

 **AIR FRYER COOKBOOK**  
**FOR BEGINNERS**

**Simple and Tasty Family Dinners  
with a Complete 28-Day Meal Plan)**

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## INTRODUCTION

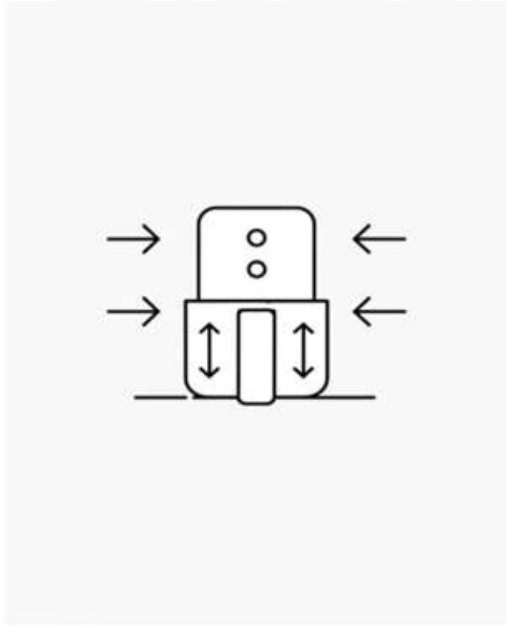
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### What is an Air Fryer and How It Works

An air fryer is a compact kitchen appliance designed to cook food by circulating hot air at high speed. This rapid circulation creates a crispy texture on the outside while keeping the inside tender — similar to deep frying, but with little to no oil.

Unlike traditional frying, which requires cups of oil, the air fryer usually needs only a tablespoon or even less. This means significantly fewer calories and less fat in every meal. For beginners, this makes the air fryer one of the easiest and healthiest ways to prepare delicious food without complicated techniques.

Families especially benefit from its speed and convenience: no preheating an oven for 15 minutes, no splashing oil on the stove, and no lingering smell of grease in the kitchen.



## The Benefits of Air Fryer Cooking

1. **Healthier meals** — Using 70–80% less oil than deep frying drastically reduces calories and saturated fats, supporting better heart health and weight management.
2. **Faster cooking** — Most meals are ready in 15–20 minutes, making it easier to prepare breakfast, lunch, and dinner even on busy days.
3. **Energy efficiency** — An air fryer uses less electricity than a conventional oven, saving on bills.
4. **Versatility** — You can fry, roast, bake, grill, or reheat. From chicken wings to muffins, one appliance does it all.
5. **Less mess** — No greasy stovetop, easy-to-clean basket, and minimal odors in the kitchen.
6. **Kid-friendly** — Children love crispy foods, and with the air fryer, parents can offer healthier versions of fries, nuggets, and snacks.



## Air Fryer vs. Traditional Cooking

Method	Oil Needed	Time	Texture / Result
Deep Frying	2–3 cups	10–15 min	Crispy but high in fat and calories
Oven Baking	2–3 tbsp	25–35 min	Healthier but slower, drier texture
Pan Frying	3–4 tbsp	15–20 min	Tasty but messy, uneven crispiness
<b>Air Frying</b>	1 tbsp or none	12–20 min	Crispy outside, tender inside, low-fat

## Time & Temperature Chart

Food	Temperature	Time	Notes
Chicken breast	375°F / 190°C	18–20 min	Flip halfway through
Chicken drumsticks	380°F / 193°C	22–25 min	Crisp skin, juicy inside
Salmon fillet	370°F / 188°C	10–12 min	Add lemon for freshness
Shrimp	400°F / 200°C	6–8 min	Don't overcrowd the basket
Potatoes (fries)	380°F / 193°C	18–22 min	Shake the basket twice
Sweet potato fries	380°F / 193°C	15–18 min	Light oil spray recommended
Vegetables (mixed)	375°F / 190°C	12–15 min	Cut evenly for best results
Stuffed peppers	375°F / 190°C	15–18 min	Use cheese filling, cook until tender
Apple chips	300°F / 150°C	15–20 min	Use thin slices, check for crispness
Frozen snacks	400°F / 200°C	8–10 min	Adjust to the package directions
Brownies/cake	320°F / 160°C	20–25 min	Use a small baking pan

## Family Tips for Using an Air Fryer

- **Batch cooking:** Cook chicken, potatoes, or veggies in larger amounts and store in the fridge for quick reheating.
- **Involve kids:** Simple tasks like seasoning fries or arranging nuggets in the basket can turn cooking into family fun.
- **Mix and match:** Combine proteins and sides for endless family dinner options.
- **Plan ahead:** Use the 28-Day Meal Plan at the end of this book to organize shopping and cooking in advance.
- **Healthy swaps:** Replace deep-fried snacks with air-fried versions to cut calories without losing taste.



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## 28-DAY MEAL PLAN & SHOPPING LISTS

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### Week 1 Meal Plan

#### Monday

- **Breakfast:** Veggie omelet
- **Lunch:** Chicken breast with vegetables
- **Dinner:** Salmon with potatoes
- **Snack:** Apple chips

## Tuesday

- **Breakfast:** Banana muffins
- **Lunch:** Turkey patties with salad
- **Dinner:** Lasagna
- **Snack:** Carrot sticks

## Wednesday

- **Breakfast: Avocado toast**
- **Lunch:** Fish fillet with rice
- **Dinner:** Vegetable casserole
- **Snack:** Nuts

## Thursday

- **Breakfast:** Cheese sticks
- **Lunch:** BBQ chicken
- **Dinner:** Meat rolls
- **Snack:** Cinnamon apple

## Friday

- **Breakfast:** Yogurt with berries
- **Lunch:** Fish patties
- **Dinner:** Chicken wings
- **Snack:** Veggie chips

## Saturday

- **Breakfast:** Fruit pancakes
- **Lunch:** Warm veggie salad
- **Dinner:** Fries with turkey patties
- **Snack:** Dried fruits

## Sunday

- **Breakfast:** Oatmeal with nuts
- **Lunch:** Drumsticks with potatoes
- **Dinner:** Baked tofu with vegetables
- **Snack:** Cookie

## Vegetables & Fruits

- Potatoes – 2 kg
- Carrots – 1 kg
- Onions – 500 g
- Broccoli – 1 head
- Tomatoes – 1 kg
- Cucumbers – 500 g
- Apples – 1 kg
- Bananas – 1 kg
- Berries – 300 g
- Avocados – 2 pcs

## Proteins

- Chicken breast – 1.5 kg
- Chicken drumsticks – 1 kg
- Turkey fillet – 1 kg
- Fish (salmon + white) – 1.5 kg
- Eggs – 12 pcs
- Yogurt – 500 g
- Tofu – 400 g

## Grains

- Rice – 500 g
- Oatmeal – 500 g
- Flatbread – 4 pcs

## Others

- Nuts – 200 g
  - Dried fruits – 150 g
  - Olive oil – 200 ml
  - Cheese – 300 g
  - Spices: salt, pepper, paprika, oregano
- 



## Monday

- **Breakfast:** Egg muffins
- **Lunch:** Chicken drumsticks with salad
- **Dinner:** Salmon with broccoli
- **Snack:** Fruit salad

## Tuesday

- **Breakfast:** Yogurt with granola
- **Lunch:** Turkey burger with veggie chips
- **Dinner:** Pasta with meatballs
- **Snack:** Apple slices

## Wednesday

- **Breakfast:** Veggie omelet
- **Lunch:** Baked fish with rice
- **Dinner:** BBQ chicken wings
- **Snack:** Nuts mix

## Thursday

- **Breakfast:** Avocado toast
- **Lunch:** Chicken breast with quinoa
- **Dinner:** Vegetable lasagna
- **Snack:** Yogurt with honey

## Friday

- **Breakfast:** Banana pancakes
- **Lunch:** Fish tacos with salsa
- **Dinner:** Meatloaf with mashed potatoes
- **Snack:** Carrot sticks

## Saturday

- **Breakfast:** Smoothie bowl
- **Lunch:** Grilled tofu with veggie salad
- **Dinner:** Chicken casserole
- **Snack:** Popcorn

## Sunday

- **Breakfast:** Oatmeal with berries
- **Lunch:** Shrimp with vegetables
- **Dinner:** Stuffed bell peppers
- **Snack:** Cookies

## Shopping List – Week 2

### Vegetables & Fruits

- Potatoes – 2 kg
- Carrots – 1 kg
- Onions – 500 g
- Broccoli – 1 head
- Bell peppers – 4 pcs
- Tomatoes – 1 kg
- Cucumbers – 500 g
- Lettuce – 1 head
- Apples – 1 kg
- Bananas – 1 kg
- Berries – 300 g
- Avocados – 2 pcs

### Proteins

- Chicken drumsticks – 1 kg
- Chicken breast – 1 kg
- Turkey mince – 500 g
- Fish fillets (salmon + white) – 1.5 kg
- Shrimp – 500 g
- Eggs – 12 pcs
- Tofu – 400 g
- Yogurt – 700 g

### Grains & Others

- Rice – 500 g
- Quinoa – 300 g
- Pasta – 500 g
- Granola – 200 g

- Oatmeal – 500 g
  - Bread/tortillas – 4 pcs
  - Cheese – 300 g
  - Olive oil – 200 ml
  - Nuts – 200 g
  - Honey – 100 g
  - Popcorn kernels – 150 g
  - Spices: salt, pepper, paprika, oregano, garlic powder
- 

## Week 3 Meal Plan

### Monday

- **Breakfast:** Scrambled eggs with toast
- **Lunch:** Chicken wrap with veggies
- **Dinner:** Baked salmon with asparagus
- **Snack:** Fruit salad

### Tuesdayzz

- **Breakfast:** Banana muffins
- **Lunch:** Turkey meatballs with rice
- **Dinner:** Chicken fajitas
- **Snack:** Apple slices

### Wednesday

- **Breakfast:** Yogurt with berries
- **Lunch:** Grilled shrimp with salad
- **Dinner:** Vegetable stir-fry with tofu
- **Snack:** Nuts mix

### Thursday

- **Breakfast:** Veggie omelet
- **Lunch:** Chicken noodle soup
- **Dinner:** BBQ chicken drumsticks
- **Snack:** Carrot sticks

### Friday

- **Breakfast:** Smoothie with oats
- **Lunch:** Fish fillet with quinoa
- **Dinner:** Chicken casserole
- **Snack:** Rice cakes

## Saturday

- **Breakfast:** Pancakes with honey
- **Lunch:** Turkey burger with roasted veggies
- **Dinner:** Lasagna
- **Snack:** Popcorn

## Sunday

- **Breakfast:** Oatmeal with banana
- **Lunch:** Chicken breast with salad
- **Dinner:** Stuffed zucchini boats
- **Snack:** Cookies

## Shopping List – Week 3

### Vegetables & Fruits

- Potatoes – 2 kg
- Carrots – 1 kg
- Onions – 500 g
- Asparagus – 1 bunch
- Zucchini – 3 pcs
- Bell peppers – 4 pcs
- Tomatoes – 1 kg
- Lettuce – 1 head
- Bananas – 1 kg
- Apples – 1 kg
- Berries – 300 g

### Proteins

- Chicken breast – 1.5 kg
- Chicken drumsticks – 1 kg
- Turkey mince – 500 g
- Shrimp – 500 g
- Fish fillets – 1.2 kg

- Eggs – 12 pcs
- Yogurt – 700 g
- Tofu – 400 g

## Grains & Others

- Rice – 500 g
  - Quinoa – 300 g
  - Noodles – 200 g
  - Oatmeal – 500 g
  - Pancake mix/flour – 300 g
  - Bread/tortillas – 4 pcs
  - Cheese – 300 g
  - Olive oil – 200 ml
  - Nuts – 200 g
  - Honey – 100 g
  - Rice cakes – 150 g
  - Popcorn kernels – 150 g
  - Spices: salt, pepper, paprika, garlic, oregano, chili powder
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## Week 4 Meal Plan

### Monday

- **Breakfast:** Veggie omelet
- **Lunch:** Chicken salad with flatbread
- **Dinner:** Turkey meatballs with potatoes
- **Snack:** Apple chips

### Tuesday

- **Breakfast:** Yogurt with granola
- **Lunch:** Grilled salmon with broccoli
- **Dinner:** Chicken stir-fry with vegetables
- **Snack:** Carrot sticks

### Wednesday

- **Breakfast:** Banana pancakes
- **Lunch:** Shrimp tacos with salsa
- **Dinner:** Meatloaf with mashed potatoes
- **Snack:** Nuts mix

## Thursday

- **Breakfast:** Smoothie with berries
- **Lunch:** Chicken wrap with salad
- **Dinner:** Baked fish with lemon
- **Snack:** Popcorn

## Friday

- **Breakfast:** Scrambled eggs
- **Lunch:** Turkey burger with veggie chips
- **Dinner:** Chicken casserole
- **Snack:** Fruit salad

## Saturday

- **Breakfast:** Avocado toast
- **Lunch:** Grilled tofu with rice
- **Dinner:** BBQ chicken wings
- **Snack:** Cookies

## Sunday

- **Breakfast:** Oatmeal with honey
- **Lunch:** Baked chicken breast with quinoa
- **Dinner:** Stuffed peppers with vegetables
- **Snack:** Yogurt with honey

## Shopping List – Week 4

### Vegetables & Fruits

- Potatoes – 2 kg
- Carrots – 1 kg
- Onions – 500 g
- Broccoli – 1 head
- Bell peppers – 4 pcs
- Tomatoes – 1 kg
- Lettuce – 1 head
- Apples – 1 kg
- Bananas – 1 kg
- Berries – 300 g

- Avocados – 2 pcs
- Lemon – 2 pcs

## Proteins

- Chicken breast – 1.5 kg
- Chicken drumsticks – 1 kg
- Turkey mince – 500 g
- Salmon – 700 g
- White fish fillets – 700 g
- Shrimp – 500 g
- Tofu – 400 g
- Eggs – 12 pcs
- Yogurt – 700 g

## Grains & Others

- Rice – 500 g
  - Quinoa – 300 g
  - Oatmeal – 500 g
  - Flatbread/tortillas – 4 pcs
  - Pancake mix/flour – 300 g
  - Granola – 200 g
  - Cheese – 300 g
  - Olive oil – 200 ml
  - Nuts – 200 g
  - Honey – 100 g
  - Popcorn kernels – 150 g
  - Spices: salt, pepper, paprika, oregano, garlic powder
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# Chapter 1: BREAKFASTS & QUICK SNACKS

## 1. Veggie Omelet

**Time:** 15 min  **Servings:** 2  **Calories:** 220

## Ingredients

- 3 large eggs
- ½ cup bell peppers, diced
- ½ cup spinach, chopped
- ¼ cup onion, finely chopped
- 2 tbsp milk
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper

## Instructions

1. Preheat the air fryer to 350°F (175°C).
2. Whisk eggs with milk, salt, and pepper.
3. Mix in vegetables.
4. Pour mixture into a greased heatproof dish that fits inside the air fryer.
5. Cook for 10–12 minutes until set and lightly golden.



## Tips & Serving Suggestions

- Add shredded cheese for a creamier taste.
- Serve with toasted bread or fresh tomato salad.
- Variation: replace spinach with kale or zucchini



## 2. Egg Muffins

**Time:** 20 min  **Servings:** 6  **Calories:** 120

### Ingredients

- 4 large eggs
- ½ cup diced tomatoes
- ½ cup bell peppers
- ¼ cup shredded cheese
- 2 tbsp milk
- ½ tsp garlic powder

- Salt & pepper to taste

## Instructions

1. Preheat air fryer to 320°F (160°C).
2. Whisk eggs, milk, garlic powder, salt, and pepper.
3. Add chopped vegetables and cheese.
4. Pour mixture into silicone muffin cups (fill  $\frac{3}{4}$ ).
5. Cook for 12–15 minutes until firm.

## 💡 Tips & Serving Suggestions

- Perfect for meal prep — store in fridge up to 3 days.
- Add ham or turkey for extra protein.
- Serve warm with avocado slices.



## 3. Avocado Toast

**Time** 10 min  **Servings:** 2  **Calories:** 280

### Ingredients

- 2 slices whole-grain bread
- 1 ripe avocado
- 1 tsp lemon juice
- ½ tsp chili flakes • Salt & pepper to taste

### Instructions

1. Place bread in the air fryer basket. Toast at 375°F (190°C) for 3–4 minutes.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread avocado mixture on toasted bread.
4. Sprinkle with chili flakes.

### Tips & Serving Suggestions

- Top with fried egg for a complete breakfast.
- Add sliced tomato or smoked salmon for variety.
- Serve with fresh fruit salad



## 4. Air Fryer Granola Bars

**Time:** 25 min  **Servings:** 8 bars  **Calories:** 180

### Ingredients

- 2 cups rolled oats
- ½ cup honey or maple syrup
- ¼ cup peanut butter
- ¼ cup chopped nuts (almonds, walnuts)
- ¼ cup dried fruits (raisins, cranberries)

## Instructions

1. Mix oats, honey, peanut butter, nuts, and dried fruits until combined.
2. Press mixture into a parchment-lined baking pan.
3. Place pan in air fryer at 320°F (160°C) for 10–12 minutes until lightly golden.
4. Cool completely, then cut into bars.

## 💡 Tips & Serving Suggestions

- Wrap individually for a grab-and-go snack.
- Store in an airtight container for up to 1 week.



## 5. Apple Chips

**Time:** 15min  **Servings:** 2  **Calories:** 100

### Ingredients

- 2 medium apples
- ½ tsp cinnamon
- ½ tsp sugar (optional)

### Instructions

1. Slice apples thinly (2–3 mm).
2. Arrange slices in a single layer in the air fryer basket.
3. Sprinkle with cinnamon and sugar.
4. Cook at 300°F (150°C) for 12–15 minutes, flipping halfway.

### Tips & Serving Suggestions

- Store in a jar for up to a week.
- Great as a healthy snack for kids.
- Serve with yogurt or granola.



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## Chapter 2: HEALTHY LUNCHES

### 1. Grilled Chicken Salad

**Time:** 20 min  **Servings:** 2  **Calories:** 320

#### Ingredients

- 2 chicken breasts

- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 2 cups mixed salad greens
- ½ cup cherry tomatoes, halved
- ½ cucumber, sliced
- 2 tbsp light dressing or olive oil + lemon

## Instructions

1. Preheat air fryer to 375°F (190°C).
2. Rub chicken breasts with olive oil and spices.
3. Cook 16–18 minutes, flipping halfway.
4. Slice chicken and serve over salad greens with vegetables.



## Tips & Serving Suggestions•

- Add feta cheese or avocado for creaminess.
- Serve with whole-grain bread.
- Variation: replace chicken with turkey.



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## 2. Salmon with Vegetables

**Time:** 20min  **Servings:** 2  **Calories:** 350

### Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp dill or parsley

- Salt & pepper to taste
- 1 zucchini, sliced
- 1 bell pepper, chopped
- 1 carrot, sliced thin

### **Instructions**



1. Preheat air fryer to 370°F (188°C).
2. Season salmon with olive oil, lemon juice, salt, pepper, and herbs.
3. Place salmon and vegetables in the basket.
4. Cook for 10–12 minutes until fish flakes easily.

### **Tips & Serving Suggestions**

- Serve with quinoa or rice.
- Add garlic powder to vegetables for extra flavor.
- Use parchment paper in the basket for easy cleanup.



## . 3Turkey Meatballs

**Time:** 25 min  **Servings:** 4(12meatballs)  **Calories:** 210

### Ingredients

- 500 g ground turkey
- 1 egg
- ½ cup breadcrumbs
- 1 small onion, grated

- 1 tsp garlic powder
- ½ tsp paprika
- Salt & pepper to taste
- Olive oil spray

### **Instructions**

1. Preheat air fryer to 375°F (190°C).
2. Mix turkey, egg, breadcrumbs, onion, and spices.
3. Form small meatballs.
4. Place in a basket and spray lightly with oil.
5. Cook for 12–15 minutes until golden and cooked through



### **Tips & Serving Suggestions**

- Serve with rice, pasta, or mashed potatoes
- Use tomato sauce for Italian-style flavor.
- Great for meal prep — store in fridge for 3 days.



## 4. Vegetable Soup

**Time:** 30min  **Servings:** 4  **Calories:** 150

### Ingredients

- 1 onion, chopped
- 2 carrots, diced
- 2 potatoes, cubed
- 1 zucchini, chopped
- 1 cup vegetable broth

- 1 tsp olive oil
- Salt & pepper to taste
- ½ tsp oregano

### **Instructions**

1. Preheat air fryer-safe pot or baking dish.
2. Add olive oil, onion, and carrots — cook 5 minutes at 350°F (175°C).
3. Add potatoes, zucchini, and broth.
4. Cook 20 minutes until vegetables are soft.
5. Season with oregano, salt, and pepper.



### **Tips & Serving Suggestions**

- Blend part of the soup for a creamier texture.
- Add beans or lentils for protein.
- Serve with crispy toast.



## 5. Baked Fish Fillets

**Time:** 18 min  **Servings:** 2  **Calories:** 250

### Ingredients

- 2 white fish fillets (cod, tilapia, haddock)

- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp paprika
- Salt & pepper to taste
- Optional: breadcrumbs for crunch

## Instructions

1. Preheat air fryer to 370°F (188°C).
2. Brush fish with olive oil, lemon, and spices.
3. If desired, coat lightly in breadcrumbs.
4. Place in a basket and cook 12–15 minutes until flaky.



## Tips & Serving Suggestions

- Serve with roasted vegetables or rice.
- Garnish with fresh parsley.
- Variation: replace with salmon for a richer taste.



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## Chapter 3: FAMILY DINNERS — EASY & QUICK

### 1. Crispy Chicken Drumsticks with Potatoes

Time: 30 min  Servings: 4  Calories: 420

## Ingredients

- 8 chicken drumsticks
- 500 g baby potatoes, halved
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper

## Instructions

1. Preheat air fryer to 380°F (193°C).
2. Toss potatoes with 1 tbsp oil, ½ tsp paprika, salt, and pepper. Place in the basket.
3. Rub drumsticks with remaining oil and spices. Arrange on top of potatoes.
4. Cook 25–28 minutes, turning halfway, until chicken is golden and potatoes tender.



## Tips & Serving Suggestions

- Add fresh parsley before serving.
- Variation: replace potatoes with sweet potatoes for a healthier twist.
- Pairs well with a fresh cucumber salad.



## 2. Baked Salmon with Garlic Vegetables

**Time:** 20 min  **Servings:** 4  **Calories:** 350

### Ingredients

- 4 salmon fillets
- 1 zucchini, sliced
- 1 bell pepper, chopped
- 1 carrot, sliced

- 2 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp garlic powder
- Salt & pepper to taste

## **Instructions**

1. Preheat air fryer to 370°F (188°C).
2. Place vegetables in a basket, drizzle with 1 tbsp olive oil, and season with salt and garlic.
3. Place salmon fillets on top, brush with remaining oil and lemon juice.
4. Cook 12–14 minutes until fish flakes easily.

## **Tips & Serving Suggestions**

- Serve with rice, quinoa, or mashed potatoes.
- Add dill or parsley for freshness.
- Variation: use trout or cod instead of salmon.



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### 3. Family-Style Lasagna

**Time:** 35 min  **Servings:** 6  **Calories:** 480

#### Ingredients

- 250 g ground beef or turkey
- 1 onion, diced
- 1 cup tomato sauce
- 6 lasagna sheets (pre-cooked or quick cook)
- 1 cup ricotta or cottage cheese
- 1 cup shredded mozzarella

- 1 tsp oregano
- ½ tsp salt, ¼ tsp pepper

### **Instructions**

1. Preheat air fryer to 350°F (175°C).
2. In a skillet, cook beef with onion until browned. Add tomato sauce, oregano, salt, and pepper.
3. In a small baking dish (that fits in an air fryer), layer: sauce, lasagna sheets, ricotta, and mozzarella. Repeat.
4. Cook 25–28 minutes until cheese is golden and bubbly.



### **Tips & Serving Suggestions**

- Add spinach between layers for extra nutrition.
- Variation: replace beef with turkey or plant-based mince.
- Serve with garlic bread and salad.



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## 4. Meat Rolls with Cheese & Spinach

**Time:** 30min  **Servings:** 4  **Calories:** 400

### Ingredients

- 4 thin chicken or turkey cutlets
- ½ cup spinach, chopped
- ½ cup mozzarella or feta cheese
- 1 tbsp olive oil

- 1 tsp paprika
- Salt & pepper to taste

## **Instructions**

1. Preheat air fryer to 375°F (190°C).
2. Pound cutlets thin, season with salt, pepper, and paprika.
3. Place spinach and cheese in the center, roll tightly, and secure with toothpicks.
4. Brush with oil and cook 20–22 minutes until golden.



## **Tips & Serving Suggestions**

- Slice into pinwheels for serving.
- Serve with mashed potatoes or roasted vegetables.
- Variation: stuff with mushrooms instead of spinach.



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## 5. Cheesy Vegetable Casserole

**Time:** 25 min  **Servings:** 4  **Calories:** 360

### Ingredients

- 2 cups mixed vegetables (broccoli, carrots, zucchini)
- 1 cup cooked pasta or rice
- ½ cup shredded cheese (cheddar or mozzarella)
- ½ cup milk

- 1 egg
- ½ tsp garlic powder
- ¼ tsp nutmeg (optional)
- Salt & pepper to taste

## **Instructions**

1. Preheat air fryer to 350°F (175°C).
2. In a bowl, mix vegetables with pasta, milk, egg, garlic, salt, and pepper.
3. Pour into a greased baking dish, sprinkle with cheese.
4. Cook 18–20 minutes until golden and set.



## **Tips & Serving Suggestions**

- Add leftover chicken or turkey for protein.
- Serve with a fresh green salad.
- Variation: Use sweet potato instead of pasta.



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## **Chapter 4:** **PARTY FOODS & APPETIZERS**

### 1. Crispy Chicken Wings

**Time:** 25 min  **Servings:** 4  **Calories:** 320

## Ingredients

- 1 kg chicken wings
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp chili powder (optional)
- ½ tsp salt
- ¼ tsp black pepper

## Instructions

1. Preheat air fryer to 380°F (193°C).
2. Toss wings with olive oil and spices.
3. Arrange in a single layer in a basket.
4. Cook 22–25 minutes, flipping halfway, until crispy and golden.



## Tips & Serving Suggestions

- Serve with BBQ, ranch, or honey-mustard sauce.
- For extra crispiness, cook 3–4 minutes longer.
- Variation: use Asian glaze (soy sauce + honey + garlic).



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## 2. Potato Wedges with Herbs

**Time:** 25 min    **Servings:** 4    **Calories:** 230

### Ingredients

- 4 medium potatoes, cut into wedges
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika

- 1 tsp dried oregano or rosemary
- ½ tsp salt
- ¼ tsp black pepper
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## **Instructions**

1. Soak potato wedges in cold water for 15 minutes, then pat dry.
2. Toss with olive oil and spices.
3. Arrange in a single layer in the air fryer basket.
4. Cook at 380°F (193°C) for 20–25 minutes, shaking once, until golden and crispy.

## **Tips & Serving Suggestions**

- Serve with sour cream or garlic sauce.
- For extra crispiness, cook in two smaller batches



### 3. Mini Pizzas

**Time:** 15 min  **Servings:** 4  **Calories:** 280

#### Ingredients

- 4 small pita breads or tortillas
- ½ cup tomato sauce
- 1 cup shredded mozzarella
- ½ cup pepperoni or ham slices
- ½ cup bell peppers or mushrooms

## Instructions

1. Spread tomato sauce over pita or tortilla.
2. Top with cheese, meat, and vegetables.
3. Place in air fryer at 370°F (188°C) for 7–9 minutes until cheese melts.

## 💡 Tips & Serving Suggestions

- Perfect for kids' parties.
- Try the veggie-only version with spinach and olives.
- Serve with a fresh salad.



## 4. Loaded Nachos

**Time:** 12min  **Servings:** 4  **Calories:** 300

### Ingredients

- 200 g tortilla chips
- 1 cup shredded cheese
- ½ cup black beans (cooked)
- ½ cup corn
- ¼ cup diced tomatoes
- 2 tbsp sour cream or guacamole

### Instructions

1. Place chips in an air fryer-safe dish.
2. Sprinkle with cheese, beans, and corn.
3. Cook at 350°F (175°C) for 5–6 minutes until cheese melts.
4. Top with tomatoes, sour cream, or guacamole.



### Tips & Serving Suggestions

- Add jalapeños for spice.
- Use pulled chicken for a protein boost.
- Serve immediately while warm,



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## 5. Vegetable Spring Rolls

**Time:** 18 min  **Servings:** 4(8 rolls)  **Calories:** 190

### Ingredients

- 8 spring roll wrappers
- 1 cup shredded cabbage
- ½ cup carrots, julienned

- ½ cup bell peppers, thin strips
- 1 tbsp soy sauce
- 1 tsp sesame oil
- Olive oil spray

## Instructions

1. Mix cabbage, carrots, and peppers with soy sauce and sesame oil.
2. Place filling on wrapper, roll tightly.
3. Spray rolls with oil.
4. Cook in an air fryer at 375°F (190°C) for 12–15 minutes until golden and crispy.

## Tips & Serving Suggestions

- Serve with sweet chili sauce.
- Add shrimp or chicken for a non-vegetarian version.
- Best eaten fresh and hot.



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## Chapter 5: VEGAN & DIET OPTIONS

### 1. Crispy Tofu Cubes

**Time:** 20 min  **Servings:** 2  **Calories:** 180

#### Ingredients

- 400 g firm tofu
- 1 tbsp soy sauce
- 1 tsp sesame oil

- ½ tsp garlic powder
- ½ tsp paprika
- Olive oil spray

## **Instructions**

1. Drain tofu, pat dry, and cut into cubes.
2. Toss with soy sauce, sesame oil, and spices.
3. Place in basket, spray lightly with oil.
4. Cook at 375°F (190°C) for 15–18 minutes, shaking once.





## **Tips & Serving Suggestions**

- Serve with quinoa or rice bowls.
- Great as a protein snack.
- Add chili flakes for spice.



## 2. Chickpea Patties

**Time:** 25 min  **Servings:** 4(8 patties)  **Calories:** 220

### Ingredients

- 1 can chickpeas (400 g), drained
- 1 small onion, chopped
- 2 garlic cloves
- ½ cup breadcrumbs

- 1 tbsp olive oil
- ½ tsp cumin
- ½ tsp paprika
- Salt & pepper to taste

## Instructions

1. Blend chickpeas, onion, garlic, and spices into a thick paste
2. Mix with breadcrumbs, shape into patties.
3. Place in the air fryer, brush lightly with oil.
4. Cook at 375°F (190°C) for 12–15 minutes.



## Tips & Serving Suggestions

- Serve in a burger bun with salad.
- Perfect with tahini or yogurt sauce.
- Variation: add grated carrot or zucchini



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### 3. Sweet Potato Fries

**Time:** 20 min  **Servings:** 2  **Calories:** 200

#### Ingredients

- 2 medium sweet potatoes
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp salt

## Instructions

1. Peel and cut sweet potatoes into sticks.
2. Toss with oil and spices.
3. Cook at 380°F (193°C) for 15–18 minutes, shaking twice.

## 💡 Tips & Serving Suggestions

- Serve with light yogurt dip.
- Sprinkle with fresh herbs before serving.  
For extra crispiness, soak in cold water for 20 minutes.



## 4. Stuffed Bell Peppers

**Time:** 30min  **Servings:** 2  **Calories:** 250

### Ingredients

- 4 large bell peppers
- 1 cup cooked rice or quinoa
- 1 cup vegetables (zucchini, carrot, onion), diced
- 1 tbsp olive oil
- ½ tsp oregano
- Salt & pepper to taste

### Instructions

1. Cut the tops off the peppers, remove seeds.
2. Mix rice, vegetables, oil, and spices.
3. Stuff peppers with mixture.
4. Place in air fryer at 375°F (190°C) for 20–25 minutes.

### Tips & Serving Suggestions

- Add beans or tofu for protein.
- Top with vegan cheese if desired.
- Serve with fresh salad.



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## 5. Stuffed Mushrooms

**Time:** 18 min  **Servings** 4  **Calories:** 140

### Ingredients

- 12 medium mushrooms, stems removed
- ½ cup spinach, finely chopped
- ¼ cup breadcrumbs
- 2 tbsp olive oil
- 1 garlic clove, minced

- ½ tsp oregano
- Salt & pepper to taste

## **Instructions**

1. Mix spinach, breadcrumbs, olive oil, garlic, and spices.
2. Fill each mushroom cap with the mixture.
3. Place in air fryer basket, spray lightly with oil.
4. Cook at 360°F (182°C) for 10–12 minutes until golden.

## **Tips & Serving Suggestions**

- Great as an appetizer for parties.
- Add grated cheese if not strictly vegan



## Chapter 6: DESSERTS

### 1. Baked Apples with Cinnamon

Time: 20 min  Servings: 4  Calories: 160

#### Ingredients

- 4 medium apples
- 2 tbsp honey or maple syrup

- 1 tsp cinnamon
- ¼ tsp nutmeg (optional)
- 2 tbsp chopped walnuts or raisins

## **Instructions**

1. Core apples, leaving the bottom intact.
2. Mix honey, cinnamon, nutmeg, and nuts/raisins. Fill apples.
3. Place in air fryer at 350°F (175°C) for 15–18 minutes until tender.



## **Tips & Serving Suggestions**

- Serve warm with vanilla yogurt.
- Use pears instead of apples for variation.
- Sprinkle with oats for more texture.



## .2 Chocolate Brownies

**Time:** 25 min  **Servings:** 6  **Calories:** 280

### Ingredients

- ½ cup flour
- ¼ cup cocoa powder
- ½ tsp baking powder
- 2 eggs
- ½ cup sugar

- ¼ cup butter, melted
- 50 g dark chocolate, chopped

## Instructions

1. Preheat air fryer to 320°F (160°C).
2. Mix flour, cocoa, and baking powder.
3. In another bowl, beat eggs with sugar, and add butter.
4. Combine dry and wet ingredients, fold in the chocolate.
5. Pour into a greased baking pan, cook 18–20 minutes.



## Tips & Serving Suggestions

- Insert toothpick: if slightly moist, they're ready.
- Add walnuts for crunch.
- Serve with berries or ice cream.



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### 3. Mini Cheesecakes

**Time:** 25 min  **Servings:** 6  **Calories:** 280

#### Ingredients

- ½ cup flour
- ¼ cup cocoa powder
- ½ tsp baking powder
- 2 eggs
- ½ cup sugar

- ¼ cup butter, melted
- 50 g dark chocolate, chopped

## Instructions

1. Preheat air fryer to 320°F (160°C).
2. Mix flour, cocoa, and baking powder.
3. In another bowl, beat eggs with sugar, and add butter.
4. Combine dry and wet ingredients, fold in the chocolate.
5. Pour into a greased baking pan, cook 18–20 minutes.



## Tips & Serving Suggestions

- Insert toothpick: if slightly moist, they're ready.
- Add walnuts for crunch.
- Serve with berries or ice cream.



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## 4. Banana Oat Cookies

**Time:** 15 min  **Servings:** 10  **Calories:** 90

### Ingredients

- 2 ripe bananas, mashed
- 1 cup oats
- 2 tbsp raisins or chocolate chips
- 1 tbsp peanut butter (optional)

### Instructions

1. Mix mashed bananas with oats and add-ins.
2. Scoop onto parchment paper in the air fryer basket.
3. Cook at 350°F (175°C) for 10–12 minutes until firm.

### 💡 **Tips & Serving Suggestions**

- Store in an airtight container for 3 days.
- Perfect as a healthy snack for kids.
- Add cinnamon for extra flavor.



## 5. Cinnamon Rolls

**Time:** 25 min  **Servings:** 6  **Calories:** 290

### Ingredients

- 1 package refrigerated crescent roll dough (or homemade dough)
- 2 tbsp butter, melted
- 3 tbsp brown sugar
- 2 tsp cinnamon
- ½ cup powdered sugar (for glaze)
- 1 tbsp milk

### Instructions

1. Roll out the dough into a rectangle. Brush with melted butter.
2. Sprinkle with brown sugar and cinnamon.
3. Roll tightly, slice into 6 rolls.
4. Place rolls in the air fryer basket.
5. Cook at 320°F (160°C) for 8–10 minutes until golden brown.
6. Mix powdered sugar with milk, and drizzle glaze over warm rolls.

### Tips & Serving Suggestions

- Add raisins or nuts before rolling for variety.
- Serve warm with coffee or tea



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## **CONCLUSION**

Cooking with an air fryer is not just about speed and convenience — it's about creating healthier meals with less effort and more joy. With this cookbook and the included 28-Day Meal Plan, you have practical tools to simplify everyday cooking while keeping it delicious and family-friendly. May these recipes inspire you to keep experimenting, discovering new flavors, and enjoying every meal you prepare.



## **ABOUT THE AUTHOR**

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Elena Maris is passionate about making cooking simple, tasty, and accessible for everyone. She focuses on family-friendly recipes that bring both health and joy to the table, combining step-by-step guidance, meal plans, and full-color illustrations.

You can explore more of Elena's books — including the *Mediterranean Diet Cookbook for Seniors* — on her Amazon Author Page:

 [amazon.com/author/elenamaris](https://www.amazon.com/author/elenamaris)

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I am deeply grateful to my family and friends for their support and encouragement during the creation of this book. And of course, a special thanks to you, dear readers. Your interest in cooking and your choice of this book mean so much to me.

Thank you for choosing this cookbook and for trying simple and tasty dishes made in the air fryer. I hope that these recipes will help you save time, bring joy to your loved ones, and make everyday cooking both easy and enjoyable.

✦ *Your feedback matters!*

If you found this book helpful, I would greatly appreciate it if you could share your thoughts in a review on Amazon. Your comments not only help other readers make their choice, but also inspire me to create more recipes and projects.

If you enjoyed this book, I warmly invite you to explore my other works, including the *Mediterranean Diet Cookbook for Seniors*, available in both paperback and Kindle editions on my Amazon Author Page:

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