lemon zest  
Optional: 1/2 tsp ground cinnamon (for added flavor in the glaze)

### INSTRUCTIONS

#### Prepare the Air Fryer:

Preheat to 175°C. Lightly grease or line the basket with parchment paper.

#### Make the Donut Batter:

Whisk together flour, almond flour, baking powder, salt, and optional cinnamon. In another bowl, mix honey, Greek yogurt, almond milk, coconut oil, egg, lemon zest, juice, and vanilla. Combine wet and dry ingredients until just mixed. Avoid over-mixing.

#### Shape the Donuts:

Transfer the batter to a piping bag and pipe it into silicone molds or greased donut pans. If no molds, shape by hand on parchment paper.

#### Air Fry the Donuts:

Place donuts in the air fryer, leaving space between them. Air fry at 175°C for 8-10 minutes, until golden and cooked through.

#### Prepare the Glaze:

Whisk honey, lemon juice, zest, and optional cinnamon until smooth.

#### Glaze and Serve:

Let donuts cool slightly before dipping them in glaze. Once set, serve as a sweet breakfast or snack.

## Desserts

# Greek Walnut Cake (Karidopita)

PREP: 20 MIN

COOK: 25 MIN

SERVES: 8

### INGREDIENTS

#### For the Cake:

120 g finely ground walnuts  
120 g all-purpose flour  
170 g honey  
120 g Greek yogurt  
60 ml olive oil  
60 ml unsweetened almond milk (or other milk of choice)  
3 large eggs  
1 tsp baking powder  
1/2 tsp ground cinnamon  
1/4 tsp ground cloves  
1/4 tsp sea salt  
1 tsp vanilla extract

#### For the Syrup:

170 g honey  
60 ml water  
60 ml fresh orange juice  
1 cinnamon stick  
2-3 strips of lemon zest

### INSTRUCTIONS

#### Prepare the Air Fryer:

Preheat to 160°C. Line or grease the basket to prevent sticking.

#### Make the Cake Batter:

Whisk ground walnuts, flour, baking powder, cinnamon, cloves, and salt. In another bowl, beat eggs, honey, Greek yogurt, olive oil, almond milk, and vanilla.

Combine wet and dry ingredients, mixing just until combined.

#### Air Fry the Cake:

Pour batter into a greased or lined cake pan.

Air fry at 160°C for 20-25 minutes or until a toothpick comes out clean. Rotate halfway if needed.

#### Prepare the Syrup:

Simmer honey, water, orange juice, cinnamon stick, and lemon zest for 10 minutes. Remove cinnamon and zest.

#### Syrup the Cake:

Pour warm syrup over the cooled cake and let it soak for 30 minutes.

#### Serve:

Slice and serve, garnished with crushed walnuts if desired.

# Coconut Macaroons

PREP: 15 MIN

COOK: 10 MIN

SERVES: 12

### INGREDIENTS

480 g unsweetened shredded coconut  
120 ml egg whites (about 3 large eggs)  
85 g honey  
30 g almond flour  
1 tsp vanilla extract  
1/4 tsp sea salt  
Optional: 30 g chopped pistachios for garnish

### INSTRUCTIONS

#### Prepare the Air Fryer:

Preheat your air fryer to 160°C. Line the air fryer basket with parchment paper to prevent sticking, or lightly grease the basket.

#### Prepare the Macaroon Mixture:

In a large bowl, combine the shredded coconut, almond flour, and sea salt. In another bowl, whisk the egg whites until frothy but not fully stiff. Add the honey and vanilla extract to the egg whites and mix until well combined. Fold the egg white mixture into the coconut mixture until everything is evenly mixed.

#### Shape and Air Fry:

Use a spoon or cookie scoop to form small mounds (about 4 cm in diameter) of the coconut mixture and place them in the air fryer basket. Make sure to leave some space between each mound for even air circulation. Air fry at 160°C for 8-10 minutes or until the edges are golden brown. Check them halfway through and gently shake the basket to ensure even cooking.

#### Cool and Garnish:

Remove the macaroons from the air fryer and let them cool completely on a wire rack. If desired, sprinkle with chopped pistachios for added texture and a touch of Mediterranean flair.

# Conclusion

Congratulations on completing the *Mediterranean Air Fryer Cookbook for Beginners*! By now, you have explored the rich flavors and health benefits of the Mediterranean diet and learned how to harness the power of your air fryer to create delicious, nutritious meals.

The journey you've embarked on combines the best of both worlds: the time-honored, wholesome principles of Mediterranean cuisine and the modern convenience of air frying. Let's recap the key takeaways from this culinary adventure:

## Embracing the Mediterranean Diet

You've discovered the history and core principles of the Mediterranean diet, which emphasizes fresh, whole foods, healthy fats, lean proteins, and an abundance of fruits and vegetables. This diet is not only delicious but also scientifically proven to support heart health, weight management, and overall well-being.

## Mastering Your Air Fryer

From understanding the different types of air fryers to setting up and maintaining your appliance, you've gained the knowledge needed to maximize its potential. You've learned essential tips and tricks for achieving perfect results and how to convert traditional oven recipes to air fryer-friendly versions.

## Cooking with Confidence

With a variety of recipes at your fingertips, ranging from appetizers and main courses to desserts, you now have a repertoire of Mediterranean dishes that are easy to prepare and burst with flavor. Each recipe has been designed with beginners in mind, ensuring that you can confidently create meals that impress and nourish.

## Sustainable Healthy Eating

The Mediterranean diet and air frying both promote a sustainable approach to healthy eating. By incorporating these practices into your daily routine, you're making a positive impact on your health and well-being, as well as contributing to a more sustainable food culture.

## Continued Exploration

This cookbook is just the beginning. The Mediterranean diet offers endless possibilities for culinary exploration, and your air fryer can be a versatile tool in your kitchen. Keep experimenting with new ingredients, flavors, and techniques to expand your culinary horizons.

## Final Thoughts

Remember, the key to a healthy and enjoyable lifestyle is balance. Enjoy the process of cooking and savor the flavors of the Mediterranean. Share your meals with family and friends, and take pride in the fact that you're making choices that support your health and happiness.

Thank you for joining us on this journey through the *Mediterranean Air Fryer Cookbook for Beginners*. We hope this book has inspired you to embrace the Mediterranean way of eating and cooking and that it will become a beloved resource in your kitchen for years to come. Here's to many more delicious and healthful meals!

Happy cooking and bon appétit!

# 30-Day Meal Plan

The Mediterranean diet doesn't prescribe a strict daily calorie count, as it is more of a flexible and balanced way of eating rather than a calorie-restricted diet. However, if you are interested in weight management or specific health goals, the number of calories you consume on the Mediterranean diet should align with your individual needs, which are based on factors like age, gender, activity level, and metabolic health.

## General Calorie Guidelines:

### Women:

Sedentary: 1,800–2,000 calories per day

Moderately active: 2,000–2,200 calories per day

Active: 2,200–2,400 calories per day

### Men:

Sedentary: 2,200–2,400 calories per day

Moderately active: 2,400–2,600 calories per day

Active: 2,600–3,000 calories per day

## Macronutrient Breakdown:

**Fats** (mainly healthy fats like olive oil): 25–35% of daily calories

**Protein** (mainly from fish, legumes, and lean meats): 15–20% of daily calories

**Carbohydrates** (from whole grains, vegetables, and fruits): 45–60% of daily calories

If you are following a Mediterranean diet for weight loss, a calorie intake of around 1,200–1,500 calories per day is typical, but it varies depending on the individual.

## Meal Plan Structure:

**Breakfast:** A light, nutrient-dense meal with healthy fats, fruits, and whole grains.

**Lunch:** A balance of lean protein, vegetables, and grains or legumes.

**Dinner:** A more filling meal, focusing on vegetables, lean protein, and healthy fats.

**Snacks/Dessert:** Mediterranean-inspired light snacks or desserts.

Week of: 1

## Meal Planner

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Mediterranean Morning Frittata	Air Fryer Greek Salad	Herb-Crusted Salmon and Lemon-Dill Rice with Feta	Greek Yogurt Cheesecake with Honey
TUE	Zucchini and Feta Muffins	Warm Farro Salad with Roasted Vegetables	Chicken Souvlaki with Tzatziki	Baklava Bites
WEN	Greek Yogurt Parfaits	Mediterranean Chickpea Salad	Garlic and Rosemary Pork Chops with Air Fryer Sweet Potato Wedges	Lemon Olive Oil Cake
THU	Spinach and Feta Breakfast Wraps	Air Fryer Stuffed Mushrooms	Mediterranean Beef Kebabs with Pita Bread	Stuffed Dates with Almonds
FRI	Sun-Dried Tomato and Basil Quiche	Quinoa Tabbouleh	Greek-Style Grilled Octopus with Rice	Greek Walnut Cake (Karidopita)
SAT	Lemon Poppy Seed Muffins	Air Fryer Veggie Hash	Spiced Air Fryer Turkey Meatballs and Couscous with Vegetables	Almond Crescent Cookies
SUN	Mediterranean Shakshuka	Air Fryer Eggplant Caponata	Garlic Lemon Scallops and Brown Rice with Veggies	Pistachio Baklava Rolls

Week of: 2

## Meal Planner

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Chickpea Flour Omelette	Roasted Brussels Sprouts and Pesto Orzo with Cherry Tomatoes	Air Fryer Lamb Kofta with Couscous Salad	Fig and Walnut Tart
TUE	Air Fryer Avocado Toast	Spinach and Orzo Salad	Air Fryer Mediterranean Cod and Lemon-Dill Rice with Feta	Greek Honey Cookies (Melomakarona) Tart
WEN	Breakfast Potatoes with Eggs	Tomato and Red Onion Salad Air Fryer Halloumi Sticks	Mediterranean Shrimp Skewers with Pita Chips	Honey Almond Biscotti
THU	Egg Cups with Tomatoes and Herbs	Stuffed Grape Leaves	Air Fryer Stuffed Zucchini Boats with Lamb Kofta	Lemon Yogurt Muffins
FRI	Breakfast Burrito	Cauliflower with Tahini Sauce	Chicken Thighs with Olives and Capers	Phyllo Apple Strudel
SAT	Greek Yogurt and Berry Smoothie Bowl	Roasted Beet and Goat Cheese Salad	Mediterranean Stuffed Squid with Greek Lemon Rice Pilaf	Coconut Macaroons
SUN	Air Fryer Falafel with Veggies	Quinoa and Vegetable Stuffed Peppers	Spaghetti Squash with Marinara	Ricotta and Honey Stuffed Pastries

Week of: 3

## Meal Planner

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Olive Oil Pancakes with Fresh Berries	Air Fryer Parmesan Asparagus with Farro Salad	Swordfish Steaks with Pesto Orzo with Cherry Tomatoes	Chocolate-Dipped Figs
TUE	Citrus and Honey Breakfast Bowl	Air Fryer Mediterranean Crab Cakes	Greek Lamb Chops with Mint Yogurt and Lemon-Dill Rice with Feta	Cinnamon-Spiced Air Fryer Pears
WEN	Mediterranean Breakfast Pizza	Eggplant Fries with Garlic Dip	Air Fryer Tuna Patties with Spinach and Feta Stuffed Shells	Orange and Almond Cake
THU	Spinach and Feta Stuffed Mushrooms	Garlic Parmesan Zucchini Fries	Pesto-Crusted Air Fryer Salmon with Roasted Vegetables	Greek Rice Pudding (Rizogalo)
FRI	Air Fryer Veggie Hash with Eggs	Mediterranean Bruschetta in the Air Fryer and Eggplant with Parmesan	Chicken Gyros with Whole Wheat Pita	Pistachio Baklava Rolls
SAT	Rustic Olive and Rosemary Bread with Feta	Lemon-Dill Rice with Feta and Spinach Salad	Greek-Style Stuffed Eggplant	Greek Semolina Cake (Revani)
SUN	Sun-Dried Tomato and Basil Bread with Olive Tapenade	Air Fryer Mediterranean Couscous Salad and Garlic Parmesan Zucchini Fries	Stuffed Peppers with Quinoa and Veggies	Coconut Macaroons

Week of: 4

## Meal Planner

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Spinach and Cheese Swirls	Roasted Red Pepper and Eggplant Dip with Pita Chips	Shrimp and Feta Stuffed Peppers	Greek Yogurt and Honey Bread
TUE	Mini Quiches with Spinach and Leeks	Couscous with Vegetables	Mackerel with Tomato Relish	Baklava Bites
WEN	Breakfast Sausage Patties	Spinach and Feta Stuffed Peppers	Trout with Lemon and Capers	Greek Walnut Cake (Karidopita)
THU	Greek Yogurt Parfaits with Fresh Fruit	Warm Farro Salad with Roasted Vegetables	Shrimp and Spinach Fettuccine	Lemon Yogurt Muffins
FRI	Air Fryer Garlic Knots	Air Fryer Greek Meatballs with Tzatziki	Pesto Orzo with Cherry Tomatoes and Roasted Red Peppers	Greek Honey Cookies (Melomakarona) Tart
SAT	Lemon Thyme Bread with Olive Oil	Mediterranean Chickpea Salad	Greek-Style Stuffed Eggplant with Herbs and Cheese	Fig and Walnut Tart
SUN	Chickpea Flour Omelette	Air Fryer Mediterranean Couscous Salad with Air Fryer Halloumi Sticks	Lemon-Dill Air Fryer Tilapia	Honey Almond Biscotti

# Bonuses

## Unlock Exclusive Bonuses to Elevate Your Mediterranean Air Fryer Journey!

Congratulations on taking the first step toward a healthier, tastier lifestyle with the Mediterranean Air Fryer Cookbook for Beginners! But your culinary adventure doesn't stop here—we've prepared something special just for you.

As a token of our appreciation, we're thrilled to offer three exclusive mini-books designed to add even more flavor, variety, and inspiration to your Mediterranean kitchen. These bonuses are only a quick scan away:

### 1. Mediterranean Sauce Secrets: Flavorful Additions to Every Meal

Transform your meals with this essential guide to Mediterranean sauces, spreads, and dressings. From the creamy coolness of tzatziki to vibrant tahini-based blends and zesty vinaigrettes, this mini book is your key to effortlessly elevating any dish.

### 2. The Mediterranean Smoothie Cookbook: Wholesome Blends for a Healthy Life

Dive into a collection of smoothie recipes that perfectly align with the principles of the Mediterranean diet. Packed with Greek yogurt, fresh fruits, nuts, and a touch of olive oil, these smoothies are delicious, nutritious, and the perfect energy boost for any time of day.

### 3. Mediterranean Air Fryer Holiday Table: Festive Recipes for Christmas, Easter, Summer, and Thanksgiving.

Celebrate every season and occasion with a Mediterranean flair! Whether it's Easter, Thanksgiving, or a summer BBQ, this mini book is filled with festive dishes to impress your loved ones. Think roasted lamb for spring, vibrant salads for summer, and hearty, comforting fare for the colder months.

### How to Access These Bonuses

To get these exclusive mini-books, simply scan the QR code below. You'll be directed to a special link where you can download these gifts instantly.

### Why These Bonuses Are a Must-Have

Each mini-book is designed with care to enrich your Mediterranean lifestyle. They're packed with quick, easy, and mouthwatering ideas that complement the recipes in this book. Whether you're whipping up a weekday meal or planning a holiday feast, these bonuses will become your go-to resource.



# Measurement chart

U.S.	U.K.	Metric
<b>Volume</b>		
1 teaspoon	1 teaspoon	5 milliliters (ml)
1 tablespoon	1 tablespoon	15 milliliters (ml)
1 cup	1 cup	240 milliliters (ml)
1 pint (2 cups)	1 pint	473 milliliters (ml)
1 quart (4 cups)	1 quart	946 milliliters (ml)
1 gallon (4 quarts)	1 gallon	3.79 liters (L)
<b>Weight</b>		
1 ounce	1 ounce	28 grams (g)
1 pound (16 oz)	1 pound	454 grams (g)
2.2 pounds	2.2 pounds	1 kilogram (kg)
<b>Oven Temperature</b>		
250°F	Gas Mark ½	120°C
300°F	Gas Mark 2	150°C
350°F	Gas Mark 4	180°C
400°F	Gas Mark 6	200°C
450°F	Gas Mark 8	230°C
500°F	Gas Mark 10	260°C
<b>Common Ingredients</b>		
Flour		
1 cup		120 grams (g)
Sugar		
1 cup		200 grams (g)
Butter		
1 cup		227 grams (g)

# Recipe Index

## A

### All-purpose flour

Air Fryer Calamari Rings, 25  
Rustic Olive and Rosemary Bread, 33  
Focaccia with Cherry Tomatoes, 33  
Whole Wheat Pita Bread, 34  
Sesame Seed Flatbread, 35  
Greek Olive Bread, 35  
Air Fryer Garlic Knots, 36  
Lemon Thyme Bread, 36  
Air Fryer Naan Bread, 37  
Sun-Dried Tomato and Basil Bread, 37  
Breadsticks with Marinara, 38  
Rosemary and Sea Salt Crackers, 38  
Herb Dinner Rolls, 39  
Mediterranean Stuffed Bread, 39  
Cornbread with Feta, 40  
Feta and Oregano Bread, 42  
Air Fryer Zucchini Fries, 54  
Calamari with Tzatziki, 70  
Air Fryer Eggplant with Parmesan, 84  
Falafel with Tzatziki, 85  
Lemon Olive Oil Cake, 93  
Greek Semolina Cake (Revani), 99  
Almond Crescent Cookies, 99  
Honey-Lemon Air Fryer Donuts, 101  
Greek Walnut Cake (Karidopita), 102

### Almond flour

Lemon Poppy Seed Muffins, 20  
Honey Almond Biscotti, 95  
Fig and Walnut Tart, 95  
Greek Honey Cookies (Melomakarona) Tart, 96  
Orange and Almond Cake, 96  
Almond Crescent Cookies, 99  
Honey-Lemon Air Fryer Donuts, 101  
Coconut Macaroons, 102

### Almond milk

Greek Rice Pudding (Rizogalo), 100  
Honey-Lemon Air Fryer Donuts, 101  
Greek Walnut Cake (Karidopita), 102

### Almonds

Greek Yogurt Parfaits, 13  
Stuffed Dates with Almonds, 94  
Honey Almond Biscotti, 95  
Almond Crescent Cookies, 99

### Apples

Phyllo Apple Strudel, 98

### Arborio rice

Creamy Risotto with Sun-Dried Tomatoes, 45  
Paella with Shrimp and Chorizo, 49  
Risotto with Artichokes and Olives, 51  
Greek Rice Pudding (Rizogalo), 100

### Artichoke

Artichoke Hearts with Lemon Aioli, 88  
Air Fryer Artichoke Hearts, 30  
Risotto with Artichokes and Olives, 51

### Asparagus

Air Fryer Parmesan Asparagus, 58  
Asparagus with Lemon and Parmesan, 91

### Avocado

Breakfast Burrito, 18  
Crispy Air Fryer Fish Tacos, 64  
Air Fryer Avocado Toast, 13

## B

### Banana

Greek Yogurt and Berry Smoothie Bowl, 19

### Beans

Air Fryer Garlic Green Beans, 57

### Beef

Air Fryer Greek Meatballs, 27  
Meatball Subs with Marinara, 79  
Greek-Style Beef Patties with Tzatziki, 79

### Beef sirloin

Mediterranean Beef Kebabs, 76  
Beef and Veggie Skewers, 81

### Beets

Roasted Beet and Goat Cheese Salad, 61

### Bell pepper

Chickpea Flour Omelette, 17  
Mediterranean Shakshuka, 17  
Breakfast Burrito, 18  
Air Fryer Veggie Hash, 19  
Egg Cups with Tomatoes and Herbs, 21  
Air Fryer Mediterranean Crab Cakes, 29  
Greek Tzatziki Dip with Veggie Sticks, 31  
Paella with Shrimp and Chorizo, 49  
Brown Rice with Mediterranean Veggies, 50  
Couscous with Vegetables, 52  
Warm Farro Salad with Roasted Vegetables, 57  
Air Fryer Mediterranean Couscous Salad, 59  
Air Fryer Eggplant Caponata, 60  
Air Fryer Seafood Paella, 72  
Mediterranean Beef Kebabs, 76  
Beef and Veggie Skewers, 81  
Mediterranean Veggie Skewers, 83  
Stuffed Peppers with Quinoa, 20  
Feta and Olive Stuffed Peppers, 29  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Pasta Primavera with Fresh Herbs, 46  
Quinoa and Rice-Stuffed Peppers, 50  
Stuffed Peppers with Quinoa and Veggies, 62  
Shrimp and Feta Stuffed Peppers, 65  
Spinach and Feta Stuffed Peppers, 84  
Roasted Red Pepper and Eggplant Dip, 89  
Quinoa and Vegetable Stuffed Peppers, 92  
Chicken and Rice Pilaf, 44  
Spinach and Orzo Salad, 60  
Air Fryer Chicken and Vegetable Medley, 82  
Veggie Burger Patties, 88

### Berries

Greek Yogurt Cheesecake with Honey, 94

### Black olives

Feta and Olive Stuffed Peppers, 29  
Sun-Dried Tomato and Olive Flatbread, 32  
Mediterranean Stuffed Bread, 39  
Penne with Eggplant and Basil, 45  
Stuffed Tomatoes, 85

### Blueberries

Greek Yogurt Parfaits, 13  
Olive Oil Pancakes, 14  
Greek Yogurt and Berry Smoothie Bowl, 19

### Bread flour

Ciabatta Rolls, 34

### Broccoli

Pasta Primavera with Fresh Herbs, 46  
Broccoli with Lemon Tahini Sauce, 92

### Brown rice

Greek-Style Stuffed Bell Peppers with Rice, 44  
Chicken and Rice Pilaf, 44  
Brown Rice with Mediterranean Veggies, 50  
Quinoa and Rice-Stuffed Peppers, 50

### Brussels sprouts

Roasted Brussels Sprouts, 55  
Roasted Garlic Brussels Sprouts, 91

## C

### Cabbage

Crispy Air Fryer Fish Tacos, 64

### Calamari

Calamari with Tzatziki, 70  
Air Fryer Calamari Rings, 25

### Canned tomato sauce

Mozzarella Sticks with Marinara, 27

### Canned tomatoes

Air Fryer Eggplant Caponata, 60

### Capers

Tapenade with Pita Chips, 26  
Air Fryer Eggplant Caponata, 60  
Trout with Lemon and Capers, 71  
Chicken Thighs with Olives and Capers, 77

### Carrot

Greek Tzatziki Dip with Veggie Sticks, 31

### Cauliflower

Cauliflower with Tahini Sauce, 61  
Cauliflower Steaks with Chimichurri, 86

### Celery

Air Fryer Mediterranean Crab Cakes, 29

### Cheese tortellini

Air Fryer Tortellini with Pesto Sauce, 51

### Cherry tomatoes

Air Fryer Avocado Toast, 13  
Mediterranean Morning Frittata, 14  
Spinach and Feta Breakfast Wraps, 15  
Air Fryer Veggie Hash, 19  
Stuffed Peppers with Quinoa, 20  
Mediterranean Breakfast Pizza, 21  
Egg Cups with Tomatoes and Herbs, 21  
Focaccia with Cherry Tomatoes, 33  
Penne with Eggplant and Basil, 45  
Pasta Primavera with Fresh Herbs, 46  
Pesto Orzo with Cherry Tomatoes, 48  
Paella with Shrimp and Chorizo, 49  
Brown Rice with Mediterranean Veggies, 50  
Quinoa and Rice-Stuffed Peppers, 50  
Air Fryer Tortellini with Pesto Sauce, 51  
Risotto with Artichokes and Olives, 51  
Couscous with Vegetables, 52  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54  
Air Fryer Cucumber and Feta Salad, 55

Quinoa Tabbouleh, 56  
Warm Farro Salad with Roasted Vegetables, 57  
Air Fryer Mediterranean Couscous Salad, 59  
Spinach and Orzo Salad, 60  
Panzanella Bread Salad, 62  
Stuffed Peppers with Quinoa and Veggies, 62  
Mackerel with Tomato Relish, 70  
Swordfish Steaks, 71  
Shrimp and Avocado Salad, 72  
Air Fryer Seafood Paella, 72  
Chicken Gyros, 76  
Air Fryer Chicken and Vegetable Medley, 82  
Air Fryer Stuffed Zucchini Boats, 83  
Mediterranean Veggie Skewers, 83  
Greek-Style Stuffed Eggplant, 90  
Quinoa and Vegetable Stuffed Peppers, 92

### **Chia**

Greek Yogurt and Berry Smoothie Bowl, 19

### **Chicken**

Chicken and Rice Pilaf, 44  
Air Fryer Greek Salad, 53

### **Chicken breast**

Air Fryer Chicken Souvlaki, 75  
Stuffed Chicken Breasts, 74  
Air Fryer Chicken and Vegetable Medley, 82

### **Chicken broth**

Chicken and Rice Pilaf, 44  
Creamy Risotto with Sun-Dried Tomatoes, 45  
Paella with Shrimp and Chorizo, 49  
Air Fryer Seafood Paella, 72

### **Chicken drumsticks**

Mediterranean Chicken Drumsticks, 80

### **Chicken thighs**

Greek Lemon Chicken Thighs, 73  
Chicken Gyros, 76  
Chicken Thighs with Olives and Capers, 77  
Spiced Chicken with Spinach and Feta, 78

### **Chickpea flour**

Chickpea Flour Omelette, 17

### **Chickpeas**

Air Fryer Falafel, 23  
Zesty Lemon-Herb Hummus, 23  
Crispy Chickpeas, 24  
Mediterranean Chickpea Salad, 54  
Falafel with Tzatziki, 85  
Crispy Air Fryer Chickpeas with Herbs, 87  
Veggie Burger Patties, 88

### **Chocolate chips**

Chocolate-Dipped Figs, 101

### **Chopped walnuts**

Olive Oil Pancakes, 14  
Greek Yogurt and Honey Bread, 41

### **Chorizo**

Paella with Shrimp and Chorizo, 49

### **Coconut**

Greek Yogurt and Berry Smoothie Bowl, 19  
Chocolate-Dipped Figs, 101  
Coconut Macaroons, 102

### **Coconut oil**

Greek Yogurt Cheesecake with Honey, 94  
Fig and Walnut Tart, 95  
Phyllo Apple Strudel, 98  
Chocolate-Dipped Figs, 101  
Honey-Lemon Air Fryer Donuts, 101

### **Cod**

Air Fryer Mediterranean Cod, 65

### **Cornmeal**

Cornbread with Feta, 40

### **Couscous**

Couscous with Vegetables, 52  
Air Fryer Mediterranean Couscous Salad, 59

### **Crab meat**

Air Fryer Mediterranean Crab Cakes, 29

### **Cream cheese**

Greek Yogurt Cheesecake with Honey, 94

### **Crusty bread**

Panzanella Bread Salad, 62

### **Cucumber**

Air Fryer Falafel, 23  
Greek Tzatziki Dip with Veggie Sticks, 31  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54  
Quinoa Tabbouleh, 56  
Panzanella Bread Salad, 62  
Crispy Air Fryer Fish Tacos, 64  
Air Fryer Mediterranean Cod, 65  
Fish Cakes with Tzatziki Sauce, 69  
Calamari with Tzatziki, 70  
Swordfish Steaks, 71  
Shrimp and Avocado Salad, 72  
Greek-Style Beef Patties with Tzatziki, 79  
Spiced Lamb Meatballs with Tzatziki Sauce, 81  
Falafel with Tzatziki, 85  
Air Fryer Cucumber and Feta Salad, 55

## **D**

### **Dijon mustard**

Air Fryer Mediterranean Crab Cakes, 29  
Roasted Beet and Goat Cheese Salad, 61  
Panzanella Bread Salad, 62  
Herb-Crusted Salmon, 63  
Shrimp and Avocado Salad, 72

## **E**

### **Eggs**

Olive Oil Pancakes, 14  
Breakfast Sausage Patties, 22  
Air Fryer Calamari Rings, 25  
Air Fryer Greek Meatballs, 27  
Mini Spanakopita Triangles, 28  
Air Fryer Mediterranean Crab Cakes, 29  
Air Fryer Halloumi Sticks, 31  
Greek Yogurt and Honey Bread, 41  
Spinach and Feta Stuffed Shells, 49  
Air Fryer Tuna Patties, 66  
Fish Cakes with Tzatziki Sauce, 69  
Spiced Air Fryer Turkey Meatballs, 74  
Meatball Subs with Marinara, 79  
Greek-Style Beef Patties with Tzatziki, 79  
Spiced Lamb Meatballs with Tzatziki Sauce, 81  
Greek Turkey Meatloaf with Fresh Herbs, 82  
Air Fryer Eggplant with Parmesan, 84  
Greek Spinach Pie (Spanakopita) Bites, 86

Veggie Burger Patties, 88  
Lemon Yogurt Muffins, 98  
Almond Crescent Cookies, 99  
Honey-Lemon Air Fryer Donuts, 101  
Coconut Macaroons, 102  
Mediterranean Morning Frittata, 14  
Spinach and Feta Breakfast Wraps, 15  
Zucchini and Feta Muffins, 15  
Sun-Dried Tomato and Basil Quiche, 16  
Mediterranean Shakshuka, 17  
Breakfast Burrito, 18  
Lemon Poppy Seed Muffins, 20  
Mediterranean Breakfast Pizza, 21  
Egg Cups with Tomatoes and Herbs, 21  
Garlic Parmesan Zucchini Fries, 26  
Mozzarella Sticks with Marinara, 27  
Eggplant Fries, 28  
Mini Quiches with Spinach and Leeks, 32  
Cornbread with Feta, 40  
Air Fryer Zucchini Fries, 54  
Crispy Air Fryer Fish Tacos, 64  
Calamari with Tzatziki, 70  
Lemon Olive Oil Cake, 93  
Greek Yogurt Cheesecake with Honey, 94  
Honey Almond Biscotti, 95  
Orange and Almond Cake, 96  
Greek Semolina Cake (Revani), 99  
Greek Walnut Cake (Karidopita), 102

### **Eggplant**

Eggplant Fries, 28  
Penne with Eggplant and Basil, 45  
Brown Rice with Mediterranean Veggies, 50  
Air Fryer Eggplant Caponata, 60  
Air Fryer Eggplant with Parmesan, 84  
Roasted Red Pepper and Eggplant Dip, 89  
Greek-Style Stuffed Eggplant, 90

## **F**

### **Farro**

Warm Farro Salad with Roasted Vegetables, 57

### **Feta**

Air Fryer Avocado Toast, 13  
Mediterranean Morning Frittata, 14  
Spinach and Feta Breakfast Wraps, 15  
Zucchini and Feta Muffins, 15  
Sun-Dried Tomato and Basil Quiche, 16  
Mediterranean Shakshuka, 17  
Breakfast Burrito, 18  
Mediterranean Breakfast Pizza, 21  
Egg Cups with Tomatoes and Herbs, 21  
Spinach and Feta Stuffed Mushrooms, 25  
Mini Spanakopita Triangles, 28  
Feta and Olive Stuffed Peppers, 29  
Mini Quiches with Spinach and Leeks, 32  
Mediterranean Stuffed Bread, 39  
Cornbread with Feta, 40  
Spinach and Cheese Swirls, 40  
Feta and Oregano Bread, 42  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Lemon-Dill Rice with Feta, 46  
Spinach and Feta Stuffed Shells, 49  
Brown Rice with Mediterranean Veggies, 50  
Quinoa and Rice-Stuffed Peppers, 50  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54  
Air Fryer Cucumber and Feta Salad, 55  
Air Fryer Stuffed Mushrooms, 56  
Warm Farro Salad with Roasted Vegetables, 57  
Tomato and Red Onion Salad, 58

Air Fryer Mediterranean Couscous Salad, 59  
Spinach and Orzo Salad, 60  
Panzanella Bread Salad, 62  
Stuffed Peppers with Quinoa and Veggies, 62  
Shrimp and Feta Stuffed Peppers, 65  
Mediterranean Stuffed Squid, 67  
Shrimp and Avocado Salad, 72  
Stuffed Chicken Breasts, 74  
Chicken Gyros, 76  
Stuffed Pork Tenderloin with Spinach and Feta, 78  
Spiced Chicken with Spinach and Feta, 78  
Greek-Style Beef Patties with Tzatziki, 79  
Greek Turkey Meatloaf with Fresh Herbs, 82  
Air Fryer Stuffed Zucchini Boats, 83  
Spinach and Feta Stuffed Peppers, 84  
Stuffed Tomatoes, 85  
Greek Spinach Pie (Spanakopita) Bites, 86  
Greek-Style Stuffed Eggplant, 90  
Quinoa and Vegetable Stuffed Peppers, 92  
Stuffed Dates with Almonds, 94  
Stuffed Peppers with Quinoa, 20  
Sun-Dried Tomato and Olive Flatbread, 32  
Stuffed Tomatoes with Rice and Herbs, 48

### **Fettuccine**

Shrimp and Spinach Fettuccine, 43

### **Figs**

Citrus and Honey Breakfast Bowl, 22  
Fig and Walnut Tart, 95  
Chocolate-Dipped Figs, 101

## **G**

### **Goat cheese**

Roasted Beet and Goat Cheese Salad, 61  
Portobello Mushrooms with Goat Cheese, 87

### **Granola**

Greek Yogurt and Berry Smoothie Bowl, 19

### **Grape leaves**

Stuffed Grape Leaves, 24

### **Grapefruit**

Citrus and Honey Breakfast Bowl, 22

### **Greek yogurt**

Air Fryer Mediterranean Cod, 65  
Artichoke Hearts with Lemon Aioli, 88  
Greek Yogurt Parfaits, 13  
Olive Oil Pancakes, 14  
Zucchini and Feta Muffins, 15  
Sun-Dried Tomato and Basil Quiche, 16  
Breakfast Burrito, 18  
Greek Yogurt and Berry Smoothie Bowl, 19  
Lemon Poppy Seed Muffins, 20  
Mediterranean Breakfast Pizza, 21  
Air Fryer Falafel, 23  
Air Fryer Mediterranean Crab Cakes, 29  
Greek Tzatziki Dip with Veggie Sticks, 31  
Air Fryer Naan Bread, 37  
Greek Yogurt and Honey Bread, 41  
Feta and Oregano Bread, 42  
Crispy Air Fryer Fish Tacos, 64  
Air Fryer Tuna Patties, 66  
Fish Cakes with Tzatziki Sauce, 69  
Calamari with Tzatziki, 70  
Greek Lamb Chops with Mint Yogurt, 75  
Chicken Gyros, 76  
Greek-Style Beef Patties with Tzatziki, 79

Spiced Lamb Meatballs with Tzatziki Sauce, 81  
Falafel with Tzatziki, 85  
Lemon Olive Oil Cake, 93  
Greek Yogurt Cheesecake with Honey, 94  
Lemon Yogurt Muffins, 98  
Greek Semolina Cake (Revani), 99  
Greek Rice Pudding (Rizogalo), 100  
Honey-Lemon Air Fryer Donuts, 101  
Greek Walnut Cake (Karidopita), 102

### **Green olives**

Air Fryer Eggplant Caponata, 60  
Chicken Thighs with Olives and Capers, 77

## **H**

### **Halloumi cheese**

Air Fryer Halloumi Sticks, 31

### **Harissa paste**

Sweet Potato Fries with Harissa, 90

### **Honey**

Greek Yogurt Parfaits, 13  
Olive Oil Pancakes, 14  
Greek Yogurt and Berry Smoothie Bowl, 19  
Lemon Poppy Seed Muffins, 20  
Citrus and Honey Breakfast Bowl, 22  
Lemon Thyme Bread, 36  
Air Fryer Naan Bread, 37  
Sun-Dried Tomato and Basil Bread, 37  
Breadsticks with Marinara, 38  
Herb Dinner Rolls, 39  
Mediterranean Stuffed Bread, 39  
Greek Yogurt and Honey Bread, 41  
Sourdough Rolls, 41  
Feta and Oregano Bread, 42  
Air Fryer Eggplant Caponata, 60  
Roasted Beet and Goat Cheese Salad, 61  
Shrimp and Avocado Salad, 72  
Spiced Chicken with Spinach and Feta, 78  
Baklava Bites, 93  
Greek Yogurt Cheesecake with Honey, 94  
Stuffed Dates with Almonds, 94  
Honey Almond Biscotti, 95  
Fig and Walnut Tart, 95  
Greek Honey Cookies (Melomakarona) Tart, 96  
Orange and Almond Cake, 96  
Pistachio Baklava Rolls, 97  
Ricotta and Honey Stuffed Pastries, 97  
Lemon Yogurt Muffins, 98  
Phyllo Apple Strudel, 98  
Greek Semolina Cake (Revani), 99  
Almond Crescent Cookies, 99  
Cinnamon-Spiced Air Fryer Pears, 100  
Greek Rice Pudding (Rizogalo), 100  
Honey-Lemon Air Fryer Donuts, 101  
Greek Walnut Cake (Karidopita), 102  
Coconut Macaroons, 102

## **K**

### **Kalamata olives**

Mediterranean Morning Frittata, 14  
Tapenade with Pita Chips, 26  
Rustic Olive and Rosemary Bread, 33  
Greek Olive Bread, 35  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Chicken and Rice Pilaf, 44  
Quinoa and Rice-Stuffed Peppers, 50  
Risotto with Artichokes and Olives, 51  
Couscous with Vegetables, 52  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54

Air Fryer Cucumber and Feta Salad, 55  
Air Fryer Stuffed Mushrooms, 56  
Warm Farro Salad with Roasted Vegetables, 57  
Air Fryer Mediterranean Couscous Salad, 59  
Spinach and Orzo Salad, 60  
Panzanella Bread Salad, 62  
Stuffed Peppers with Quinoa and Veggies, 62  
Shrimp and Feta Stuffed Peppers, 65  
Mediterranean Stuffed Squid, 67  
Swordfish Steaks, 71  
Shrimp and Avocado Salad, 72  
Stuffed Chicken Breasts, 74  
Greek-Style Stuffed Eggplant, 90  
Quinoa and Vegetable Stuffed Peppers, 92

## **L**

### **Lamb**

Air Fryer Lamb Kofta, 73  
Greek Lamb Chops with Mint Yogurt, 75  
Spiced Lamb Meatballs with Tzatziki Sauce, 81

### **Leeks**

Mini Quiches with Spinach and Leeks, 32

### **Lettuce**

Chicken Gyros, 76

### **Long-grain rice**

Greek Lemon Rice Pilaf, 47  
Stuffed Tomatoes with Rice and Herbs, 48  
Lemon-Dill Rice with Feta, 46

## **M**

### **Mackerel**

Mackerel with Tomato Relish, 70

### **Marinara sauce**

Breadsticks with Marinara, 38  
Spaghetti Squash with Marinara, 47  
Spinach and Feta Stuffed Shells, 49  
Meatball Subs with Marinara, 79  
Greek Turkey Meatloaf with Fresh Herbs, 82  
Air Fryer Eggplant with Parmesan, 84

### **Medjool dates**

Stuffed Dates with Almonds, 94

### **Milk**

Olive Oil Pancakes, 14  
Spinach and Feta Breakfast Wraps, 15  
Zucchini and Feta Muffins, 15  
Sun-Dried Tomato and Basil Quiche, 16  
Greek Yogurt and Berry Smoothie Bowl, 19  
Citrus and Honey Breakfast Bowl, 22  
Mini Quiches with Spinach and Leeks, 32  
Mediterranean Morning Frittata, 14

### **Mixed greens**

Shrimp and Avocado Salad, 72  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54  
Roasted Beet and Goat Cheese Salad, 61

### **Mozzarella**

Mediterranean Breakfast Pizza, 21  
Mozzarella Sticks with Marinara, 27  
Meatball Subs with Marinara, 79  
Air Fryer Eggplant with Parmesan, 84

## **Mushrooms**

Spinach and Feta Stuffed Mushrooms, 25  
Barley Risotto with Mushrooms, 52  
Air Fryer Stuffed Mushrooms, 56  
Mediterranean Veggie Skewers, 83  
Portobello Mushrooms with Goat Cheese, 87  
Stuffed Mushrooms with Ricotta and Spinach, 89

## **Mussels**

Mussels with Garlic Butter, 68

## **N**

### **Nuts**

Baklava Bites, 93  
Greek Yogurt Cheesecake with Honey, 94  
Greek Rice Pudding (Rizogalo), 100

## **O**

### **Oats**

Greek Yogurt Parfaits, 13  
Citrus and Honey Breakfast Bowl, 22

### **Octopus**

Greek-Style Grilled Octopus, 69

### **Orzo pasta**

Lemon-Parmesan Orzo, 43  
Pesto Orzo with Cherry Tomatoes, 48  
Spinach and Orzo Salad, 60

## **P**

### **Parmesan**

Breakfast Potatoes, 16  
Ricotta and Spinach Stuffed Tomatoes, 18  
Air Fryer Calamari Rings, 25  
Spinach and Feta Stuffed Mushrooms, 25  
Garlic Parmesan Zucchini Fries, 26  
Mozzarella Sticks with Marinara, 27  
Air Fryer Greek Meatballs, 27  
Eggplant Fries, 28  
Air Fryer Halloumi Sticks, 31  
Herb Dinner Rolls, 39  
Spinach and Cheese Swirls, 40  
Sourdough Rolls, 41  
Feta and Oregano Bread, 42  
Lemon-Parmesan Orzo, 43  
Shrimp and Spinach Fettuccine, 43  
Creamy Risotto with Sun-Dried Tomatoes, 45  
Pasta Primavera with Fresh Herbs, 46  
Pesto Orzo with Cherry Tomatoes, 48  
Spinach and Feta Stuffed Shells, 49  
Air Fryer Tortellini with Pesto Sauce, 51  
Risotto with Artichokes and Olives, 51  
Barley Risotto with Mushrooms, 52  
Air Fryer Zucchini Fries, 54  
Roasted Brussels Sprouts, 55  
Air Fryer Stuffed Mushrooms, 56  
Air Fryer Parmesan Asparagus, 58  
Herb-Crusted Salmon, 63  
Air Fryer Tuna Patties, 66  
Pesto-Crusted Air Fryer Salmon, 68  
Spiced Air Fryer Turkey Meatballs, 74  
Meatball Subs with Marinara, 79  
Air Fryer Eggplant with Parmesan, 84  
Portobello Mushrooms with Goat Cheese, 87  
Stuffed Mushrooms with Ricotta and Spinach, 89  
Asparagus with Lemon and Parmesan, 91  
Roasted Garlic Brussels Sprouts, 91

Spiced Lamb Meatballs with Tzatziki Sauce, 81

### **Pasta shells**

Spinach and Feta Stuffed Shells, 49

### **Pearl barley**

Barley Risotto with Mushrooms, 52

### **Pears**

Cinnamon-Spiced Air Fryer Pears, 100

### **Peas**

Paella with Shrimp and Chorizo, 49  
Air Fryer Seafood Paella, 72

### **Penne pasta**

Penne with Eggplant and Basil, 45  
Pasta Primavera with Fresh Herbs, 46

### **Pepper**

Mediterranean Morning Frittata, 14  
Spaghetti Squash with Marinara, 47

### **Pesto**

Air Fryer Tortellini with Pesto Sauce, 51  
Pesto-Crusted Air Fryer Salmon, 68  
Pesto Orzo with Cherry Tomatoes, 48

### **Phyllo dough**

Mini Spanakopita Triangles, 28  
Greek Spinach Pie (Spanakopita) Bites, 86  
Baklava Bites, 93  
Pistachio Baklava Rolls, 97  
Ricotta and Honey Stuffed Pastries, 97  
Phyllo Apple Strudel, 98

### **Pine nuts**

Stuffed Grape Leaves, 24  
Air Fryer Tortellini with Pesto Sauce, 51  
Pesto-Crusted Air Fryer Salmon, 68

### **Pistachios**

Pistachio Baklava Rolls, 97  
Ricotta and Honey Stuffed Pastries, 97  
Chocolate-Dipped Figs, 101

### **Pita bread**

Air Fryer Falafel, 23

### **Pomegranate**

Greek Yogurt Parfaits, 13  
Roasted Beet and Goat Cheese Salad, 61

### **Pork**

Garlic and Rosemary Pork Chops, 80

### **Pork tenderloin**

Stuffed Pork Tenderloin with Spinach and Feta, 78

### **Potatoes**

Breakfast Potatoes, 16  
Air Fryer Veggie Hash, 19  
Lemon-Garlic Roasted Potatoes, 53  
Air Fryer Sweet Potato Wedges, 59  
Sweet Potato Fries with Harissa, 90

### **Puff pastry**

Spinach and Cheese Swirls, 40

## **Q**

### **Quinoa**

Stuffed Peppers with Quinoa, 20  
Stuffed Grape Leaves, 24  
Feta and Olive Stuffed Peppers, 29  
Quinoa and Rice-Stuffed Peppers, 50

Quinoa Tabbouleh, 56  
Stuffed Peppers with Quinoa and Veggies, 62  
Shrimp and Feta Stuffed Peppers, 65  
Mediterranean Stuffed Squid, 67  
Fish Cakes with Tzatziki Sauce, 69  
Air Fryer Stuffed Zucchini Boats, 83  
Spinach and Feta Stuffed Peppers, 84  
Stuffed Tomatoes, 85  
Quinoa and Vegetable Stuffed Peppers, 92

## **R**

### **Raisins**

Phyllo Apple Strudel, 98  
Greek Rice Pudding (Rizogalo), 100

### **Raspberries**

Olive Oil Pancakes, 14  
Greek Yogurt and Berry Smoothie Bowl, 19

### **Red onion**

Mediterranean Morning Frittata, 14  
Spinach and Feta Breakfast Wraps, 15  
Chickpea Flour Omelette, 17  
Breakfast Burrito, 18  
Air Fryer Veggie Hash, 19  
Stuffed Peppers with Quinoa, 20  
Mediterranean Breakfast Pizza, 21  
Air Fryer Falafel, 23  
Feta and Olive Stuffed Peppers, 29  
Air Fryer Mediterranean Crab Cakes, 29  
Mediterranean Bruschetta in the Air Fryer, 30  
Mediterranean Stuffed Bread, 39  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Pasta Primavera with Fresh Herbs, 46  
Brown Rice with Mediterranean Veggies, 50  
Couscous with Vegetables, 52  
Air Fryer Greek Salad, 53  
Mediterranean Chickpea Salad, 54  
Air Fryer Cucumber and Feta Salad, 55  
Quinoa Tabbouleh, 56  
Warm Farro Salad with Roasted Vegetables, 57  
Tomato and Red Onion Salad, 58  
Air Fryer Mediterranean Couscous Salad, 59  
Spinach and Orzo Salad, 60  
Roasted Beet and Goat Cheese Salad, 61  
Panzanella Bread Salad, 62  
Stuffed Peppers with Quinoa and Veggies, 62  
Air Fryer Tuna Patties, 66  
Mackerel with Tomato Relish, 70  
Swordfish Steaks, 71  
Shrimp and Avocado Salad, 72  
Chicken Gyros, 76  
Mediterranean Beef Kebabs, 76  
Lemon and Herb Turkey Burgers, 77  
Beef and Veggie Skewers, 81  
Air Fryer Chicken and Vegetable Medley, 82  
Air Fryer Stuffed Zucchini Boats, 83  
Mediterranean Veggie Skewers, 83  
Spinach and Feta Stuffed Peppers, 84  
Stuffed Tomatoes, 85  
Veggie Burger Patties, 88

### **Rice**

Stuffed Grape Leaves, 24

### **Ricotta**

Greek Spinach Pie (Spanakopita) Bites, 86  
Ricotta and Spinach Stuffed Tomatoes, 18

Spinach and Cheese Swirls, 40  
Spinach and Feta Stuffed Shells, 49  
Stuffed Mushrooms with Ricotta and Spinach, 89  
Ricotta and Honey Stuffed Pastries, 97

## S

### Salmon

Herb-Crusted Salmon, 63  
Pesto-Crusted Air Fryer Salmon, 68

### Sardines

Sardines with Lemon and Herbs, 67

### Scallops

Garlic Lemon Scallops, 64

### Seafood mix

Air Fryer Seafood Paella, 72

### Semolina

Greek Semolina Cake (Revani), 99

### Short-grain rice

Air Fryer Seafood Paella, 72

### Shrimp

Shrimp and Spinach Fettuccine, 43  
Paella with Shrimp and Chorizo, 49  
Mediterranean Shrimp Skewers, 63  
Shrimp and Feta Stuffed Peppers, 65  
Shrimp and Avocado Salad, 72

### Spaghetti Squash

Spaghetti Squash with Marinara, 47

### Spinach

Spinach and Feta Breakfast Wraps, 15  
Chickpea Flour Omelette, 17  
Breakfast Burrito, 18  
Ricotta and Spinach Stuffed Tomatoes, 18  
Mediterranean Breakfast Pizza, 21  
Spinach and Feta Stuffed Mushrooms, 25  
Mini Spanakopita Triangles, 28  
Mini Quiches with Spinach and Leeks, 32  
Spinach and Cheese Swirls, 40  
Spinach and Feta Stuffed Shells, 49  
Quinoa and Rice-Stuffed Peppers, 50  
Spinach and Orzo Salad, 60  
Stuffed Chicken Breasts, 74  
Stuffed Pork Tenderloin with Spinach and Feta, 78  
Spiced Chicken with Spinach and Feta, 78  
Spinach and Feta Stuffed Peppers, 84  
Stuffed Tomatoes, 85  
Greek Spinach Pie (Spanakopita) Bites, 86  
Stuffed Mushrooms with Ricotta and Spinach, 89  
Shrimp and Spinach Fettuccine, 43

### Squid

Mediterranean Stuffed Squid, 67

### Strawberries

Greek Yogurt Parfaits, 13  
Olive Oil Pancakes, 14  
Greek Yogurt and Berry Smoothie Bowl, 19

### Sun-dried tomatoes

Feta and Olive Stuffed Peppers, 29  
Sun-Dried Tomato and Olive Flatbread, 32  
Sun-Dried Tomato and Basil Bread, 37  
Mediterranean Stuffed Bread, 39  
Cornbread with Feta, 40  
Creamy Risotto with Sun-Dried Tomatoes, 45

Air Fryer Stuffed Mushrooms, 56  
Shrimp and Feta Stuffed Peppers, 65  
Mediterranean Stuffed Squid, 67  
Stuffed Chicken Breasts, 74  
Stuffed Pork Tenderloin with Spinach and Feta, 78  
Spiced Chicken with Spinach and Feta, 78  
Portobello Mushrooms with Goat Cheese, 87

### Swordfish

Swordfish Steaks, 71

## T

### Tahini

Zesty Lemon-Herb Hummus, 23  
Cauliflower with Tahini Sauce, 61  
Broccoli with Lemon Tahini Sauce, 92

### Tilapia

Lemon-Dill Air Fryer Tilapia, 66

### Tomato

Air Fryer Falafel, 23  
Sun-Dried Tomato and Basil Quiche, 16  
Chickpea Flour Omelette, 17  
Mediterranean Shakshuka, 17  
Breakfast Burrito, 18  
Ricotta and Spinach Stuffed Tomatoes, 18  
Stuffed Grape Leaves, 24  
Mediterranean Bruschetta in the Air Fryer, 30  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Chicken and Rice Pilaf, 44  
Spaghetti Squash with Marinara, 47  
Stuffed Tomatoes with Rice and Herbs, 48  
Tomato and Red Onion Salad, 58  
Crispy Air Fryer Fish Tacos, 64  
Spinach and Feta Stuffed Peppers, 84  
Stuffed Tomatoes, 85

### Tortillas

Spinach and Feta Breakfast Wraps, 15  
Breakfast Burrito, 18  
Crispy Air Fryer Fish Tacos, 64

### Trout

Trout with Lemon and Capers, 71

### Tuna

Air Fryer Tuna Patties, 66

### Turkey

Breakfast Sausage Patties, 22  
Greek-Style Stuffed Bell Peppers with Rice, 44  
Spiced Air Fryer Turkey Meatballs, 74  
Lemon and Herb Turkey Burgers, 77  
Greek Turkey Meatloaf with Fresh Herbs, 82

### Tzatziki sauce

Air Fryer Greek Meatballs, 27  
Eggplant Fries, 28  
Air Fryer Mediterranean Crab Cakes, 29

## V

### Vegetable broth

Stuffed Peppers with Quinoa, 20  
Lemon-Dill Rice with Feta, 46  
Greek Lemon Rice Pilaf, 47  
Stuffed Tomatoes with Rice and Herbs, 48  
Quinoa and Rice-Stuffed Peppers, 50  
Risotto with Artichokes and Olives, 51  
Barley Risotto with Mushrooms, 52

Couscous with Vegetables, 52  
Air Fryer Mediterranean Couscous Salad, 59  
Quinoa and Vegetable Stuffed Peppers, 92

## W

### Walnuts

Greek Yogurt Parfaits, 13  
Citrus and Honey Breakfast Bowl, 22  
Roasted Beet and Goat Cheese Salad, 61  
Fig and Walnut Tart, 95  
Greek Honey Cookies (Melomakarona) Tart, 96  
Pistachio Baklava Rolls, 97  
Phyllo Apple Strudel, 98  
Cinnamon-Spiced Air Fryer Pears, 100  
Greek Walnut Cake (Karidopita), 102

### White fish fillets

Crispy Air Fryer Fish Tacos, 64  
Fish Cakes with Tzatziki Sauce, 69

### Whole grain bread

Air Fryer Avocado Toast, 13  
whole grain graham cracker  
Greek Yogurt Cheesecake with Honey, 94

### Whole wheat flatbread

Sun-Dried Tomato and Olive Flatbread, 32

### Whole wheat flour

Olive Oil Pancakes, 14  
Zucchini and Feta Muffins, 15  
Sun-Dried Tomato and Basil Quiche, 16  
Lemon Poppy Seed Muffins, 20  
Eggplant Fries, 28  
Whole Wheat Pita Bread, 34  
Sesame Seed Flatbread, 35  
Greek Olive Bread, 35  
Air Fryer Garlic Knots, 36  
Lemon Thyme Bread, 36  
Air Fryer Naan Bread, 37  
Sun-Dried Tomato and Basil Bread, 37  
Breadsticks with Marinara, 38  
Rosemary and Sea Salt Crackers, 38  
Herb Dinner Rolls, 39  
Mediterranean Stuffed Bread, 39  
Cornbread with Feta, 40  
Greek Yogurt and Honey Bread, 41  
Honey Almond Biscotti, 95  
Fig and Walnut Tart, 95  
Greek Honey Cookies (Melomakarona) Tart, 96  
Orange and Almond Cake, 96  
Lemon Yogurt Muffins, 98  
whole wheat pita bread  
Tapenade with Pita Chips, 26  
Pita Chips with Za'atar, 42  
Chicken Gyros, 76  
whole wheat pizza dough  
Mediterranean Breakfast Pizza, 21

### Whole wheat sub rolls

Meatball Subs with Marinara, 79

### Whole-grain baguette

Mediterranean Bruschetta in the Air Fryer, 30

### Whole-wheat flour

Crispy Air Fryer Fish Tacos, 64

### Wine

Paella with Shrimp and Chorizo, 49  
Risotto with Artichokes and Olives, 51  
Barley Risotto with Mushrooms, 52  
Air Fryer Seafood Paella, 72

## **Z**

### **Za'atar spice blend**

Pita Chips with Za'atar, 42

### **Zucchini**

Mediterranean Morning Frittata, 14

Zucchini and Feta Muffins, 15

Air Fryer Veggie Hash, 19

Stuffed Peppers with Quinoa, 20

Greek Tzatziki Dip with Veggie Sticks, 31

Pasta Primavera with Fresh Herbs, 46

Brown Rice with Mediterranean Veggies,  
50

Couscous with Vegetables, 52

Warm Farro Salad with Roasted

Vegetables, 57

Air Fryer Mediterranean Couscous Salad,  
59

Spinach and Orzo Salad, 60

Stuffed Peppers with Quinoa and Veggies,  
62

Beef and Veggie Skewers, 81

Air Fryer Chicken and Vegetable Medley,  
82

Air Fryer Stuffed Zucchini Boats, 83

Mediterranean Veggie Skewers, 83

Veggie Burger Patties, 88

Quinoa and Vegetable Stuffed Peppers, 92

Garlic Parmesan Zucchini Fries, 26

Air Fryer Zucchini Fries, 54