

Air Fryer Cookbook for Beginners

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INTRODUCTION

Understanding Its Workings, Features, and Benefits

Air frying has revolutionized modern cooking by offering a healthier, quicker, and more convenient way to prepare delicious meals. This innovative appliance has found its place in millions of kitchens worldwide, and for good reason. This article will delve into the history, technology, functionality, and maintenance of air fryers. Equipping you with the knowledge to maximize their potential.

Introduction to Air Frying

Air frying emerged as a breakthrough in home cooking technology in the early 2010s, driven by consumer demand for healthier cooking methods. Initially introduced by Philips in 2010, the air fryer quickly gained popularity for its ability to mimic the texture and flavor of deep-fried foods without the excessive use of oil.

The primary function of an air fryer is to cook food using rapid air circulation. By combining high heat and a powerful fan, the appliance can crisp and brown food like traditional frying. It is a versatile kitchen tool capable of baking, roasting, Grilling, and reheating, making it a staple for health-conscious individuals and busy households.

How Air Fryers Work

At its core, the air fryer uses convection cooking technology to prepare food efficiently and evenly. Below is an overview of its main components and their roles:

Main Components

Heating Element: Positioned at the top of the unit, this component generates the high temperatures needed for cooking. The heat intensity can often be adjusted depending on the desired cooking style.

High-Powered Fan: Located above or near the heating element, the fan circulates hot air rapidly throughout the cooking chamber. This ensures even cooking and creates the signature crispness associated with air-fried foods.

Cooking Basket/Tray: The perforated basket or tray holds the food during cooking, allowing hot air to flow around the food for uniform results.

Control Panel: Modern air fryers feature digital or analog control panels with adjustable temperature and time settings, along with preset cooking modes for familiar foods.

Outer Shell and Insulation: The exterior is designed to remain cool to the touch, ensuring safety during operation. Effective insulation helps retain heat within the cooking chamber.

The Cooking Process

When the air fryer is turned on, the heating element generates intense heat while the fan circulates this heat around the food. The rapid movement of hot air creates a Maillard reaction that browns food and enhances its flavor and texture. Minimal oil coats the food, if desired, adding to its crispiness without excess grease. Health-conscious cooking is another key advantage of the Air Fryer. By requiring up to 80% less oil than traditional frying methods, you can enjoy crispy, golden-brown favorites like fries, chicken wings, and onion rings with fewer calories and less fat. Moreover, the Air

Fryer retains its ingredients' natural flavors and nutrients, making it a healthier alternative for everyday meals. Whether you're on a diet or simply looking to adopt a more wholesome lifestyle, this appliance makes it easier to prepare nutritious and delicious dishes.

Settings and Features of Air Fryers

Modern air fryers come with various features that enhance versatility and user experience. Below are some common settings and their practical applications:

Temperature Control

Most air fryers offer adjustable temperature settings ranging from 180°F to 400°F. Lower temperatures are ideal for baking or reheating, while higher settings are perfect for crisping and frying.

Timer Function

Timers allow users to set precise cooking durations, often with an automatic shut-off feature for added safety and convenience.

Preset Cooking Modes

Many air fryers include presets for popular dishes such as fries, chicken, fish, and baked goods. These take the guesswork out of cooking by pre-programming the ideal time and temperature.

Dehydration Setting

Advanced models may offer a dehydration feature for making dried fruits, vegetables, or jerky.

Dual Basket Options

Some air fryers come with dual baskets, allowing users to cook two different foods simultaneously at varying temperatures and times.

Rotating Drum or Spit

Select models include a rotating drum or spit for evenly cooking items like whole chicken or kebabs.

Practical Examples

Crisping Frozen Foods: Use the preset for fries to perfectly cook frozen French fries or chicken nuggets.

Reheating Leftovers: Set the temperature to 300°F for a few minutes to revive the crispness of pizza or fried chicken.

Baking Desserts: Lower the temperature to 325°F for cakes or muffins.

Troubleshooting Common Issues

While air fryers are user-friendly, occasional issues may arise. Below are common problems and their solutions:

Uneven Cooking

- **Cause:** Overcrowding the basket.
- **Solution:** Arrange food in a single layer with space between pieces for proper air circulation.

Food Not Crispy

- **Cause:** Insufficient oil or low temperature.
- **Solution:** Lightly coat food with oil spray and ensure the temperature is set appropriately.

White Smoke Emission

- **Cause:** Excess fat dripping into the heating element.
- **Solution:** Clean the basket and tray regularly, and avoid cooking excessively fatty foods without draining grease.

Appliance Not Turning On

- **Cause:** Faulty power connection.
- **Solution:** Check the plug, outlet, and power cord for damage.

Maintaining and Cleaning Your Air Fryer

Proper maintenance is crucial for extending the lifespan and efficiency of your air fryer. Follow these tips to keep your appliance in top condition.

Cleaning Tips

After Each Use:

Allow the unit to cool completely before cleaning.

Remove the basket and tray and wash them with warm, soapy water or in the dishwasher if the components are dishwasher-safe.

Wipe the interior and exterior with a damp cloth.

Weekly Maintenance:

Check and clean the heating element using a soft brush to remove any debris or grease buildup.

Deep Cleaning:

For stubborn stains, soak components in a mixture of vinegar and baking soda (porridge consistency) before scrubbing gently.

Storage Tips:

Store the appliance in a dry, superb location.

Ensure all parts are clean and dry before storing to prevent odors or mold.

Essential Accessories

Air Fryer Basket Liners

Silicone Liners: Reusable, easy to clean, and heat-resistant.

Parchment Paper Liners: Disposable, pre-perforated for airflow, great for reducing mess.

Tongs with Silicone Tips: Essential for flipping or removing food without scratching the air fryer basket.

Oil Sprayer: This tool applies a light, even coat of oil to food, ensuring crispiness without excess oil.

Cooking Racks: Multi-layer racks allow you to cook more food at once or different items simultaneously.

Small Baking Dishes: These are oven-safe dishes made of glass, ceramic, or metal that fit inside your air fryer and are used for casseroles, cakes, or lasagna.

Silicone Mat or Trivet: Protects your countertops when placing a hot air fryer basket or accessories.

Skewers: Metal or bamboo skewers are used to make kebabs or roast vegetables.

Mini Loaf or Muffin Pans: Perfect for baking bread, muffins, or mini desserts.

Pizza Pan: A small, round, non-stick pizza pan for making personal-sized pizzas.

Meat Thermometer: Ensures your meats are cooked to the perfect internal temperature for safety and taste.

Helpful Tools

Food Divider: Silicone or metal dividers allow you to cook two different items without them mixing.

Perforated grilling Trays: Helps cook foods like fish or delicate vegetables while maintaining airflow.

Cake Barrel: A round baking pan designed to fit inside air fryers for cakes, quiches, or brownies.

Heat-Resistant gloves: These are used to safely handle hot accessories or the air fryer basket.

Wire Rack with Handles: Makes it easier to lift out items like baked goods or roasts.

Cooking Spray Shields: Helps keep oil spray focused on food and reduces waste.

Basting Brush: For applying marinades or egg wash on pastries.

Nice-to-Have Additions

Dehydration Trays: For making dried fruits, jerky, or veggie chips in air fryers with dehydration settings.

Silicone Egg Molds: Great for cooking poached eggs, pancakes, or small portions.

Perforated Non-Stick Grill Plate: For grilling steaks, chicken, or fish without sticking.

Rotating Basket or Spit (if compatible): For evenly cooking rotisserie-style chicken or roasting nuts.

Bamboo or Silicone Steamer Basket: Steams vegetables or dumplings if your air fryer allows steaming.

Tips for Choosing Accessories

Size Matters: Ensure accessories fit your specific air fryer model and size.

Material Compatibility: Choose accessories made of air fryer-safe materials like silicone, stainless steel, or non-stick coatings.

Multi-functionality: Opt for tools and pans that can be used in air fryers and traditional ovens.

These accessories will help you maximize your air fryer's potential for preparing various dishes while keeping your cooking space organized and efficient!

Conclusion

Air fryers have transformed how we cook, offering a healthy alternative to traditional frying while maintaining our favorite foods' delicious taste and texture. Understanding your air fryer's workings, features, and proper maintenance ensures you can use it confidently and creatively.

Whether you're a beginner or a seasoned cook, this appliance has something to offer for everyone. By following the tips and insights provided in this guide, you can enjoy the benefits of air frying and elevate your culinary creations to new heights.

Make the Air Fryer your next essential kitchen investment and enjoy the perfect blend of innovation and practicality daily.

Getting Started: Setup and Initial Use

Before diving into cooking, it's essential to set up your air fryer properly:

Unbox and Inspect: Carefully unpack your air fryer and check for damage or missing components. Then, read the manufacturer's manual to familiarize yourself with its features.

Wash and Assemble: Wash all removable parts, such as the basket and tray, with warm soapy water. Rinse thoroughly and let them dry before reassembling the unit.

Choose the Right Location: Place your air fryer on a flat, heat-resistant surface with adequate ventilation. Avoid positioning it under cabinets to prevent heat damage.

Run a Test Cycle: Perform a trial run at **400°F (205°C) for a few minutes** to eliminate any factory residues. This step ensures the appliance is clean and ready for use.

BREAKFAST RECIPES

Classic Bacon

Serves: 4 (2 slices per serving)

Cooking Time: 8–10 minutes

Preparation Time: 5 minutes

Total Time: 15 minutes

- 8 slices of bacon (thin or medium-cut; nitrate-free is a healthy choice)
- Black pepper (to taste, optional)

Adjust Timing: Thick-cut bacon may require 10–12 minutes at the same temperature. Start checking at the 8-minute mark. **Batch Cooking:** Keep cooked bacon warm in a low-temperature oven if making multiple batches. **Health Tip:** For a cleaner option, use nitrate-free bacon and trim any visible fat before cooking for lower calories.

Optional:

- Fresh parsley, chopped

Preheat the air fryer to **375°F (190°C)** for 3–5 minutes. Preheating ensures even cooking and crisp results.

Arrange the Bacon: Lay the bacon slices in a single layer in the air fryer basket. If necessary, overlap slightly, but avoid stacking. Work in batches if cooking for more than 4 servings.

Season (Optional): Sprinkle black pepper on the bacon if desired. For extra flavor, you can also experiment with paprika or garlic powder.

Cooking: Set the air fryer to **375°F (190°C)** and cook for **8–10 minutes**. Check for crispness at the 6-minute mark to avoid overcooking. For very crispy bacon, add 1–2 more minutes as needed.

Serve: Using tongs, remove the bacon and place it on a plate lined with paper towels to absorb excess grease. This step helps make the bacon healthier by reducing fat.

Optional garnish: Sprinkle with fresh parsley for a touch of color and added nutrients

Nutritional Information

Calories: 80–100 (varies by bacon cut); Protein: 6g; Carbohydrates: 0g; Fat: 7g; Saturated Fat: 2g; Fiber: 0g; Cholesterol: 15mg; Sodium: 200–250mg; Potassium: 100mg

Fluffy Pancakes

Serves: 2–3 servings (Makes about 6 small pancakes)

Cooking Time: 12 minutes (6 minutes per batch)

Preparation Time: 10 minutes

Dry ingredients:

- 1 cup all-purpose flour (or whole wheat flour for a healthier option)
- 1 tbsp. sugar (or a sugar substitute like Stevia, optional)
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- pinch of salt

Wet ingredients:

- 3/4 cup milk (regular, almond, or oat milk)
- 1 large egg
- 1 tbsp. melted butter or coconut oil (plus extra for greasing)
- 1 tsp. vanilla extract (optional, for flavor)

Optional toppings:

- Fresh berries
- Maple syrup or honey
- Greek yogurt
- Chopped nuts
- Powdered cinnamon or nutmeg

Nutritional Information (Per Pancake)

Use whole wheat flour **for added fiber** or a sugar substitute to lower calorie content. Substitute milk with plant-based options and butter with coconut oil **for a dairy-free** version. For a unique twist, **experiment with spices** like nutmeg or cardamom in the batter.

Mix: In a mixing bowl, whisk together all the dry ingredients (flour, sugar, baking powder, baking soda, and salt). In another bowl, combine the wet ingredients (milk, egg, melted butter or oil, and vanilla extract) until smooth. Gradually pour the wet mixture into the dry ingredients, stirring gently until combined. Do not overmix; a few lumps are okay.

Air Fryer: Preheat the air fryer at **350°F (175°C)** for **3–5 minutes** to ensure even cooking.

Prepare the Pancakes: Use parchment paper or a small heatproof dish to form pancakes in the air fryer. Lightly grease the surface of the parchment paper or dish with melted butter or cooking spray. Pour about 2–3 tbsp. of batter to form small pancakes (avoid overcrowding; cook in batches if needed).

Cooking: Place the parchment paper or dish in the air fryer basket. Cook at **350°F (175°C)** for **6 minutes**, flipping halfway through (if possible) for even browning. The pancakes should be golden brown and fluffy. Insert a toothpick to ensure they are cooked through. Repeat the process for any remaining batter. Keep cooked pancakes warm by covering them with a clean kitchen towel or placing them in a low-temperature oven.

Serve: Top with fresh berries, a drizzle of honey or maple syrup, a dollop of Greek yogurt, or a sprinkle of cinnamon. For extra protein, add a smear of nut butter or a few chopped nuts on top.

Calories: 110; Protein: 4g; Carbohydrates: 18g; Fat: 3g; Fiber: 1g; Cholesterol: 20 mg; Sodium: 130 mg; Potassium: 90 mg

Veggie and Cheese Breakfast Cups

Serves: 6 cups

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 4 large eggs
- 2 tbsp. milk
- 1/2 cup shredded cheese (cheddar or mozzarella work well)
- 1 cup mixed vegetables (chopped: e.g., bell peppers, onions, spinach, cherry tomatoes)
- 1/4 tsp. salt
- 1/4 tsp. black pepper

Optional spices:

- 1/4 tsp. paprika or chili flakes (for extra flavor)
- Cooking spray

Optional garnish:

- Chopped parsley or chives

Use non-dairy milk, omit the cheese, or replace it with a **dairy-free** alternative. For **protein boost** add diced cooked chicken, turkey, or tofu. For a **unique twist**, add a pinch of Italian seasoning, curry powder, or your favorite herbs. This recipe is perfect for a quick, healthy breakfast and can be easily customized for various tastes and dietary needs. Store leftovers in an airtight container in the refrigerator for up to 3 days and reheat in the air fryer at 300°F (150°C) for 2-3 minutes.

Preheat the air fryer to **320°F (160°C)** for **3-5 minutes**.

Prepare the Vegetables: Chop your choice of mixed vegetables into small, bite-sized pieces. For added convenience, use any combination of vegetables you have on hand.

Mix: In a bowl, whisk together the eggs, milk, salt, and pepper until well combined. Stir in the shredded cheese and chopped vegetables. If desired, add optional spices like paprika or chili flakes.

Prepare the Molds: Lightly spray silicone muffin molds with cooking spray or grease them with a small amount of oil to prevent sticking.

Cooking: Pour the egg mixture evenly into the molds, filling each about 3/4 full to leave room for expansion as they cook. Place the molds into the air fryer basket. If your air fryer basket is small, cook in batches as needed. Cook at **320°F (160°C)** for **8-10 minutes**, checking for doneness at the 8-minute mark. The eggs should be fully set and slightly golden on top.

Serve: Allow the breakfast cups to cool slightly before removing them from the molds. Garnish with parsley or chives if desired, and serve warm.

Nutritional Information (Per Serve - 1 Cup)

Calories: 90; Protein: 6g; Carbohydrates: 2g; Fat: 6g; Fiber: 0.5g; Cholesterol: 110mg; Sodium: 120mg; Potassium: 100mg

Golden Brown French Toast Sticks

Serves: 4 (about 16 sticks)

Cooking Time: 8-10 minutes

Preparation Time: 10 minutes

- 4 slices of whole-grain bread (or any bread of your choice)
- 2 large eggs
- 1/2 cup milk (can use almond milk, oat milk, or regular milk)
- 1 tsp vanilla extract
- 1 tsp. ground cinnamon (optional, adjust to taste)
- 1 tbsp. maple syrup or honey (optional for sweetness)
- Cooking spray
- Pinch of salt

Optional toppings:

- Fresh fruit, powdered sugar, maple syrup, or Greek yogurt

You can add a pinch of nutmeg to the batter **for a spiced flavor** or sprinkle chia seeds for extra fiber. **For a gluten-free version**, use gluten-free bread, and for a vegan option, use a plant-based milk and egg substitute (like JUST Egg). Any leftover sticks can be **stored** in an airtight container in the refrigerator for up to 3 days. Reheat them in the air fryer for 2-3 minutes at 350°F (175°C).

Prepare: Cut each slice of bread into 4 equal strips to form sticks.

Mix: In a medium bowl, whisk together the eggs, milk, vanilla extract, cinnamon, maple syrup (if using), and a pinch of salt.

Dip the Sticks: Dip each breadstick into the batter, allowing it to soak briefly. Shake off any excess batter to avoid soggy sticks.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for 2-3 minutes.

Cooking: Lightly spray the air fryer basket with cooking spray or brush it with olive oil. Arrange the dipped sticks in a single layer, ensuring they don't overlap. Cook the sticks for **8-10 minutes**, flipping halfway through, until they are golden brown and slightly crispy on the outside.

Serve: Remove from the air fryer and serve immediately. Add optional toppings like fresh berries, a light dusting of powdered sugar, or a drizzle of maple syrup.

Nutritional Information

Calories: 140; Protein: 7g; Carbohydrates: 16g; Fat: 4g; Fiber: 2g; Cholesterol: 75mg; Sodium: 150mg; Potassium: 150mg

Crispy Breakfast Burritos with Eggs and Cheese

Serves: 4

Cooking Time: 8–10 minutes

Preparation Time: 10 minutes

- 4 large eggs
- 4 medium flour tortillas (8-inch)
- 1 cup shredded cheese (cheddar or a cheese blend)
- 1/2 cup diced vegetables (bell peppers, onions, or mushrooms)
- 1/2 cup cooked protein (diced ham, turkey, or plant-based sausage)
- 1 tbsp. milk (or water for fluffier eggs)
- salt and pepper to taste
- 1 tsp. olive oil or butter
- Cooking spray

Optional toppings:

- Salsa, guacamole, Greek yogurt, or chopped cilantro

Substitute whole-wheat or low-carb tortillas **for a healthier** alternative. Add a sprinkle of chili flakes or hot sauce to the egg mixture **for extra spice**. Swap cheese with a vegan alternative or omit it entirely **for a lighter option**.

Mix: Crack the eggs into a bowl and add 1 tbsp. of milk, and whisk until blended. Heat olive oil or butter in a nonstick skillet over medium heat. Add the diced vegetables (if using) and sauté for **2–3 minutes** until softened. Pour in the whisked eggs, season with salt and pepper, and cook gently, stirring until scrambled. Remove from heat.

Assemble the Burritos: Lay a tortilla flat and place 1/4 of the scrambled eggs in the center. Sprinkle with 1/4 cup of shredded cheese and add 2 tbsp. of your chosen protein (if using). Fold the sides of the tortilla inward, then roll tightly into a burrito shape. Repeat with the remaining tortillas.

Cooking: Preheat the air fryer to **375°F (190°C)** for **3 minutes**. Lightly spray the air fryer basket and the burritos with cooking spray to ensure crispiness. Place the burritos seam-side down in the basket, ensuring they do not touch. Air fry for **5–6 minutes**. Flip, and cook for another **3–4 minutes**, until golden and crispy.

Serve: Serve hot with salsa, guacamole, or a dollop of Greek yogurt. Garnish with chopped cilantro if desired.

Nutritional Information

Calories: 280–320; Protein: 15g; Carbohydrates: 28g; Fat: 12g; Saturated Fat: 5g; ; Fiber: 2g; Cholesterol: 190mg; Sodium: 480mg; Potassium: 220mg

Perfectly Crispy Hash Browns

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 15 minutes

- 2 large russet potatoes (peeled and grated)
- 1 small onion (grated)
- 1 large egg (optional, for binding)
- 2 tbsp. olive oil or cooking spray
- 1/2 tsp. garlic powder (optional, for flavor)
- 1/2 tsp paprika (optional, for flavor)
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 2 tbsp. chopped fresh parsley (optional, for garnish)

Add 1/4 cup grated cheese (cheddar or Parmesan) to the mixture for added flavor. For a kick, add spices like cumin or chili flakes. As a variation, use sweet potatoes

Prepare: Grate the peeled potatoes and place them in a bowl of cold water. Soak for **5 minutes** to remove excess starch, which ensures the hash browns turn out crispy. Drain the potatoes and squeeze out as much water as possible using a clean kitchen towel or cheesecloth.

Mix: In a large bowl, combine the grated potatoes, grated onion, egg (if using), olive oil, garlic powder, paprika, salt, and pepper. Mix well until everything is evenly coated.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Shape the Hash Browns: Use the potato mixture to form small patties or flat rounds about 1/4 inch thick. This size ensures even cooking.

Cooking: Lightly grease the air fryer basket with cooking spray to prevent sticking. Place the hash browns in a single layer without overlapping. Cook in batches if necessary. Air fry for **10 minutes**. Then flip the hash browns and cook for **8-10 minutes** until golden and crispy.

Serve: Remove from the air fryer and let cool slightly on a wire rack to maintain crispiness . Garnish with chopped parsley if desired. Serve warm.

Nutritional Information

Calories: 120; Protein: 3g; Carbohydrates: 20g; Fat: 4g; Fiber: 2g; Cholesterol: 20 mg (if egg used); Sodium: 300 mg; Potassium: 450 mg

Breakfast Potatoes with garlic and Herbs

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 4 medium potatoes (Yukon gold or red potatoes work best), diced into 1-inch cubes
- 1 tbsp. olive oil
- 3 garlic cloves, minced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. paprika
- 1/2 tsp. onion powder
- 1/2 tsp. salt (or to taste)
- 1/4 tsp. black pepper (optional, for spice)

Optional:

- Fresh parsley, chopped

Add bell peppers, onions, or mushrooms to the air fryer **for a veggie-packed breakfast**. Add chili flakes for **spice** or substitute olive oil with avocado oil for variation. Pair with scrambled eggs or avocado toast **for a complete meal**. Leftovers can be **stored** in an airtight container in the refrigerator for up to 3 days. For crispiness, reheat in the air fryer for 3-4 minutes at 350°F (175°C).

Prepare: Wash and scrub the potatoes thoroughly. Leave the skin on for added fiber, or peel them if preferred. Dice the potatoes into even-sized cubes to ensure they are cooking evenly.

Mix: In a large bowl, combine the diced potatoes, olive oil, minced garlic, thyme, rosemary, paprika, onion powder, salt, and black pepper. Toss well to coat all the potatoes evenly with the seasoning.

Air Fryer: Set the air fryer to **400°F (200°C)** and preheat for **3 minutes**.

Cooking: Spread the seasoned potatoes in the air fryer basket in a single layer. Cook in batches if necessary to avoid overcrowding. Air fry for **15 minutes**, shaking the basket halfway through cooking to ensure even crisping.

Check for Doneness: Pierce a potato cube with a fork; it should be tender and golden brown with crispy edges. If needed, air fry for an additional **2-3 minutes**.

Serve: Transfer the cooked potatoes to a serving dish. Sprinkle freshly chopped parsley or your favorite garnish over the top.

Nutritional Information

Calories: 120; Protein: 2g; Carbohydrates: 22g; Fat: 3.5g; Fiber: 3g; Cholesterol: 0mg; Sodium: 200mg; Potassium: 500mg

Mini Frittatas Packed with Flavor

Serves: 4 (makes 12 mini frittatas)

Cooking Time: 10 minutes

Preparation Time: 10 minutes

Total Time: 20 minutes

- 6 large eggs
- 1/4 cup milk (or non-dairy alternative)
- 1/2 cup bell peppers (finely diced: mix of red, yellow, or green)
- 1/2 cup spinach (chopped)
- 1/2 cup cherry tomatoes (halved or quartered)
- 1/2 cup shredded cheese (cheddar, mozzarella, or dairy-free alternative)
- 1/4 cup onion (finely diced)
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper (adjust to taste)
- 1/4 tsp garlic powder (optional)
- 1/4 tsp paprika (optional)
- Cooking spray

Optional:

- Chopped parsley, chives, or avocado slices

For vegetable swaps, use mushrooms, zucchini, or broccoli if preferred. Swap cheese **for nutritional** yeast for a dairy-free, vegan-friendly option. Add diced cooked chicken, turkey, or plant-based sausage **for more protein**. These frittatas **can be stored** in an airtight container in the fridge for up to 3 days. Reheat in the air fryer at 300°F (150°C) for 2-3 minutes.

Mix: In a medium-sized bowl, whisk the eggs, milk, salt, black pepper, optional garlic powder, and paprika until well combined.

Prepare vegetables: Dice all vegetables into small, even pieces to ensure quick and uniform cooking.

Grease cups: Lightly spray silicone muffin cups or ramekins with cooking spray to prevent sticking.

Assemble the Frittatas

Layer fillings: Evenly distribute the diced vegetables and shredded cheese into the muffin cups, filling each about 2/3 full.

Pour egg mixture: Carefully pour the egg mixture over the fillings, leaving a small gap at the top to allow for expansion.

Air fryer: Preheat your air fryer to **350°F (175°C)** for **2-3 minutes**.

Cooking: Place the filled muffin cups in the air fryer basket. Ensure they are not overcrowded to allow even air circulation. Air fry for **8-10 minutes** until the tops are set and lightly golden. Test doneness by inserting a toothpick; it should come out clean.

Serve: Let the frittatas cool for 1-2 minutes before removing them from the cups. Garnish with parsley or chives if desired.

Nutritional Information

Calories: 180; Protein: 12g; Carbohydrates: 5g; Fat: 12g; Fiber: 1g; Cholesterol: 200mg; Sodium: 270mg; Potassium: 300mg

Sweet and Savory Breakfast Pastries

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

For the Base (Pastry Dough):

- 1 package pre-made whole-wheat puff pastry or crescent roll dough (8 oz)

For Sweet Filling:

- 4 tbsp. Greek yogurt (plain or vanilla)
- 1 tbsp. honey or maple syrup
- 1 tsp. vanilla extract (optional)
- 1/2 cup fresh fruits (e.g., sliced strawberries, blueberries, or banana)

For Savory Filling:

- 2 large eggs (scrambled)
- 1/4 cup shredded low-fat cheese (cheddar or mozzarella)
- 1/4 cup diced vegetables (e.g., bell peppers, spinach, or mushrooms)
- 1 slice turkey bacon or vegetarian equivalent, crumbled (optional)

Optional garnish:

- **Sweet:** Sprinkle of powdered sugar, drizzle of honey, or a dash of cinnamon
- **Savory:** Chopped parsley or red chili flakes

Nutritional Information

For a vegan alternative, use plant-based puff pastry, tofu scramble, and vegan cheese. Experiment with fillings to suit your preferences. Try almond butter and banana **for a sweet twist**, or hummus and roasted vegetables **for a savory option**. Keep an eye on the air fryer to prevent overcooking, as different models may vary slightly.

Set your air fryer to **350°F (175°C)** and preheat for **3 minutes**.

Prepare the Dough: Roll out the puff pastry or crescent roll dough on a lightly floured surface. Cut into 4 equal rectangles or squares.

Fill the Pastries:

For Sweet Pastries: Spread 1 tbsp. of Greek yogurt onto the center of two dough pieces. Drizzle with 1/2 tbsp. of honey and layer with fresh fruit.

For Savory Pastries: Add a spoonful of scrambled eggs to the center of the remaining dough pieces. Sprinkle with shredded cheese, vegetables, and turkey bacon (if using).

Seal the Pastries: Fold each dough piece in half to form a pocket. Press the edges with a fork to seal securely.

Cooking: Lightly spray the air fryer basket with cooking spray. Arrange the pastries in a single layer, ensuring they do not touch. Cook at **350°F (175°C)** for **8-10 minutes**, flipping halfway through, until golden brown and crisp.

Serve: Remove the pastries from the air fryer and let them cool for 2-3 minutes.

Add optional garnish:

Sweet pastries: Dust with powdered sugar or drizzle with honey.

Savory pastries: Sprinkle with parsley or red chili flakes.

Sweet Pastry: Calories: 180; Protein: 6g; Carbohydrates: 22g; Fat: 8g; Fiber: 2g; Cholesterol: 10mg; Sodium: 150mg; Potassium: 120mg

Savory Pastry: Calories: 210; Protein: 10g; Carbohydrates: 18g; Fat: 10g; Fiber: 1.5g; Cholesterol: 85mg; Sodium: 220mg; Potassium: 180mg

Light and Fluffy Bagels

Serves: 4

Cooking Time: 12–15 minutes

Preparation Time: 15 minutes

Dough:

- 1 cup plain Greek yogurt (non-fat or full-fat)
- 1 cup all-purpose flour (or whole wheat flour for added fiber)
- 1 tsp baking powder
- 1/2 tsp salt

Optional Toppings:

- 1 tbsp. sesame seeds, poppy seeds, or everything bagel seasoning (optional)
- 1 egg (for egg wash, optional but recommended for a golden finish)

For gluten-free options, use gluten-free all-purpose flour. **To reduce sodium**, omit or reduce the salt and opt for a low-sodium seasoning blend. **Add more fiber** by substituting half the flour with whole wheat flour or adding 1 tbsp. ground flaxseed.

Mix: In a large bowl, combine Greek yogurt, flour, baking powder, and salt. Stir until the mixture forms a sticky dough. Dust a clean surface with flour, transfer the dough, and knead it for about **2–3 minutes** until smooth. Add small amounts of flour if the dough is too sticky.

Shape the Bagels: Divide the dough into 4 equal portions. Roll each portion into a rope and shape it into a ring, pressing the ends together to seal.

Add Optional Toppings: Beat the egg in a small bowl (if using). Brush each bagel with the egg wash. Sprinkle with sesame, poppy, or bagel seasoning if desired.

Air Fry: Preheat the air fryer to **350°F (175°C)** for **2–3 minutes**.

Cooking: Place the bagels in the air fryer basket in a single layer, ensuring they do not touch. Air fry at **350°F for 12–15 minutes** until the golden brown bagels are cooked through. Check at the **12-minute** mark and cook longer if needed.

Serve: Serve warm with a spread of cream cheese, avocado, or hummus. Top with fresh herbs, tomato slices, or smoked salmon for a more elaborate meal.

Nutritional Information

Calories: 120; Protein: 6g; Carbohydrates: 20g; Fat: 1g; Fiber: 1g;
Cholesterol: 0 mg (excluding egg wash); Sodium: 250 mg; Potassium: 60 mg

Breakfast Sausage and Peppers

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 4 links sausage (mild or spicy, chicken or turkey preferred, approximately 12 oz)
- 3 bell peppers (any color): medium, sliced
- 1 medium onion, sliced
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. Italian seasoning
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper
- 1/2 tsp. red chili flakes (optional)
- 2 tbsp. fresh parsley (optional) chopped, for garnish

Swap olive oil with avocado oil **for a lighter flavor**. Add **other vegetables** like zucchini or mushrooms. Sprinkle with grated Parmesan or a squeeze of lemon juice **before serving**. **For crispier vegetables**, cook them alone for 3 minutes before adding sausages. **Leftovers** reheat well in the air fryer at 350°F (175°C) for 3-4 minutes. Pair with a side salad, quinoa, or whole-grain bread **for a complete meal**.

Preheat the air fryer to **375°F (190°C)** and let it preheat for **3 minutes**.

Mix: Slice the bell peppers and onion into strips. In a large bowl, toss the peppers and onion with olive oil, garlic powder, Italian seasoning, salt, and black pepper. Add red chili flakes if desired for extra spice.

Cooking: Place the sausages in the air fryer basket, ensuring they are not overlapping. Cook at **375°F (190°C)** for **7 minutes**. After **7 minutes**, open the air fryer and carefully arrange the seasoned peppers and onions around the sausages. Shake or stir the vegetables slightly to ensure even cooking. Continue cooking for **7-8 minutes**, shaking the basket halfway through.

Check Doneness: Ensure sausages are browned and cooked to an internal temperature of **165°F (74°C)**. Vegetables should be tender-crisp and slightly caramelized.

Serve: Slice the sausages if desired and serve over the roasted peppers and onions. Garnish with fresh parsley if using.

Nutritional Information

Calories: 250; Protein: 16g; Carbohydrates: 12g; Fat: 16g; Fiber: 3g;
Cholesterol: 45 mg; Sodium: 650 mg; Potassium: 450 mg

Vegetarian Breakfast Bowls with Tofu

Serves: 2

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Tofu and Bowl Base:

- 1 block firm tofu (approx. 14 oz), pressed and cubed
- 1 tbsp. olive oil
- 1 tbsp. soy sauce or tamari (for gluten-free)
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tbsp. cornstarch or arrowroot powder (for crispiness)

Vegetables (adjustable):

- 1 cup cherry tomatoes, halved
- 2 cups fresh spinach
- 1 avocado, sliced
- 1 medium sweet potato, peeled and diced
- 1 small red onion, diced
- 1 cup cooked quinoa (or substitute with brown rice or farro)

Garnish (optional):

- Fresh cilantro or parsley
- 1 tbsp. nutritional yeast (for a cheesy flavor)
- 1 tsp sesame seeds
- Hot sauce or sriracha (optional)

Nutritional Information

This recipe is highly customizable - swap the grains, vegetables, or seasonings to suit your taste or dietary needs.

Preheat the air fryer to **375°F (190°C)**.

Prep the Tofu: Press tofu for **5–10 minutes** to remove excess moisture.

Cut into bite-sized cubes. In a bowl, toss tofu cubes with olive oil, soy sauce, garlic powder, paprika, and cornstarch.

Cooking: Place tofu cubes in the air fryer basket in a single layer.

Air-fry for **12–15 minutes**, shaking the basket halfway through, until crispy and golden brown. Toss diced sweet potato with a drizzle of olive oil, a pinch of salt, and paprika. Add to the air fryer in a separate batch or alongside tofu if your air fryer is large enough. Cook for **12–15 minutes** or until tender and slightly crispy.

Sauté Vegetables (Optional for Warm Vegetables): Heat tofu and sweet potatoes in a skillet over medium heat. Add spinach and red onion with a splash of olive oil. Cook for **2–3 minutes** until wilted.

Serve: Divide cooked quinoa into two bowls as the base.

Arrange the air-fried tofu, sweet potato, sautéed spinach, cherry tomatoes, and avocado slices on top.

Sprinkle with nutritional yeast, sesame seeds, and freshly chopped cilantro. If desired, drizzle with hot sauce or sriracha.

Calories: 380; Protein: 18g; Carbohydrates: 42g; Fat: 16g; Fiber: 8g;
Cholesterol: 0mg; Sodium: 450mg (varies with soy sauce used); Potassium:
950mg

SNACKS AND APPETIZERS

Crispy Mozzarella Sticks

Serves: 4 (2 sticks per serving)

Cooking Time: 6–8 minutes

Preparation Time: 15 minutes

(plus 1 hour freezing time)

- 8 mozzarella sticks (low-moisture part-skim, about 1 oz each)
- 1 cup whole wheat breadcrumbs
- 2 tbsp. grated parmesan cheese (optional)
- 2 eggs
- 1/4 cup all-purpose flour
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried Italian seasoning (optional)
- 1/2 tsp. paprika or chili powder (optional, for heat)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- Cooking spray

Add cayenne **for spice** or use panko breadcrumbs for a lighter texture. Sprinkle with chopped parsley, fresh basil, or extra parmesan.

Prepare: Cut mozzarella sticks in half for easier handling and portion control. Place them on a plate and freeze for at least 1 hour to prevent melting during air frying.

Mix: Add the all-purpose flour to the first bowl. In the second bowl, beat the eggs with a splash of water or milk for a smooth consistency. In a third bowl, combine breadcrumbs, parmesan (if using), garlic powder, onion powder, Italian seasoning, paprika, salt, and pepper.

Coat the mozzarella sticks: Roll each frozen stick in flour, tapping off excess. Dip it into the beaten eggs, ensuring complete coverage. Coat it in the breadcrumb mixture, pressing gently to adhere. Repeat the egg and breadcrumb steps for a double coating for extra crunch.

Air fryer: Preheat the air fryer to **375°F (190°C)** for **3–5 minutes**.

Cooking: Line the breaded sticks in a single layer in the air fryer basket, ensuring no overlap for even cooking. Lightly spray the sticks with nonstick cooking spray to enhance crispiness. Air fry for **6–8 minutes**, shaking the basket halfway through to ensure even browning. Check for a golden crust; if not achieved, add **1–2 more minutes**.

Serve: Pair with marinara sauce, ranch dressing, or Greek yogurt dip for a healthy accompaniment.

Nutritional Information

Calories: 200; Protein: 13g; Carbohydrates: 16g; Fat: 9g; Fiber: 2g;
Cholesterol: 50 mg; Sodium: 340 mg; Potassium: 80 mg

Zesty Potato Wedges

Serves: 4

Cooking Time: 20-25 minutes

Preparation Time: 10 minutes

- 4 potatoes (medium-sized, russet or Yukon gold)
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 tsp. chili powder or cayenne pepper (optional, for heat)
- 1 tsp. dried oregano or Italian seasoning
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 2 tbsp. grated parmesan cheese (optional, for garnish)
- 1 tbsp. fresh parsley (optional, for garnish) chopped

Adjust spices to your taste—add more chili powder for heat or skip it for a milder **flavor**. **For extra crispiness**, soak the potato wedges in cold water for 30 minutes before seasoning. Pat them completely dry before tossing them with oil and spices. **Serve** with healthy dips like Greek yogurt, guacamole, or a zesty lemon-tahini dressing.

Prepare: Wash and scrub the potatoes thoroughly (peeling optional). Slice each potato lengthwise into wedges (cut in half, then into quarters or sixths, depending on size).

Mix: In a large bowl, toss the potato wedges with olive oil, ensuring an even coat. Sprinkle garlic powder, smoked paprika, chili powder (if using), oregano, salt, and black pepper. Mix well until the wedges are fully coated.

Air Fryer: Preheat your air fryer to **400°F (200°C)** for **3-5 minutes**.

Cooking: Arrange the seasoned wedges in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Cook at **400°F (200°C)** for **20-25 minutes**, shaking the basket halfway through the cooking time to ensure all sides crisp evenly. After **20 minutes**, test the wedges with a fork. They should be golden brown, crispy outside, and tender inside. Cook for an additional **2-3 minutes** if needed.

Serve: Remove the wedges and place them on a serving plate.

Garnish with grated Parmesan cheese and fresh parsley for added flavor (optional).

Nutritional Information

Calories: 180; Protein: 4g; Carbohydrates: 30g; Fat: 6g; Fiber: 4g;
Cholesterol: 0mg; Sodium: 300mg (depends on added salt); Potassium:
750mg

Buffalo Cauliflower Bites

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 cauliflower florets medium head, cut into bite-sized pieces (4 cups)
- 1/2 cup all-purpose flour (or gluten-free flour)
- 1/2 cup water
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup buffalo sauce (adjust based on spice preference)
- Cooking spray

Optional garnish:

- Chopped fresh parsley
- Ranch or blue cheese dressing for dipping

For spice, adjust the heat by choosing a milder buffalo sauce or mixing it with a little honey. **For extra crispiness**, lightly spray the battered cauliflower with olive oil before the first cook. For a gluten-free version, use gluten-free flour in the batter. Add a pinch of cayenne pepper to the batter **for extra heat**, or use smoked paprika for a deeper flavor. **Store** leftovers in an airtight container in the fridge for up to 3 days. Reheat in the air fryer at 350°F for 5 minutes.

Prepare: Wash and dry the cauliflower florets. Ensure they are roughly the same size for even cooking.

Mix: In a bowl, whisk together the flour, water, garlic powder, paprika, salt, and black pepper to create a smooth batter.

Cauliflower: Dip each cauliflower floret into the batter, ensuring it is evenly coated. Shake off excess batter.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Lightly spray the air fryer basket with olive oil to prevent sticking. Arrange the battered cauliflower in a single layer in the basket, ensuring they don't overlap. Cook in batches if needed. Air fry for **12-15 minutes**, flipping halfway through, until the cauliflower is golden and crispy. Transfer the cooked cauliflower to a large bowl. Pour the buffalo sauce over the florets and toss gently to coat.

Final Cooking: Return the coated cauliflower to the air fryer and cook for **3-5 minutes** at **375°F (190°C)**. This step helps the buffalo sauce adhere and caramelize slightly.

Serve: Remove from the air fryer and serve immediately. Garnish with optional parsley or serve with ranch or blue cheese dressing on the side.

Nutritional Information

Calories: 110; Protein: 3g; Carbohydrates: 13g; Fat: 5g; Fiber: 3g;
Cholesterol: 0mg; Sodium: 450mg; Potassium: 320mg

Crunchy garlic Parmesan Wings

Serves: 4

Cooking Time: 25 minutes

Preparation Time: 10 minutes

- 2 pounds chicken wings (flats)
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. paprika (optional)
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/3 cup grated parmesan cheese, divided
- 1/3 cup panko breadcrumbs

Optional garnish:

- Fresh parsley (1 tbsp., chopped)
- Lemon wedges for serving

Add a dash of cayenne pepper to the seasoning mix **for a spicy kick**, or drizzle wings with a touch of melted butter before tossing in Parmesan for a richer flavor. For a **gluten-free** version, use gluten-free panko. **Store** leftover wings in an airtight container in the refrigerator for up to 3 days. Reheat in the air fryer at 350°F (175°C) for 3-5 minutes to maintain crispiness.

Prepare: Pat the chicken wings dry with paper towels to ensure they crisp correctly. Place them in a large mixing bowl.

Mix: Drizzle the olive oil over the wings and toss to coat evenly. In a small bowl, mix garlic powder, onion powder, paprika (if using), salt, and black pepper. Sprinkle this spice mix over the wings and toss to coat thoroughly. In another bowl, combine half of the grated Parmesan cheese and the panko breadcrumbs. Toss the wings in this mixture, ensuring an even coating.

Air Fryer: Preheat your air fryer to **380°F (193°C)** for 3-5 minutes.

Cooking: Arrange the wings in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking; depending on the size of your air fryer, you may need to cook them in batches. Cook at **380°F (193°C)** for **20 minutes**, flipping the wings halfway through for even browning.

Final Cooking: After **20 minutes**, increase the air fryer temperature to **400°F (204°C)** and cook for **5 minutes** to achieve a crispy exterior. Monitor closely to avoid overcooking.

Garnishing: Once cooked, remove the wings and immediately toss them with the remaining Parmesan cheese for a bold flavor boost. Garnish with fresh parsley if desired.

Serve: Serve hot with optional lemon wedges for a zesty finish.

Nutritional Information

Calories: 240; Protein: 22g; Carbohydrates: 5g; Fat: 16g; Fiber: 0.5g;
Cholesterol: 90mg; Sodium: 480mg; Potassium: 250mg

Quick Nachos Supreme

Serves: 2

Cooking Time: 5-7 minutes

Preparation Time: 10 minutes

- 2 cups tortilla chips (whole-grain or low-sodium)

Toppings:

- 1/2 cup black beans (canned, rinsed, and drained)
- 1/2 cup shredded reduced-fat cheddar or Mexican blend cheese
- 1/2 cup diced tomatoes
- 1/4 cup chopped red onion
- 2 tbsp. sliced jalapeños (fresh or pickled, optional)
- 1/4 cup corn kernels (frozen or canned)
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- Salt and pepper (to taste)

Garnish (Optional but recommended):

- 2 tbsp. sour cream or Greek yogurt
- 2 tbsp. chopped cilantro
- 1/4 cup diced avocado or guacamole
- Lime wedges: for serving

If you like spicier nachos, add a pinch of cayenne pepper to the seasoning or more jalapeños. Swap or supplement black beans with cooked, shredded chicken or ground turkey **for extra protein**. Use plant-based cheese alternatives and replace Greek yogurt with cashew or plant-based sour cream. Most tortilla chips are naturally **gluten-free** but double-check the packaging to ensure.

Set your air fryer to **350°F (175°C)** and preheat for **2 minutes**.

Assemble the Nachos: Lay a piece of parchment paper or a perforated liner in the air fryer basket. Spread the tortilla chips evenly across the basket in a single layer. Sprinkle black beans, corn, and red onion evenly over the chips. Add the shredded cheese, ensuring it's distributed across the toppings.

Cooking: Place the basket in the air fryer and cook for **5-7 minutes**, checking after **5 minutes** to ensure the cheese has melted and the edges of the chips are lightly crisp but not burnt.

Add Fresh Toppings: Carefully remove the nachos from the air fryer using tongs or lifting the parchment paper.

Add diced tomatoes, jalapeños, and any other fresh toppings you prefer.

Serve: Top with a dollop of sour cream or Greek yogurt, diced avocado, and sprinkle with cilantro. Serve immediately with lime wedges on the side.

Nutritional Information

Calories: 240; Protein: 10g; Carbohydrates: 27g; Fat: 10g; Fiber: 6g; Cholesterol: 15mg; Sodium: 300mg; Potassium: 450mg

Jalapeño Poppers

Serves: 4 (2 poppers per serving)

Cooking Time: 8-10 minutes

Preparation Time: 10 minutes

- 8 medium-sized jalapeños
- 4 low-fat cream cheese (softened)
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup panko breadcrumbs
- Cooking spray

Optional toppings:

- Chopped fresh cilantro (for garnish)
- Crumbled turkey bacon or vegetarian bacon bits

For milder poppers, soak the jalapeños in cold water for 15 minutes after deseeding. Use dairy-free cream cheese and shredded cheese **for a vegan** option. Replace panko breadcrumbs with crushed almond flour crackers **for a gluten-free** version. Low-fat ranch or Greek yogurt dip **for a healthy side**.

Prepare: Cut the jalapeños in half lengthwise and remove seeds and membranes using a spoon. (Wear gloves to avoid irritation.)

Mix: In a mixing bowl, combine the cream cheese, cheddar cheese, garlic powder, onion powder, salt, and black pepper. Mix until smooth.

Jalapeños: Spoon the cheese mixture evenly into the hollowed-out jalapeño halves. Smooth the tops with the back of the spoon. Place the panko breadcrumbs on a plate. Lightly press the filling side of each jalapeño into the breadcrumbs, coating the cheese mixture.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**. Lightly spray the air fryer basket with olive oil to prevent sticking.

Cooking: Arrange the poppers in a single layer in the air fryer basket, leaving space between them. Lightly spray the tops with olive oil for extra crispiness. Air fry at **375°F (190°C)** for **8-10 minutes**, or until the breadcrumbs are golden brown and the jalapeños are tender but still hold their shape.

Serve: Sprinkle with chopped fresh cilantro or crumbled turkey bacon for added flavor.

Nutritional Information

Calories: 120; Protein: 5g; Carbohydrates: 8g; Fat: 7g; Fiber: 1g; Cholesterol: 15 mg; Sodium: 250 mg; Potassium: 150 mg

Spicy Chickpea Snack Crunch

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 can chickpeas (Garbanzo beans, 15 oz)
- 1 tbsp. olive oil
- 1 tsp. paprika
- 1 tsp. cumin powder
- 1 tsp. garlic powder
- 1/2 tsp. cayenne pepper (adjust to taste)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper

Optional spices:

- Smoked paprika for a deeper flavor
- Curry powder for a different twist

Optional garnish:

- Fresh parsley or cilantro, finely chopped
- Lemon zest

Reduce or omit cayenne pepper **for a milder flavor**. Add chili powder or hot sauce for extra heat. Cook for 2–3 minutes **for ultra-crispy** chickpeas, but monitor closely. **For a sweet-savory** variation, experiment with other spice blends like Italian seasoning, za'atar, or a pinch of cinnamon.

Prepare: Drain and rinse the canned chickpeas thoroughly. Spread them on a clean kitchen or paper towel and pat them dry. Removing excess moisture is key to ensuring a crispy texture.

Mix: Transfer the chickpeas to a mixing bowl. Add olive oil, paprika, cumin, garlic powder, cayenne, salt, and black pepper. Toss well to coat the chickpeas evenly.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Place the seasoned chickpeas in the air fryer basket in a single layer. Cook for **12–15 minutes**, shaking the basket halfway through for even cooking. Monitor them during the last few minutes to prevent burning, as cooking times vary between air fryer models. After the chickpeas are done, taste one and adjust the seasoning if needed. You can toss them with an extra pinch of salt or spices while they're hot for enhanced flavor.

Serve: Transfer the crispy chickpeas to a serving bowl. Garnish with optional chopped parsley or cilantro for freshness and a sprinkle of lemon zest for brightness.

Nutritional Information

Calories: 120; Protein: 5g; Carbohydrates: 18g; Fiber: 4g; Fat: 4g; Cholesterol: 0mg; Sodium: 230mg (varies with salt adjustment); Potassium: 220mg

Loaded Tater Tot Bites

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 2 cups frozen tater tots
- 1/2 cup shredded cheddar cheese (reduced-fat for a healthier option)
- 1/4 cup plain Greek yogurt (or light sour cream)
- 2 tbsp. cooked and crumbled turkey bacon (or plant-based bacon for vegetarians)
- 2 tbsp. chopped green onions
- 1/4 tsp. garlic powder
- 1/4 tsp. smoked paprika (optional)
- Salt and pepper to taste
- Cooking spray

Optional garnish:

- Fresh parsley, diced tomatoes, or a dash of hot sauce.

For a vegetarian variation, replace turkey bacon with plant-based bacon or omit it entirely. Add chopped jalapeños or a sprinkle of red pepper flakes **for a spicy kick** before serving. Use low-sodium cheese and skip additional salt if needed. Swap Greek yogurt for mashed avocado as a topping **for a creamier texture.**

Set your air fryer to **400°F (200°C)** and let it preheat for **3–5 minutes.**

Prepare Tater Tots: Spread the frozen tater tots in a single layer in the air fryer basket. Lightly spray them with olive oil if desired for extra crispiness.

Cooking: Air fry the tater tots at **400°F (200°C)** for **12–15 minutes**, shaking the basket halfway through to ensure even cooking. When done, they should be golden and crispy.

Add Toppings: Transfer the cooked tater tots to a heat-safe dish in your air fryer. Sprinkle the shredded cheese over the tater tots and return to the air fryer at **350°F (175°C)** for **2 minutes** or until the cheese is melted. Remove the dish from the air fryer. Add Greek yogurt or sour cream, sprinkle with turkey bacon, green onions, garlic powder, and smoked paprika (if using), and add salt and pepper to taste.

Serve: garnish with parsley, diced tomatoes, or a drizzle of hot sauce if desired. Serve immediately for the best texture and flavor.

Nutritional Information

Calories: 210; Protein: 8g; Carbohydrates: 20g; Fat: 11g; Fiber: 2g; Cholesterol: 20mg; Sodium: 420mg; Potassium: 250mg

Mini Empanadas

Serves: 4 (Makes 12 mini empanadas) **Cooking Time:** 12-15 minutes

Preparation Time: 20 minutes

Dough:

- 1 cup all-purpose flour (or whole wheat flour for added fiber)
- 1/4 tsp salt
- 2 tbsp. olive oil
- 4-5 tbsp. water (adjust as needed)

Filling:

- 1/2 cup cooked chicken breast, shredded (or substitute with black beans for vegetarian option)
- 1/4 cup diced onion
- 1/4 cup diced red bell pepper
- 1/4 cup shredded cheese (cheddar or mozzarella; optional for added creaminess)
- 1/4 tsp smoked paprika
- 1/4 tsp. ground cumin
- Salt and pepper to taste
- 1 tsp. olive oil

Optional garnish:

- Fresh cilantro, chopped
- Lime wedges
- Salsa or Greek yogurt (as a dip)

Nutritional Information

Adjust spices to your taste; add chili powder for heat or omit paprika **for a milder flavor**. Dough can be made in advance and refrigerated for up to 24 hours. Use a gluten-free flour blend for a gluten-free version.

Mix: In a mixing bowl, combine flour and salt. Add olive oil and mix until crumbly. Gradually add water, one tbsp. at a time, mixing until a smooth dough forms. Knead lightly for **1-2 minutes**. Cover with a damp cloth and set aside while preparing the filling.

Prepare the Filling: Heat 1 tsp. olive oil in a small pan. Sauté diced onion and bell pepper until soft. Add shredded chicken (or black beans), smoked paprika, ground cumin, salt, and pepper. Mix well and cook for **2-3 minutes**. Remove from heat.

Assemble the Empanadas: Divide the dough into 12 equal portions. Roll each into a small circle, about 4 inches in diameter. Place a spoonful of filling in the center of each circle. Add a pinch of shredded cheese if using. Fold the dough over the filling to create a half-moon shape. Press the edges together and seal with a fork.

Air Fryer: Preheat the air fryer to **375°F (190°C)**. Lightly spray the air fryer basket with cooking spray. Arrange empanadas in a single layer, leaving space between them. Air fry for **12-15 minutes**, flipping halfway through, until golden brown and crisp.

Serve: Serve warm with salsa, guacamole, or Greek yogurt. Garnish with fresh cilantro and a squeeze of lime juice.

Calories: 210 (with chicken; varies slightly with beans); Protein: 10g; Carbohydrates: 24g; Fat: 8g; Fiber: 2g; Cholesterol: 15mg; Sodium: 200mg; Potassium: 200mg

Veggie Rolls Spring

Serves: 4 (2 rolls per serving)

Cooking Time: 10 minutes

Preparation Time: 20 minutes

For the Filling:

- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1/2 cup thinly sliced bell peppers (any color)
- 1/2 cup bean sprouts (optional)
- 2 green onions, finely chopped
- 1/4 cup fresh cilantro, chopped (optional)
- 1 clove garlic, minced
- 1 tsp. grated ginger
- 1 tbsp. soy sauce (low-sodium preferred)
- 1 tsp sesame oil (optional)
- 1/2 tsp black pepper
- 1/4 tsp salt (adjust to taste)
- 8 spring roll wrappers
- Cooking spray

Optional Dipping Sauce:

- 2 tbsp. soy sauce
- 1 tbsp. rice vinegar
- 1 tsp sesame oil
- 1 tsp honey or maple syrup
- 1/4 tsp chili flakes (optional)

Nutritional Information

Prepare the Filling: Heat a non-stick pan over medium heat.

Add the sesame oil (if using), minced garlic, and ginger, and sauté for about **30 seconds**. Add the shredded cabbage, carrots, and bell peppers. Stir-fry for **2-3 minutes** until just softened. Add the bean sprouts (if using), soy sauce, black pepper, and salt. Mix well and cook for another **1-2 minutes**. Remove from heat and let the mixture cool slightly. Stir in chopped cilantro and green onions if desired.

Assemble the Spring Rolls: Lay one spring roll wrapper on a flat surface with one corner pointing toward you (like a diamond). Place 2-3 tbsp. the veggie filling near the bottom corner. Fold the bottom corner over the filling, then fold in the sides. Roll tightly to seal the spring roll. Use a dab of water to seal the edge. Repeat for all wrappers.

Air Fry: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Lightly spray or brush the spring rolls with oil to ensure crispness. Place the rolls in the air fryer basket in a single layer without overlapping. Air fry for **8-10 minutes**, flipping halfway through, until the rolls are golden brown and crispy.

Serve: Sprinkle with sesame seeds before serving. Serve with the optional dipping sauce or your favorite store-bought sweet chili sauce.

Calories: 130; Protein: 3g; Carbohydrates: 24g; Fat: 2g; Fiber: 3g;
Cholesterol: 0mg; Sodium: 340mg; Potassium: 210mg

Perfectly Crisp Onion Rings

Servings: 4

Cooking Time: 15 minutes

Preparation Time: 15 minutes

- 2 large onions
- 1/2 cup all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. garlic powder (optional)
- 1 tsp. smoked paprika (optional)
- 2 large eggs
- 1/2 cup plain breadcrumbs
- 1/2 cup panko breadcrumbs
- Cooking spray

For extra spice add 1/4 tsp. cayenne pepper or red chili flakes. Substitute all-purpose flour and breadcrumbs with **gluten-free** alternatives.

Prepare: Peel and slice the onions into rings about 1/4-inch thick. Separate each layer and set it aside.

Mix: In the first bowl, mix the flour, salt, pepper, garlic powder, and smoked paprika in a shallow bowl. In the second bowl, beat the eggs. In the third bowl, combine plain breadcrumbs and panko breadcrumbs.

Coat the Onion Rings: Dredge each onion ring in the seasoned flour mixture, shaking off any excess. Dip the ring into the beaten eggs, coating evenly. Finally, coat it in the breadcrumb mixture, pressing gently to ensure the crumbs stick.

Air Fryer: Set the air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Arrange the coated onion rings in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Work in batches if needed. Lightly spray the onion rings with olive oil for optimal crispness. Air fry at **375°F (190°C)** for **8-10 minutes**, flipping halfway through. Cook until golden brown and crispy.

Serve: Transfer the onion rings to a serving plate. Serve immediately for the best texture. Garnish with freshly chopped parsley or a sprinkle of grated Parmesan cheese. Serve with dipping sauces like ketchup, ranch, spicy mayo, or honey mustard.

Nutritional Information

Calories: 210; Protein: 6g; Carbohydrates: 35g; Fat: 5g; Fiber: 2g; Cholesterol: 60mg; Sodium: 380mg; Potassium: 150mg

Sweet and Spicy Nuts

Servings: 6 (1/4 cup per serving)

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 2 cups mixed nuts (almonds, cashews, pecans, walnuts, or peanuts)
- 2 tbsp. honey or maple syrup
- 1 tbsp. olive oil or coconut oil
- 1 tbsp. brown sugar or coconut sugar
- 1 tsp. ground cinnamon
- 1/2 tsp. paprika or smoked paprika
- 1/4 tsp. cayenne pepper (adjust to taste)
- 1/2 tsp. sea salt

Optional:

- 1/2 tsp. vanilla extract

If you like it **sweeter**, add an extra tsp. of brown sugar. If you like it **spicier**, increase the cayenne pepper to 1/2 tsp. **Substitute or add** seeds (e.g., pumpkin or sunflower seeds) for added variety. Sprinkle with sesame seeds or chopped fresh herbs like rosemary **for a unique flavor** twist.

Make the Coating: In a small microwave-safe bowl, warm the honey (or maple syrup) and oil for about **15-20 seconds** to make mixing easier. Add the brown sugar, cinnamon, paprika, cayenne pepper, sea salt, and vanilla extract (if using). Stir until thoroughly combined.

Coat the Nuts: Pour the sweet and spicy mixture over the nuts. Toss well to ensure the nuts are evenly coated.

Air Fryer: Preheat your air fryer to **325°F (160°C)** for **3 minutes**.

Cooking: Spread the coated nuts in a single layer in the air fryer basket. Cook at **325°F (160°C)** for **8-10 minutes**, shaking the basket halfway through to ensure even cooking. Keep a close eye during the last **2 minutes** to avoid burning.

Serve: Once cooked, transfer the nuts to a parchment-lined baking sheet to cool. The coating will harden as the nuts cool, making them crisp and delicious. Serve as a snack, salad topping, or a side for charcuterie boards.

Nutritional Information

Calories: 210; Protein: 6g; Carbohydrates: 13g; Fat: 17g; Fiber: 3g; Cholesterol: 0mg; Sodium: 150mg; Potassium: 200mg

SALAD RECIPES

Crispy Tofu Caesar Salad

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 15 minutes

For the Crispy Tofu:

- 14 oz (1 block) firm tofu, pressed and cubed
- 1 tbsp. olive oil
- 2 tbsp. cornstarch or arrowroot powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika (optional)
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Caesar Dressing:

- 1/2 cup plain Greek yogurt (or vegan alternative)
- 2 tbsp. lemon juice
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce (vegan or regular)
- 1 small clove garlic, finely minced or grated
- 1 tbsp. olive oil
- 2 tbsp. grated parmesan cheese (or nutritional yeast for vegan)
- Salt and pepper (to taste)

For the Salad:

- 6 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1 cup croutons (optional, or use gluten-free croutons)
- 2 tbsp. grated parmesan for garnish (or nutritional yeast for vegan)

Add more smoked paprika or chili flakes **for a spicy kick**. **Store** leftover tofu and dressing separately in airtight containers in the fridge for up to 3 days. The recipe is vegetarian by default and can be easily **made vegan or gluten-free**.

Prepare the Tofu: Squeeze out. Place the tofu block on a plate and cover it with paper towels or a clean kitchen towel. Add a heavy object (like a skillet) on top and let it sit for **10 minutes** to remove excess moisture. Cut the pressed tofu into bite-sized cubes. In a mixing bowl, combine the cubed tofu with olive oil, cornstarch, garlic powder, smoked paprika (if using), salt, and pepper. Toss well to evenly coat.

Air Fry: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Place the tofu cubes in the air fryer basket in a single layer. Do not overcrowd; cook in batches if needed. Air fry for **12-15 minutes**, shaking the basket halfway through, until the tofu is crispy and golden brown.

Mix: In a small bowl, whisk together Greek yogurt, lemon juice, Dijon mustard, Worcestershire sauce, minced garlic, olive oil, and Parmesan (or nutritional yeast). Season with salt and pepper to taste. Adjust lemon juice or garlic for your preferred tanginess.

Assemble the Salad: In a large bowl, combine chopped romaine lettuce and cherry tomatoes. Add the crispy tofu and toss with the Caesar dressing. Top with croutons (if using) and sprinkle with grated Parmesan or nutritional yeast.

Serve: Immediately in individual bowls. Optional: garnish with additional Parmesan, freshly ground black pepper, or a squeeze of lemon.

Calories: 220; Protein: 12g; Carbohydrates: 14g; Fat: 13g; Fiber: 3g; Cholesterol: 5mg (or 0mg for vegan version); Sodium: 450mg; Potassium: 400mg

Nutritional Information

Warm Chicken Salad

Serves: 2

Cooking Time: 15 minutes

Preparation Time: 10 minutes

For the chicken:

- 2 boneless, skinless chicken breasts (about 6 oz each)
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp paprika (optional)
- 1/2 tsp dried oregano or Italian seasoning
- Salt and black pepper to taste

For the salad:

- 4 cups mixed salad greens (e.g., spinach, arugula, romaine)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup shredded carrots
- 1 small cucumber, sliced
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp. sunflower seeds or sliced almonds (optional)

For the dressing:

- 2 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- 1 tsp Dijon mustard
- 1/2 tsp. honey (optional for sweetness)
- Salt and black pepper to taste

For a vegetarian option, replace chicken with tofu or tempeh. Add avocado slices or boiled eggs **for extra healthy** fats and protein. Swap balsamic vinegar for lemon juice **for a zesty flavor**.

Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Prepare the Chicken: Pat the chicken breasts dry with a paper towel. Rub both sides with olive oil, then season evenly with garlic powder, onion powder, paprika, oregano, salt, and pepper.

Cooking: Place the seasoned chicken breasts in the air fryer basket, ensuring they do not overlap. Air fry at **375°F (190°C)** for **12–15 minutes**, flipping halfway through cooking, until the internal temperature reaches **165°F (74°C)** using a meat thermometer. Once cooked, let the chicken rest for 5 minutes before slicing it into strips.

Assemble the Salad: In a large bowl, combine the salad greens, cherry tomatoes, red onion, shredded carrots, cucumber, and any optional ingredients like feta cheese or nuts.

Mix: In a small bowl or jar, whisk together balsamic vinegar, olive oil, Dijon mustard, honey (if using), salt, and pepper.

Combine and Serve: Arrange the sliced chicken on top of the salad. Drizzle the dressing over the salad and toss gently to combine.

Serve: Immediately as a warm, hearty salad. Add fresh parsley or cilantro for a pop of flavor and color. Sprinkle with freshly grated Parmesan cheese for added richness.

Nutritional Information

Calories: 320; Protein: 30g; Carbohydrates: 15g; Fat: 15g; Fiber: 4g; Cholesterol: 70mg; Sodium: 450mg; Potassium: 900mg

Roasted Beet Salad with Feta

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 10 minutes

- 4 medium-sized beets
- 2 tbsp. olive oil
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (optional)
- 1/2 tsp. dried thyme or rosemary (optional, for added flavor)
- 1/2 cup feta cheese, crumbled
- 4 cups baby spinach or arugula
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts or pecans, roughly chopped (optional)
- 2 tbsp. balsamic vinegar
- 1 tsp. honey or maple syrup (optional, for sweetness)
- 1 tbsp. lemon juice

Replace feta with goat cheese or omit it entirely **for a vegan** option. Add chickpeas or quinoa **for extra protein** and texture. Leftovers can be **stored** in an airtight container in the refrigerator for up to 2 days. Keep dressing separate to maintain freshness.

Mix: Peel and dice the beets into 1-inch cubes. In a bowl, toss the beet cubes with olive oil, salt, black pepper, and optional dried thyme or rosemary for flavor.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Spread the beets in an even layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Air fry for **15-20 minutes**, shaking the basket halfway through. Beets are done when they are fork-tender and slightly caramelized.

Prepare the Salad Base: While the beets are cooking, arrange the baby spinach or arugula on a serving platter or in individual bowls. Add thinly sliced red onion and optional walnuts or pecans for crunch.

Assemble the Salad: Once the beets are roasted, let them cool slightly. Add the beets to the salad base and sprinkle with crumbled feta cheese.

Make the Dressing: In a small bowl, whisk together balsamic vinegar, honey (or maple syrup), lemon juice, and a pinch of salt and pepper. Drizzle over the salad.

Serve: If desired, add fresh herbs such as parsley or mint. You can also sprinkle a few pomegranate seeds for a pop of color and extra flavor.

Nutritional Information

Calories: 180; Protein: 5g; Carbohydrates: 20g; Fat: 10g; Fiber: 5g; Cholesterol: 12mg; Sodium: 340mg; Potassium: 450mg

Shrimp Avocado Salad

Serves: 4

Cooking Time: 8 minutes

Preparation Time: 10 minutes

For the Shrimp:

- 1 lb large shrimp (peeled and deveined)
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp smoked paprika
- 1/2 tsp. ground cumin (optional for extra flavor)
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Salad:

- 2 ripe avocados, diced
- 4 cups mixed salad greens (e.g., spinach, arugula, or romaine)
- 1 cup cherry tomatoes, halved
- 1/2 small red onion, thinly sliced
- 1 medium cucumber, diced
- 1/4 cup crumbled feta cheese (optional)

For the Dressing:

- 3 tbsp. olive oil
- 2 tbsp. lime juice (freshly squeezed)
- 1 tsp honey or agave syrup (optional)
- 1/2 tsp Dijon mustard
- Salt and pepper to taste

Feta cheese and honey can be omitted **for a dairy-free** or lower-calorie version. Add grilled corn, black beans, or sliced jalapeños **for variety**. If you plan **to save leftovers**, keep the shrimp, dressing, and salad components separate to avoid wilting.

Preheat the air fryer to **375°F (190°C)**.

Cooking: Pat the shrimp dry with paper towels. In a bowl, toss the shrimp with olive oil, garlic powder, smoked paprika, cumin (if using), salt, and black pepper. Place the shrimp in a single layer in the air fryer basket. Cook for 6-8 minutes, shaking the basket halfway through cooking. The shrimp are done when they are pink and slightly curled.

Prepare the Salad: While the shrimp cooks, combine the salad greens, cherry tomatoes, red onion, cucumber, and avocado in a large bowl. If using feta cheese, sprinkle it over the salad.

Make the Dressing: In a small bowl or jar, whisk together olive oil, lime juice, honey (if using), Dijon mustard, and a pinch of salt and pepper. Adjust seasoning to taste.

Assemble the Salad: Once the shrimp are cooked, let them cool slightly before adding them to the salad. Drizzle the dressing over the top and toss gently to combine.

Serve: Garnish with additional lime wedges, freshly chopped cilantro, or a sprinkle of chili flakes for a spicy kick (optional).

Nutritional Information

Calories: 290; Protein: 22g; Carbohydrates: 12g; Fiber: 6g; Fat: 18g; Cholesterol: 190 mg; Sodium: 520 mg; Potassium: 700 mg

Falafel Salad Bowl

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 20 minutes

For the Falafel:

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley or cilantro, chopped
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp cayenne pepper (optional, for spice)
- 1/2 tsp baking powder
- 2 tbsp. flour (or gluten-free flour for dietary preferences)
- Salt and black pepper to taste
- 1 tbsp. olive oil

For the Salad:

- 4 cups mixed salad greens (e.g., arugula, spinach, or romaine lettuce)
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese (optional)
- 1/4 cup pitted olives (optional)

For the Dressing:

- 2 tbsp. tahini
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 clove garlic, minced
- 1–2 tbsp. water (to adjust consistency)
- Salt and pepper to taste

Nutritional Information

Add or adjust spices in the falafel mixture **to suit your taste.**

Falafel can be made ahead and stored in the fridge or freezer.

Reheat in the air fryer for a quick meal. **For a vegan** option, use vegan feta or skip cheese. Choose gluten-free flour **for a gluten-free** recipe.

Mix: In a food processor, combine chickpeas, onion, garlic, parsley/cilantro, cumin, coriander, cayenne pepper, and salt and pepper. Pulse until the mixture is coarse and holds together when pressed. Do not over-process. Transfer to a bowl, stir in the baking powder and flour, and refrigerate for **10 minutes.**

Cooking: Preheat the air fryer to **375°F (190°C)**. Form the mixture into small balls or patties about 2 inches in diameter. Lightly brush each falafel with olive oil to help crisp them in the air fryer. Arrange the falafel in a single layer in the basket to avoid overcrowding. Air fry for **12–15 minutes**, flipping halfway through, until golden brown and crispy.

Prepare the Salad: In a large bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, feta, and olives (if using).

Make the Dressing: Whisk together tahini, olive oil, lemon juice, garlic, salt, and pepper. Gradually add water to achieve your desired consistency.

Assemble the Salad Bowl: Divide the salad among 4 bowls. Top each bowl with 3–4 falafel. Drizzle with the tahini dressing.

Serve: A sprinkle of sesame seeds, chopped fresh parsley or cilantro, and a dollop of hummus or tzatziki.

Calories: 350; Protein: 10g; Carbohydrates: 40g; Fat: 15g; Fiber: 8g; Cholesterol: 0mg (without feta); Sodium: 400mg; Potassium: 600mg

Crunchy Chickpea Salad

Serves: 2

Cooking Time: 15 minutes

Preparation Time: 10 minutes

For the Chickpeas:

- 1 can chickpeas (canned, 15 oz), rinsed and drained
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp cumin (optional, for added warmth)
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1/4 tsp chili powder (optional, for heat)

For the Salad:

- 4 cups mixed salad greens (e.g., spinach, arugula, kale, or lettuce)
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 red onion, thinly sliced
- 1/2 avocado, sliced
- 2 tbsp. feta cheese, crumbled (optional for non-vegan option)
- 1 tbsp. lemon juice
- 1 tbsp. extra virgin olive oil
- Salt and pepper: to taste

Garnishes (Optional):

- Fresh parsley or cilantro, chopped
- Toasted sunflower or pumpkin seeds

Nutritional values are approximate and may vary depending on the specific ingredients used. **To reduce sodium**, rinse canned chickpeas thoroughly and limit added salt. **For a spicier** version, increase chili powder or add cayenne pepper.

Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: In a mixing bowl, combine the rinsed chickpeas, olive oil, garlic powder, paprika, cumin, salt, black pepper, and chili powder (if using). Toss until evenly coated. Spread the chickpeas in a single layer in the air fryer basket. Air fry at **375°F (190°C)** for **12–15 minutes**, shaking the basket halfway through until the chickpeas are crispy and golden. Set aside to cool slightly.

Assemble the Salad: In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, and red onion. Drizzle with lemon juice and olive oil. Toss gently to coat. Add the crispy chickpeas and sliced avocado on top. Sprinkle with feta cheese (if using) and your choice of garnishes.

Serve: Serve immediately for the crunchiest texture. Pair with whole-grain bread or pita for a more filling meal.

Nutritional Information

Calories: 290; Protein: 9g; Carbohydrates: 27g; Dietary Fiber: 8g; Fat:14g; Saturated Fat: 2g; Sodium: 500 mg; Potassium: 700 mg

Eggplant Caprese Salad

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 medium eggplant (approx. 1 lb), sliced into 1/2-inch rounds
- 2 tbsp. olive oil (or as needed)
- 1 tsp. garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cup cherry tomatoes, halved
- 8 oz fresh mozzarella, sliced into rounds
- Fresh basil leaves, for garnish
- 1 tbsp. balsamic glaze (optional, for drizzle)

Add paprika or Italian seasoning to the eggplant **for extra flavor**.

For garnish, sprinkle with red pepper flakes for a touch of heat.

For the vegan option, substitute fresh mozzarella with vegan cheese or marinated tofu slices.

Prepare: Lay the eggplant slices on a cutting board and sprinkle both sides with salt. Let them sit for **5 minutes** to remove excess moisture. Pat them dry with a paper towel. Brush both sides of each eggplant slice with olive oil. Sprinkle with garlic powder, salt, and black pepper.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Place the eggplant slices in the air fryer basket in a single layer. (Cook in batches if necessary.) Air fry at **375°F (190°C)** for **12-15 minutes**, flipping halfway through, until the eggplant is golden brown and tender.

Assemble the Salad: Arrange the cooked eggplant slices on a serving plate. Top each slice with a round of fresh mozzarella and a few halved cherry tomatoes. Garnish with fresh basil leaves and drizzle with balsamic glaze if using.

Nutritional Information

Calories: 180; Protein: 8g; Carbohydrates: 7g; Fat: 13g; Fiber: 3g; Cholesterol: 20mg; Sodium: 300mg; Potassium: 450mg

Citrus Salmon Salad

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

For the Salmon:

- 4 salmon fillets (approximately 6 oz each)
- 2 tbsp. olive oil
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 tsp. honey or maple syrup (optional, for sweetness)
- 1/2 tsp. red pepper flakes (optional, for a hint of spice)

For the Salad:

- 6 cups mixed salad greens (lettuce, spinach, arugula)
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 1/4 red onion, thinly sliced

Optional:

- 1/4 cup toasted almonds or walnuts
- 1/4 cup feta or goat cheese crumbles

For the Citrus Dressing:

- 2 tbsp. olive oil
- Juice of 1 lemon
- Juice of 1 orange
- 1 tsp. Dijon mustard
- 1 tsp. honey or maple syrup
- Salt and pepper to taste

Nutritional Information

Experiment with spices; add the amount of salt, pepper, and red pepper flakes to suit your taste. **For a sweeter option,** the honey or maple syrup in the marinade and dressing is optional and can be adjusted or omitted. Use **any salad greens** you have on hand. **Omit for nut-free** or dairy-free options. **Fresh herbs** enhance the flavor; add basil, cilantro, or mint.

Mix: In a bowl, whisk together 2 tbsp. olive oil, orange zest and juice, lemon zest and juice, minced garlic, salt, and pepper. If you prefer a sweeter marinade, add honey or maple syrup.

Stir in red pepper flakes if you like a bit of heat.

Marinate the Salmon: Place the salmon fillets in a shallow dish or zip-top bag. Pour the marinade over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for at least **10 minutes** at room temperature or 30 minutes.

Air Fryer: Preheat your air fryer to **400°F (200°C)** for about **3 minutes**.

Cooking: Lightly grease the air fryer basket with olive oil or cooking spray. Place the salmon fillets skin-side down in the basket. Do not overcrowd; cook in batches if necessary. Air fry at **400°F (200°C)** for **8-10 minutes**, depending on the thickness of the fillets, until the salmon is cooked through and flakes easily with a fork.

Prepare the Salad: In a large bowl, combine the mixed salad greens, sliced cucumber, cherry tomatoes, avocado slices, and red onion. If desired, add toasted nuts and cheese crumbles.

Make the Citrus Dressing: In a small bowl or jar, mix together 2 tbsp. olive oil, lemon juice, orange juice, Dijon mustard, honey or maple syrup, salt, and pepper. Shake or whisk until well combined.

Assemble the Salad: Drizzle the citrus dressing over the salad and toss gently to combine. Divide the salad evenly among four plates or bowls.

Serve: Place a cooked salmon fillet on top of each salad. Garnish with additional citrus zest or fresh herbs, such as dill or parsley.

Calories: 450; Protein: 35g; Carbohydrates: 20g; Fat: 25g; Fiber: 6g; Cholesterol: 75 mg; Sodium: 350 mg; Potassium: 1,200 mg

Kale Chips Salad

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

For the Kale Chips:

- 4 cups kale leaves
- 1 tbsp. olive oil
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. garlic powder (optional)
- 1/4 tsp. paprika (optional)

For the Salad:

- 1 cup cherry tomatoes, halved
- 1 medium cucumber, diced
- 1/4 red onion, finely sliced
- 1/4 cup feta cheese (optional, or use vegan alternative), crumbled
- 1 cup cooked quinoa (optional for added protein)
- 1 lemon, juiced
- 1 tbsp. olive oil
- 1 tsp. honey or maple syrup (optional)
- 1/4 tsp. black pepper
- 1/4 tsp. salt
- 2 tbsp. fresh parsley or cilantro, chopped

Add nuts or seeds (e.g., sunflower seeds or sliced almonds) **for extra crunch**. Replace feta with avocado slices **for a creamy**, dairy-free option. Use a pinch of chili flakes for a **spicy** kick. **Store leftover** kale chips in an airtight container to retain crispness for up to 2 days.

Prepare: Wash and thoroughly dry the kale leaves. Remove the stems and tear the leaves into pieces. Place the kale in a large bowl. Drizzle with olive oil and massage the leaves until evenly coated.

Sprinkle with salt, garlic powder, and paprika (if using), and toss to combine.

Air fryer: Preheat the air fryer to **375°F (190°C)** for **2 minutes**.

Cooking: Arrange the kale leaves in a single layer in the air fryer basket. Work in batches if necessary to avoid overcrowding. Cook for **5-7 minutes**, shaking the basket halfway through. Monitor the kale—it can burn quickly. Remove once the leaves are crispy.

Prepare the Salad: In a large salad bowl, combine cherry tomatoes, cucumber, red onion, feta cheese, and quinoa (if using). Whisk together lemon juice, olive oil, honey/maple syrup (if using), black pepper, and salt to make the dressing in a small bowl.

Assemble the Salad: Add the kale chips to the salad bowl just before serving to maintain their crispiness. Drizzle the dressing over the salad and gently toss to combine. Garnish with fresh parsley or cilantro.

Nutritional Information

Calories: 130; Protein: 3g; Carbohydrates: 10g; Fat: 8g; Fiber: 3g; Cholesterol: 5mg (without feta: 0mg); Sodium: 250mg; Potassium: 350mg

Halloumi Greek Salad

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

For the Salad:

- 200g halloumi cheese, sliced into 1 cm thick pieces
- 1 medium cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1 small green bell pepper, diced
- 1/3 cup Kalamata olives, pitted and halved
- 2 cups mixed salad greens (spinach, arugula, or lettuce)

For the Dressing:

- 3 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1/2 tsp dried oregano
- 1/4 tsp. garlic powder
- Salt and pepper to taste

Optional ingredients:

- 1 tbsp. capers for extra tang
- Crumbled feta cheese (for additional garnish)
- Lemon wedges for serving

For a lower-sodium option, rinse the halloumi in cold water before patting it dry. If desired, add avocado for creaminess or toasted nuts **for crunch**. This salad pairs well with whole-grain pita bread or a side of hummus **for a heartier meal**.

Preheat the air fryer to **400°F (200°C)**.

Cooking: Pat the halloumi slices dry with a paper towel to remove excess moisture. Lightly brush or spray the halloumi with olive oil on both sides to prevent sticking. Arrange the halloumi slices in a single layer in the air fryer basket. Air fry for **6–8 minutes**, flipping halfway through, until golden brown and slightly crispy on the outside. Set aside to cool slightly.

Prepare the Salad Base: While the halloumi is cooking, combine the diced cucumber, cherry tomatoes, red onion, green bell pepper, and Kalamata olives in a large salad bowl. Toss the mixed greens into the vegetable mixture.

Make the Dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano, garlic powder, salt, and pepper until emulsified.

Assemble the Salad: Place the air-fried halloumi slices on the salad. Drizzle the dressing evenly over the salad. Sprinkle capers or feta cheese if using.

Serve: Serve immediately with optional lemon wedges for a zesty finish. Sprinkle with additional oregano or freshly cracked black pepper for garnish.

Nutritional Information

Calories: 240; Protein: 11g; Carbohydrates: 6g; Fat: 18g; Fiber: 2g; Cholesterol: 25mg; Sodium: 400mg; Potassium: 320mg

FISH AND SEAFOOD

Crispy Fish Tacos

Serves: 4 (8 tacos)

Cooking Time: 15 minutes

Preparation Time: 15 minutes

For the Fish:

- 1 lb (450g) white fish fillets (e.g., cod, tilapia, or haddock)
- 1/2 cup breadcrumbs (panko or whole wheat)
- 1/4 cup cornmeal (optional for extra crispiness)
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp cumin (optional for a smoky flavor)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 large egg
- Cooking spray

For the Tacos:

- 8 small corn or flour tortillas
- 2 cups shredded cabbage or coleslaw mix
- 1/4 cup plain Greek yogurt (or sour cream)
- 1 tbsp. lime juice
- 1 tsp honey (optional, for a hint of sweetness)
- 1/2 cup diced tomatoes
- 1/4 cup chopped fresh cilantro
- Lime wedges (for serving)

Add sliced avocado or guacamole **for creaminess**. Sprinkle with red pepper flakes or hot sauce **for extra** heat. Use whole wheat tortillas **for more fiber**.

Prepare: Pat the fish fillets dry with paper towels and cut them into bite-sized strips or chunks. In a shallow bowl, whisk the egg. In another bowl, mix breadcrumbs, cornmeal (if using), garlic powder, paprika, cumin, salt, and pepper. Dip each piece of fish into the egg, then into the breadcrumb mixture, pressing lightly to ensure the coating sticks. Set aside on a plate.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Lightly spray the air fryer basket with cooking spray or brush with olive oil. Arrange the fish pieces in a single layer without overcrowding (cook in batches if necessary). Air fry for **10–12 minutes**, flipping halfway through, until golden and crispy. Fish should flake easily with a fork.

Mix: In a small bowl, combine Greek yogurt, lime juice, and honey (if using). Toss with shredded cabbage to coat evenly.

Assemble the Tacos: Warm the tortillas in a skillet or microwave. Fill each tortilla with crispy fish, a generous scoop of slaw, diced tomatoes, and a sprinkle of cilantro.

Serve: Serve tacos with lime wedges for squeezing over the top.

Nutritional Information

Calories: 290; Protein: 25g; Carbohydrates: 30g; Fat: 8g; Fiber: 4g; Cholesterol: 70 mg; Sodium: 350 mg; Potassium: 600 mg

Garlic Butter Shrimp

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 8 minutes

- 1 pound shrimp (peeled, deveined, tail-on or tail-off as preferred)
- 3 tbsp. unsalted butter (melted)
- 3 cloves garlic (minced)
- 1 tbsp. olive oil
- 1 tbsp. lemon juice (freshly squeezed)
- 1 tbsp. fresh parsley (chopped)
- 1/2 tsp. paprika (optional, for a smoky flavor)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper
- 1/4 tsp. red pepper flakes (optional for a spicy kick)

Serve with lemon wedges or sprinkle with parmesan cheese **for added flavor**. Adjust red pepper flakes for a spicier dish, or omit **for a milder taste**. Pair with steamed vegetables, cauliflower rice, or a fresh green salad **for a healthy and balanced meal**.

Prepare: Rinse the shrimp under cold water and pat them dry with paper towels. Place them in a medium-sized mixing bowl.

Mix: In a small bowl, whisk together melted butter, olive oil, minced garlic, lemon juice, paprika (if using), salt, black pepper, and red pepper flakes (if desired).

Marinate the Shrimp: Pour the garlic butter mixture over the shrimp and toss to coat evenly. Let the shrimp marinate for 5 minutes to absorb the flavors.

Air Fryer: Set the air fryer to **400°F (200°C)** and preheat for **3 minutes**.

Cooking: Arrange the shrimp in a single layer in the air fryer basket. Do not overcrowd; cook in batches if needed. Air fry the shrimp at **400°F (200°C)** for **6–8 minutes**, shaking the basket halfway through cooking to ensure even cooking. The shrimp are done when they are pink and opaque.

Serve: Transfer the cooked shrimp to a serving platter. Garnish with chopped parsley and an extra squeeze of lemon juice, if desired.

Nutritional Information

Calories: 175; Protein: 22g; Carbohydrates: 1g; Fat: 9g; Fiber: 0g; Cholesterol: 180mg; Sodium: 400mg (adjust salt for lower sodium); Potassium: 200mg

Golden Crusted Salmon

Serves: 4

Cooking Time: 12 minutes

Preparation Time: 10 minutes

- 4 (6-ounce) portions salmon fillets (skin-on or skinless)
- 2 tbsp. olive oil
- 1/2 cup panko breadcrumbs
- 1/4 cup parmesan cheese (grated)
- 1 tsp. garlic powder
- 1/2 tsp. paprika (optional)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. lemon zest (optional for brightness)
- 1 tbsp fresh parsley (chopped). (optional for garnish)
- Cooking Spray

Add a pinch of cayenne pepper for heat or dried dill **for a herby flavor**. **Serve** with fresh dill, lemon wedges, or a drizzle of honey mustard sauce. **Pair with** steamed vegetables, quinoa, or a fresh salad.

Prepare: Pat the salmon fillets dry with paper towels. Lightly coat both sides of each fillet with olive oil.

Mix: In a small bowl, combine the panko breadcrumbs, grated parmesan cheese, garlic powder, paprika, salt, and black pepper. If desired, add lemon zest for extra flavor.

Coat the Salmon: Press the breadcrumb mixture onto each salmon fillets top (flesh side), creating a golden crust.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Lightly spray the air fryer basket with cooking spray to prevent sticking. Place the salmon fillets in the basket in a single layer, crust side up, to avoid overcrowding. Air fry at **375°F (190°C)** for **10-12 minutes**, or until the crust is golden brown and the salmon is cooked through (an internal temperature of **145°F/63°C**). Adjust timing based on the thickness of the fillets.

Serve: Remove the salmon from the air fryer. Sprinkle with chopped parsley if desired. Serve hot with lemon wedges for a zesty touch.

Nutritional Information

Calories: 310; Protein: 34g; Carbohydrates: 6g; Fat: 17g; Fiber: 0.5g; Cholesterol: 85mg; Sodium: 450mg; Potassium: 700mg

Cajun Catfish Nuggets

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 pound catfish fillets (skinless, cut into bite-sized pieces)
- 1 tbsp. olive oil
- 1/2 cup cornmeal
- 1/4 cup all-purpose flour (or whole wheat flour)
- 1 tbsp. cajun seasoning
- 1 tsp. garlic powder
- 1 tsp. paprika (smoked or sweet)
- 1/2 tsp. salt (optional, adjust to taste)
- 1/2 tsp. black pepper
- 2 tbsp. fresh parsley or cilantro (chopped, for garnish) (optional)
- Lemon wedges (for serving)
- Cooking spray

Optional spices for extra heat:

- 1/4 tsp. cayenne pepper (adjust to taste)

Substitute all-purpose flour with **gluten-free** flour. Adjust Cajun seasoning and cayenne to match your **spice** tolerance.

For extra crispiness, spray the nuggets lightly with cooking spray when flipping them in the air fryer.

Prepare: Rinse and pat the catfish fillets dry with a paper towel. Cut into nugget-sized pieces (approximately 1-2 inches each). Drizzle the catfish pieces with olive oil and toss to coat evenly.

Mix: In a shallow dish, mix cornmeal, flour, Cajun seasoning, garlic powder, paprika, salt, and black pepper. Add cayenne if you prefer more heat.

Coat the Nuggets: Dredge each piece of catfish in the cornmeal mixture, pressing lightly to adhere. Shake off any excess coating.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Lightly spray the air fryer basket with cooking spray. Place the coated nuggets in a single layer, ensuring they do not overlap. Lightly spray the tops of the nuggets with cooking spray for extra crispiness. Air fry at **375°F (190°C)** for **12-15 minutes**, flipping the nuggets halfway through. Check for a golden brown crust and an internal temperature of **145°F (63°C)**.

Serve: Transfer the nuggets to a serving plate. Garnish with fresh parsley or cilantro and lemon wedges for a zesty finish. You can also serve them with a light yogurt-based dipping sauce, tartar sauce, or spicy aioli.

Nutritional Information

Calories: 220; Protein: 20g; Carbohydrates: 15g; Fat: 9g; Fiber: 2g; Cholesterol: 60mg; Sodium: 450mg (adjust based on Cajun seasoning used); Potassium: 400mg

Lemon Dill Cod

Serves: 4

Cooking Time: 10-12 minutes

Preparation Time: 10 minutes

- 4 (about 6 ounces each) cod fillets
- 2 tbsp. olive oil
- 2 tbsp. lemon juice (freshly squeezed preferred)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 tsp. dried dill (or 1 tbsp. fresh dill, finely chopped)
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper (adjust to taste)
- 1/2 tsp. paprika (optional, for color and mild flavor)
- 1 tsp. lemon zest (optional, for extra citrus flavor)
- Cooking spray

Optional:

- Lemon wedges: for garnish
- Fresh parsley: chopped, for garnish

Add red pepper flakes for a spicy kick or a sprinkle of parmesan cheese **for added flavor**. Feel free to modify salt, pepper, or dill based on **personal preference**. **Leftover** cod can be **stored** in an airtight container in the refrigerator for up to 2 days. Reheat in the air fryer at 350°F (175°C) for 3-4 minutes.

Prepare: Pat the cod fillets dry with paper towels to ensure a crispy texture. Brush both sides of each fillet lightly with olive oil.

Mix: In a small bowl, mix garlic powder, onion powder, dried dill, salt, pepper, paprika (if using), and lemon zest (if using).

Air fryer: Preheat the air fryer to **375°F (190°C)** for about **3 minutes**.

Cooking: Sprinkle the seasoning mix evenly over both sides of the fillets, pressing gently so the seasoning adheres. Lightly spray the basket with nonstick cooking spray to prevent sticking. Place the seasoned cod fillets in the air fryer basket in a single layer. Avoid overlapping to ensure even cooking. Cook at **375°F (190°C)** for **10-12 minutes**, flipping halfway through. The fillets are done when the internal temperature reaches **145°F (63°C)** and the flesh flakes easily with a fork.

Add lemon juice: Once the cod is cooked, drizzle each fillet with fresh lemon juice for a bright, tangy finish.

Serve: Transfer the fillets to a plate and garnish with fresh parsley and lemon wedges, if desired.

Nutritional Information

Calories: 150; Protein: 30g; Carbohydrates: 1g; Fat: 4g; Fiber: 0g;;
Cholesterol: 70mg; Sodium: 400mg (adjustable based on salt use);
Potassium: 600mg

Teriyaki Salmon Bites

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 1 lb salmon (cut into 1-inch cubes)
- 1/4 cup soy sauce (low sodium)
- 2 tbsp. honey
- 2 cloves garlic (minced)
- 1/2 tsp. ginger (grated)
- 1 tbsp. rice vinegar
- 1 tsp. sesame oil
- 1 tsp. cornstarch (optional, for thickening the sauce)
- 1/4 tsp. black pepper
- 1 tbsp. green onions (chopped, for garnish)
- 1 tsp. sesame seeds (for garnish)
- Cooking spray

Optional:

- Add red pepper flakes (1/4 tsp) for a spicy kick.

For a gluten-free version, use tamari or coconut amino acids instead of soy sauce. This dish pairs well with brown rice, quinoa, or a simple cucumber salad **for a complete meal.** For dietary preferences, use maple syrup or agave syrup as a substitute **for honey.**

Prepare the marinade: In a small bowl, whisk together soy sauce, honey, garlic, ginger, rice vinegar, sesame oil, and black pepper.

Marinate: Place the salmon cubes in a bowl and pour the marinade over them. Gently toss to coat. Cover and let sit for at least **10 minutes** (or up to 30 minutes for more flavor).

Air fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes.**

Lightly spray the air fryer basket with cooking spray.

Cooking: Remove the salmon cubes from the marinade, letting the excess marinade drip off. Arrange the salmon pieces in a single layer in the air fryer basket (do not overcrowd). Cook for **8–10 minutes**, flipping halfway through, until the salmon is cooked and has a slight crisp on the edges.

Optional: Pour the remaining marinade into a small saucepan while the salmon cooks. Bring it to a gentle boil and stir in 1 tsp of cornstarch mixed with 2 tsp water (optional). Cook for **1–2 minutes** until the sauce thickens slightly. Drizzle over the salmon bites before serving.

Serve: Transfer the salmon bites to a serving plate. Garnish with chopped green onions and sesame seeds. Serve immediately with a side of steamed vegetables, rice, or a salad.

Nutritional Information

Calories: 200; Protein: 22g; Carbohydrates: 10g; Fat: 8g; Fiber: 0g; Cholesterol: 55mg; Sodium: 400mg; Potassium: 420mg

Crispy Coconut Shrimp

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 15 minutes

- 1 lb large shrimp, peeled and deveined (tails on)
- 1/2 cup all-purpose flour (or almond flour for gluten-free option)
- 2 large eggs
- 1/2 cup unsweetened shredded coconut
- 1/2 cup panko breadcrumbs (or gluten-free breadcrumbs)
- 1 tsp. garlic powder
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper (optional, for spice)
- Salt and pepper to taste
- Cooking spray

Optional garnish:

- Chopped fresh parsley or cilantro, lemon wedges for serving

For a gluten-free option, use almond flour and gluten-free breadcrumbs. Add more cayenne or paprika for spicier shrimp. Bread the shrimp in advance and store them in the fridge for up to 4 hours before air frying. **Store** cooked shrimp in an airtight container in the fridge for up to 2 days. Reheat in the air fryer for 2–3 minutes at 350°F for crispiness.

Mix: Place the flour in one shallow bowl, adding a pinch of salt and pepper for seasoning. In a second bowl, beat the eggs until smooth. In a third bowl, mix shredded coconut, panko breadcrumbs, garlic powder, paprika, and cayenne pepper (if using).

Coat the Shrimp: Pat the shrimp dry with a paper towel. Dredge each shrimp in the flour, shaking off the excess. Dip into the beaten eggs, ensuring the shrimp is fully coated. Roll in the coconut and breadcrumb mixture, pressing gently to adhere.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3–5 minutes**.

Cooking: Lightly spray the air fryer basket with cooking spray. Arrange the shrimp in a single layer, leaving space between them. Work in batches if necessary. Lightly spray the tops of the shrimp with cooking spray to enhance crispiness. Air fry for **8–10 minutes**, flipping halfway through, until golden brown and the shrimp are cooked through (internal temperature of **145°F (63°C)** or opaque and firm).

Serve: Remove shrimp from the air fryer and sprinkle with chopped parsley or cilantro if desired. Serve immediately with lemon wedges or your favorite dipping sauce (e.g., sweet chili sauce, yogurt-based dip, or spicy mayo).

Nutritional Information

Calories: 250; Protein: 24g; Carbohydrates: 15g; Fat: 10g; Fiber: 3g; Cholesterol: 170mg; Sodium: 350mg; Potassium: 220mg

Crab Cakes with Remoulade Sauce

Serves: 4 (Makes 8 crab cakes)

Cooking Time: 10 minutes

Preparation Time: 15 minutes

For the Crab Cakes:

- 1 lb (450g) lump crab meat, drained and picked over for shells
- 1/2 cup breadcrumbs (panko or whole wheat for healthier options)
- 2 tbsp. plain Greek yogurt or light mayonnaise
- 1 large egg
- 1 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 1 tsp. Old Bay seasoning (optional: adjust to taste)
- 1/4 tsp. garlic powder
- 1/4 cup finely diced red bell pepper (optional)
- 2 tbsp. finely chopped fresh parsley (optional)
- 1/4 tsp. salt (adjust to taste)
- 1/8 tsp. black pepper
- Cooking spray

For the Remoulade Sauce:

- 1/4 cup plain Greek yogurt or light mayonnaise
- 1 tbsp. Dijon mustard
- 1 tbsp. ketchup
- 1 tsp. lemon juice
- 1/4 tsp. paprika
- 1/4 tsp. garlic powder
- 1/8 tsp. cayenne pepper (optional, for spice)
- Salt and pepper to taste

Red bell pepper and parsley can be omitted or swapped **for other herbs or vegetables**. Old Bay seasoning and cayenne pepper can be increased **for extra spice** or omitted for a milder flavor. **For gluten-free** options, use almond flour or gluten-free breadcrumbs. Substituting Greek yogurt for mayonnaise significantly reduces fat and calories without sacrificing flavor.

Mix: In a large mixing bowl, gently combine the crab meat, breadcrumbs, Greek yogurt (or mayonnaise), egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, garlic powder, red bell pepper (if using), parsley, salt, and pepper. Mix until just combined, being careful not to break up the crab meat too much. Form the mixture into 8 equal-sized patties (about 2–3 inches wide).

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3–5 minutes**.

Cooking: Lightly spray both sides of each crab cake with cooking spray. Place the crab cakes in a single layer in the air fryer basket. Cook in batches if needed to avoid overcrowding. Air fry for **8–10 minutes**, flipping halfway through, until the crab cakes are golden brown and firm.

Make the Remoulade Sauce: While the crab cakes cook, whisk together the Greek yogurt (or mayonnaise), Dijon mustard, ketchup, lemon juice, paprika, garlic powder, cayenne pepper (if using), salt, and pepper in a small bowl. Adjust seasonings to taste.

Serve: Plate the crab cakes and drizzle or serve alongside the remoulade sauce. Garnish with additional parsley or a wedge of lemon, if desired.

Nutritional Information

Calories: 170; Protein: 18g; Carbohydrates: 7g; Fat: 7g; Fiber: 0.5g; Cholesterol: 120 mg; Sodium: 480 mg; Potassium: 230 mg

Herb-Crusted Tilapia

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 4 (about 4-5 oz each) tilapia fillets
- 2 tbsp. olive oil
- 1/3 cup breadcrumbs (whole wheat or regular)
- 2 tbsp. parmesan cheese (grated), (optional for extra flavor)
- 2 tbsp. fresh parsley (chopped)
- 1 tsp. garlic powder
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. paprika
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (adjust to taste)
- 1 lemon, sliced into wedges (for serving)
- Cooking spray

Optional:

- Add a pinch of red pepper flakes for a spicy kick.
- Swap bread crumbs for panko for extra crunch.
- Use fresh thyme or oregano instead of dried herbs for enhanced flavor.

Serve alongside steamed vegetables or a mixed greens salad **for a complete meal. For added zest**, sprinkle a pinch of lemon zest over the cooked fillets.

Prepare the air fryer to **400°F (200°C)** and let it preheat for **3-5 minutes**.

Mix: In a small bowl, mix the bread crumbs, Parmesan cheese (if using), parsley, garlic powder, thyme, oregano, paprika, salt, and black pepper.

Prepare: Lightly spray the air fryer basket with cooking spray to prevent sticking. Pat the tilapia fillets dry with paper towels. Brush both sides lightly with olive oil. Press each fillet into the herb-bread crumb mixture, ensuring an even side coating.

Cooking: Place the fillets in the air fryer basket in a single layer. Do not overcrowd; cook in batches if necessary. Air fry for **8-10 minutes** at **400°F (200°C)**, flipping the fillets halfway through for even cooking. The tilapia is done when it flakes easily with a fork and reaches an internal temperature of **145°F (63°C)**.

Serve: Remove the fillets from the air fryer and serve immediately with lemon wedges. Garnish with additional parsley, if desired.

Nutritional Information

Calories: 180; Protein: 23g; Carbohydrates: 5g; Fat: 7g; Fiber: 1g; Cholesterol: 55mg; Sodium: 340mg; Potassium: 400mg

Spicy Tuna Patties

Serves: 4

Cooking Time: 12 minutes

Preparation Time: 10 minutes

- 2 cans canned tuna (in water), (5 oz each), drained
- 1 large egg
- 1/4 cup breadcrumbs (panko or whole-wheat)
- 2 stalks green onion, finely chopped
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. paprika
- 1/4 tsp. red pepper flakes (optional, adjust for spice level)
- 1 tsp. sriracha or chili sauce (optional, adjust for spice level)
- 1 tsp. Dijon mustard
- 1 tbsp. lemon juice
- Salt and black pepper: to taste
- Cooking spray

Mix: In a mixing bowl, combine the drained tuna, egg, breadcrumbs, green onion, garlic powder, onion powder, paprika, red pepper flakes (if using), sriracha, Dijon mustard, lemon juice, salt, and black pepper. Mix well until the ingredients are fully incorporated and the mixture holds together.

Prepare: Divide the mixture into 4 equal portions and shape them into about 1/2-inch thick patties.

Air Fryer: Set the air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Lightly spray the air fryer basket with olive oil. Place the patties in the basket, ensuring they do not overlap. Air fry at **375°F (190°C)** for **12 minutes**, flipping halfway through (at 6 minutes), until golden brown and crispy on the outside.

Optional: If you prefer a softer texture, reduce cooking time by 1-2 minutes. Add more chili sauce or red pepper flakes for extra heat.

Serve: garnish with fresh parsley, dill, or a wedge of lemon. Serve with mixed greens, steamed vegetables, or a dollop of Greek yogurt for dipping.

Nutritional Information

Calories: 120; Protein: 15g; Carbohydrates: 5g; Fat: 4g; Saturated Fat: 1g; Fiber: 1g; Cholesterol: 45 mg; Sodium: 280 mg; Potassium: 180 mg

POULTRY RECIPES

Classic Fried Chicken

Serves: 4

Cooking Time: 25-30 minutes

Preparation Time: 15 minutes

- 4 bone-in, skin-on chicken thighs or drumsticks (about 1.5 pounds total)
- 1/2 cup buttermilk (optional for marinade and tenderizing and flavor)
- 1 large egg
- 1/2 cup all-purpose flour
- 1/2 cup breadcrumbs or panko (for extra crunch)
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried oregano
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper (optional for spice)
- Cooking spray

Marinate the Chicken (Optional but Recommended): Combine the chicken with buttermilk, 1/2 tsp salt, and 1/4 tsp black pepper in a bowl. Cover and refrigerate for at least 1 hour or up to overnight for the best flavor and tenderness. Skip this step if you are short on time.

Mix: In one shallow bowl, whisk the egg. In another bowl, mix the flour, breadcrumbs, paprika, garlic powder, onion powder, oregano, 1/2 tsp. salt, black pepper, and cayenne pepper (if using).

Coat the Chicken: Remove the chicken from the marinade (if marinated) and pat dry. Dip each piece of chicken into the flour mixture, ensuring an even coating. Then dip into the egg mixture and again into the flour mixture for a double coating.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**. Spray the basket lightly with olive oil to prevent sticking.

Cooking: Place the coated chicken pieces in the air fryer basket in a single layer without overcrowding. Spray the chicken pieces lightly with olive oil spray to help with crisping. Cook for **25-30 minutes**, flipping the chicken halfway through and re-spraying with oil as needed. Check for doneness: the internal temperature should reach **165°F (74°C)** at the thickest part.

Serve: Optionally garnish with chopped parsley, a sprinkle of paprika, or a squeeze of lemon juice for added freshness. Serve with a side of vegetables, coleslaw, or a light salad.

Nutritional Information

Calories: 260; Protein: 22g; Carbohydrates: 10g; Fat: 14g; Fiber: 1g; Cholesterol: 95mg; Sodium: 520mg; Potassium: 270mg

Buffalo Chicken Drumsticks

Serves: 4 (2 drumsticks per serving)

Cooking Time: 25 minutes

Preparation Time: 10 minutes

- 8 (approx. 2 lbs) chicken drumsticks
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. paprika
- 1/2 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper (optional for extra heat)
- 1/4 cup buffalo sauce (store-bought or homemade)
- 1 tbsp. honey (optional, for a touch of sweetness)
- Fresh parsley or cilantro for garnish (optional)
- Ranch or blue cheese dressing for dipping (optional)

Adjust the cayenne for **spiciness**, or skip it for mild flavor. For a tangy twist, add a squeeze of fresh lime over the drumsticks before serving. Use a low-sodium buffalo sauce **if you are monitoring your sodium** intake. **If your drumsticks are larger**, add 2-3 minutes to the cooking time to ensure they are cooked to an internal temperature of 165°F (74°C)

Prepare: Pat the drumsticks dry with paper towels to ensure crispiness. Place them in a large bowl and drizzle with olive oil. Toss to coat.

Mix: In a small bowl, mix garlic powder, onion powder, paprika, salt, black pepper, and cayenne pepper (if using). Sprinkle the seasoning mixture evenly over the drumsticks, rubbing it in to ensure all sides are coated.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Arrange the drumsticks in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Cook for **20 minutes**, flipping the drumsticks halfway through.

Buffalo Sauce glaze: Mix the buffalo sauce and honey (if using) in a small bowl while the chicken is cooking. **After 20 minutes**, increase the air fryer temperature to **400°F (200°C)**. Brush the drumsticks generously with the buffalo sauce mixture and cook for **5 minutes**, flipping and brushing with more sauce halfway through.

Serve: Remove the drumsticks from the air fryer and let them **rest for 2-3 minutes**. Garnish with chopped parsley or cilantro, if desired. Serve with your choice of ranch or blue cheese dressing for dipping.

Nutritional Information

Calories: 260; Protein: 27g; Carbohydrates: 3g; Fat: 15g; Fiber: 0g; Cholesterol: 135mg; Sodium: 620mg; Potassium: 290mg

Honey Mustard glazed Chicken Thighs

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 10 minutes

- 4 pieces(1.5 lbs) chicken thighs (bone-in or boneless, skin-on optional)
- 2 tbsp. honey
- 2 tbsp. Dijon mustard
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika (optional for smoky flavor)
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper (adjust to taste)
- 1 tbsp. chopped parsley (optional, for garnish)

Add cayenne pepper or red pepper flakes **for a spicy** kick.

Use maple syrup instead of honey for a different flavor profile **for a sweet option**. Add a sprinkle of dried thyme or rosemary to the glaze **for depth**.

Prepare the air fryer to **375°F (190°C)** and allow it to preheat for **about 5 minutes**.

Prepare the glaze: In a small bowl, mix the honey, Dijon mustard, olive oil, garlic powder, paprika (if using), salt, and pepper. Stir until smooth.

Cooking: Pat the chicken thighs dry with a paper towel to ensure the glaze adheres well. Brush or rub about half of the honey mustard glaze evenly over all sides of the chicken thighs. Place the chicken thighs in the air fryer basket in a single layer, ensuring they don't overlap. Cook for **15 minutes** at **375°F (190°C)**.

Glaze Midway: After **15 minutes**, carefully flip the chicken thighs and brush the remaining glaze on the other side. Increase the temperature to **400°F (200°C)** and cook for **5 minutes**. This step helps caramelize the glaze and crisp up the chicken.

Check for Doneness: Use a meat thermometer to ensure the chicken's internal temperature reaches **165°F (74°C)**. **If not**, cook for an additional **2-3 minutes** as needed.

Serve: Let the chicken rest for a couple of minutes after cooking. If desired, garnish with freshly chopped parsley. Serve hot.

Nutritional Information

Calories: 280; Protein: 25g; Carbohydrates: 9g; Fat: 16g; Fiber: 0g; Cholesterol: 110mg; Sodium: 500mg; Potassium: 320mg

Crispy Chicken Tenders

Serves: 4

Cooking Time: 12-15 minutes

Preparation Time: 15 minutes

- 1 pound (about 500g) chicken tenders or boneless chicken breasts cut into strips
- 2 large eggs
- 1 cup panko breadcrumbs (optional: use whole wheat panko for extra fiber)
- 1/2 cup all-purpose flour (or almond flour for a low-carb version)
- 2 tbsp. grated parmesan cheese (optional, for extra flavor)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- Cooking spray

Optional:

- Add cayenne pepper (1/4 tsp.) for a spicier kick or Italian seasoning (1 tsp.) for a herby twist.
- Fresh parsley, lemon wedges, or a sprinkle of sea salt for serving.

Use gluten-free breadcrumbs and alternatives like almond or rice flour **for gluten-free** chicken tenders. For a **low-carb/keto version**, replace panko breadcrumbs with crushed pork rinds or almond flour.

Mix: Whisk the eggs in a shallow bowl. In a second bowl, combine panko breadcrumbs, Parmesan cheese (if using), garlic powder, onion powder, paprika, salt, and black pepper. Add the flour to a third bowl.

Coat the Chicken: Dredge each chicken tender in flour, shaking off excess. Dip it into the egg mixture, ensuring it's fully coated. Press the chicken into the breadcrumb mixture, coating evenly on all sides.

Air Fryer: Preheat the air fryer to **400°F (200°C)** for **3-5 minutes**.

Cooking: Lightly spray the air fryer basket with nonstick cooking spray. Arrange the chicken tenders in a single layer, ensuring they don't overlap (work in batches if necessary). Spray the tops of the tenders with cooking spray to help them crisp. Cook for **10-12 minutes**, flipping the tenders halfway through, until golden brown and the internal temperature reaches **165°F (74°C)**.

Serve: garnish with fresh parsley or lemon wedges if desired. Serve with healthy dipping sauces like Greek yogurt ranch, honey mustard, or salsa.

Nutritional Information

Calories: 230; Protein: 25g; Carbohydrates: 15g; Fat: 7g; Fiber: 1g; Cholesterol: 110mg; Sodium: 550mg; Potassium: 350mg

Garlic Herb Chicken Breasts

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 4 pieces (4-6 oz each) Boneless, skinless chicken breasts
- 2 tbsp. olive oil
- 4 cloves garlic, minced
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. paprika (optional, for color and a slight smoky flavor)
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 1 tbsp. lemon juice (optional, for added zest)
- Fresh parsley: chopped (optional, for garnish)

You can increase or decrease **spices** like paprika, oregano, or garlic according to your preference. **For a spicy** kick, add a pinch of cayenne pepper. Serve with a lemon wedge for a burst of freshness. Top with a drizzle of balsamic glaze **for added flavor**.

Prepare: Pat the chicken breasts dry with paper towels. If needed, pound the chicken to an even thickness (about 1 inch) to ensure uniform cooking.

Prepare the Marinade: In a small bowl, mix olive oil, minced garlic, oregano, thyme, rosemary, paprika, salt, and pepper. If using lemon juice, add it here. Rub this mixture evenly over the chicken breasts, ensuring they are fully coated. Let the chicken rest for **5 minutes** to absorb the flavors.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Place the chicken breasts in a single layer in the air fryer basket, ensuring they do not overlap. Depending on the size of your air fryer, you may need to cook in batches. Air fry the chicken at **375°F (190°C)** for **8 minutes**.

Finish Cooking: Flip the chicken breasts over and cook for 6-8 minutes, or until the internal temperature reaches **165°F (74°C)**. Use a meat thermometer to check for doneness.

Serve: Remove the chicken from the air fryer and let it rest for 3-5 minutes to allow the juices to redistribute. If desired, sprinkle with freshly chopped parsley before serving.

Nutritional Information

Calories: 210; Protein: 32g; Carbohydrates: 2g; Fat: 8g; Fiber: 0.5g; Cholesterol: 85mg; Sodium: 400mg; Potassium: 500mg

BBQ Chicken Wings

Serves: 4 (4-5 wings per serving)

Cooking Time: 20 minutes

Preparation Time: 10 minutes

- 2 pounds chicken wings (approximately 16 wings)
- 1/4 cup BBQ Sauce (preferably low-sugar or homemade)
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 tsp. black pepper
- 1/2 tsp. Salt
- Cooking spray

Optional:

- Cayenne pepper or chili flakes for extra spice (1/4 tsp.)
- Garnish: fresh parsley or chopped green onions

If you are monitoring your sodium, use a reduced-sodium BBQ sauce and limit added salt. Add a drizzle of honey to the BBQ sauce **for extra sweetness.** Increase cayenne pepper or add a splash of hot sauce for a spicy kick. Skip the BBQ sauce and enjoy with a dry rub **for a different take.**

Prepare: Pat the chicken wings dry with paper towels to remove excess moisture. This helps the skin crisp up in the air fryer.

Mix: In a large bowl, combine garlic powder, smoked paprika, black pepper, salt, and optional cayenne pepper or chili flakes. Toss the wings in the spice mixture until evenly coated.

Air Fryer: Preheat the air fryer to **400°F (200°C)** for about **3 minutes.**

Cooking: Lightly spray the air fryer basket with olive oil to prevent sticking. Place the wings in a single layer in the basket, ensuring they are not overcrowded. Cook in batches if necessary. Air fry for **10 minutes** at **400°F**, flip the wings and cook for an additional **8–10 minutes** until golden brown and crispy. Use a meat thermometer to ensure the internal temperature reaches **165°F (74°C).**

Add BBQ Sauce: Once the wings are cooked, transfer them to a large bowl. Add the BBQ sauce and toss to coat the wings evenly.

Final Cooking: Place the coated wings back in the air fryer for **2-3 minutes** at **400°F (200°C)** to caramelize the BBQ sauce slightly, giving it a delicious glaze.

Serve: garnish with chopped parsley or green onions if desired. Serve immediately with your favorite sides, such as celery sticks or a light salad.

Nutritional Information

Calories: 210; Protein: 18g; Carbohydrates: 5g (depends on BBQ sauce used); Fat: 14g; Fiber: 0.5g; Cholesterol: 80mg; Sodium: 450mg (varies based on seasoning and BBQ sauce); Potassium: 180mg

Lemon Rosemary Chicken

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 10 minutes

- 4 boneless, skinless (about 1 pound total) chicken breasts
- 2 tbsp. olive oil
- 3 tbsp. lemon juice (freshly squeezed)
- 3 cloves garlic, minced
- 1 tbsp. fresh rosemary, finely chopped (or 1 tsp. dried rosemary)
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. paprika (optional)
- 1 tsp. lemon zest (optional, for extra flavor)
- 4 thin lemon slices (optional, for garnish)

Add chili flakes or cumin **for a spicier** flavor. Sprinkle with fresh parsley, extra rosemary, or lemon zest **before serving**. **For a complete meal**, serve with a side of steamed vegetables, a salad, or quinoa.

Marinade: In a small bowl, combine olive oil, lemon juice, minced garlic, rosemary, salt, black pepper, and paprika (if using). Stir well.

Marinate the Chicken: Place the breasts in a shallow dish or zip-top bag. Pour the marinade over the chicken, ensuring each piece is well coated. Let it marinate for at least **10 minutes** at room temperature or **2 hours** in the refrigerator for more flavor.

Air Fryer: Preheat your air fryer to **380°F (193°C)** for **3–5 minutes**.

Cooking: Place the marinated chicken breasts in the air fryer basket in a single layer. Avoid overlapping. Cook at **380°F (193°C)** for **10 minutes**. Flip the chicken breasts and cook for **8–10 minutes**, or until the internal temperature reaches **165°F (74°C)** when checked with a meat thermometer.

Serve: Remove the chicken from the air fryer and let it rest for **5 minutes** to retain juices.

Nutritional Information

Calories: 200; Protein: 30g; Carbohydrates: 2g; Fat: 8g; Saturated Fat: 1.5g; Fiber: 0.3g; Cholesterol: 90mg; Sodium: 400mg; Potassium: 450mg

Chicken Parmesan

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

For the Chicken:

- 4 boneless, skinless chicken breasts (about 6 ounces each)
- 1 cup plain breadcrumbs (or whole wheat breadcrumbs for extra fiber)
- 1/2 cup grated parmesan cheese
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried Italian seasoning
- 1/2 tsp. paprika (optional, for color and flavor)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper
- 2 large eggs
- Cooking spray

For Topping:

- 1 cup marinara sauce (low-sodium or homemade preferred)
- 1/2 cup shredded part-skim mozzarella cheese
- Fresh basil leaves (optional, for garnish)

Use panko for extra crispiness or gluten-free breadcrumbs **for a gluten-free** version. Substitute mozzarella with provolone or a dairy-free alternative **for lactose intolerance**. Add a pinch of crushed red pepper **for a spicier** kick.

Prepare: Pat the chicken breasts dry with a paper towel. If the breasts are thick, slice them in half horizontally to create evenly sized pieces for faster and more even cooking.

Mix: Beat the eggs in a shallow bowl. In another bowl, mix breadcrumbs, Parmesan cheese, garlic powder, onion powder, Italian seasoning, paprika, salt, and pepper.

Breading the Chicken: Dip each chicken breast into the beaten eggs, allowing excess to drip off. Coat the chicken with the breadcrumb mixture, pressing lightly to adhere. Shake off any excess.

Air fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Lightly spray the air fryer basket with olive oil spray. Place the breaded chicken in a single layer in the basket (cook in batches if necessary to avoid overcrowding). Spray the tops of the chicken lightly with olive oil. Cook at **375°F (190°C)** for **10 minutes**. Flip the chicken after **10 minutes**. 2-3 tbsp. of marinara sauce over each piece and sprinkle with shredded mozzarella cheese. Continue cooking for another **4-5 minutes**, or until the cheese is melted and bubbly and the internal temperature of the chicken reaches **165°F (74°C)**.

Serve: Remove the chicken from the air fryer and garnish with fresh basil leaves if desired. Serve warm.

Nutritional Information

Calories: 300; Protein: 37g; Carbohydrates: 12g; Fat: 10g; Fiber: 2g; Cholesterol: 115mg; Sodium: 600mg; Potassium: 600mg

Spicy Chicken Tikka

Serves: 4

Marination Time: 30 minutes
(optional but recommended)

Preparation Time: 10 minutes

Cooking Time: 15–20 minutes

- 500 grams (cut into bite-sized pieces) boneless chicken breast or thigh

Marinade:

- 1/2 cup plain Greek yogurt (low-fat or full-fat)
- 1 tsp garlic paste
- 1 tsp ginger paste
- 2 tbsp. lemon juice
- 1/4 tsp. turmeric powder
- 1 tsp. red chili powder (adjust for spice level)
- 1/2 tsp. paprika (for color, optional)
- 1 tsp. garam masala
- 1/2 tsp. cumin powder
- 1/2 tsp. coriander powder
- 1 tsp. salt (or to taste)
- 1 tbsp. vegetable oil or olive oil

Optional:

- Chaat masala – for sprinkling after cooking
- Fresh cilantro leaves for garnish
- Sliced onions and lemon wedges for serving

Adjust **spices** based on your heat tolerance. **For a smoky flavor**, you can place a piece of hot charcoal in a small bowl in the center of the chicken (inside the air fryer) for 2 minutes, covering it to trap the smoke. This step replicates the traditional tandoori smokiness.

Leftovers can be stored in an airtight container in the refrigerator for up to 2 days and reheated in the air fryer at 180°C (350°F) for 3–5 minutes.

Prepare the Marinade: In a mixing bowl, combine yogurt, garlic paste, ginger paste, lemon juice, turmeric, red chili powder, paprika, garam masala, cumin powder, coriander powder, salt, and oil. Mix well until the marinade is smooth and thoroughly combined.

Marinate the Chicken: Add the chicken pieces to the marinade and mix to coat all pieces evenly. Cover the bowl with plastic wrap and let it marinate in the refrigerator for at least **30 minutes**. (Marinate for up to **4 hours** for best results, but this step is optional if you're short on time.)

Air Fryer: Preheat the air fryer to **200°C (400°F)** for **5 minutes**.

Cooking: Lightly spray or brush the air fryer basket with oil to prevent sticking. Place the marinated chicken pieces in the air fryer basket in a single layer, ensuring they are not overcrowded. Cook in batches if necessary. Set the air fryer to **200°C (400°F)** and cook for **12–15 minutes**, flipping the pieces halfway through. The internal temperature of the chicken should reach **74°C (165°F)** when fully cooked.

Optional: Sprinkle cooked chicken with a pinch of chaat masala for a tangy kick. Garnish with freshly chopped cilantro leaves.

Serve: Hot with sliced onions, lemon wedges, or a side of mint chutney. For a complete meal, pair it with a salad or whole-grain naan.

Nutritional Information

Calories: 180; Protein: 26g; Carbohydrates: 4g; Fat: 7g; Fiber: 0.5g; Cholesterol: 80mg; Sodium: 520mg; Potassium: 420mg

Honey garlic Chicken Bites

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 lb (450g) boneless, skinless chicken breasts or thighs, cut into bite-sized pieces

Marinade:

- 2 tbsp. honey
- 2 tbsp. soy sauce (low-sodium recommended)
- 1 tbsp. olive oil or avocado oil
- 1 tbsp. apple cider vinegar or rice vinegar
- 1 tbsp. minced garlic (about 2–3 cloves)
- 1 tsp. grated ginger (optional, for extra flavor)

Seasoning:

- 1/2 tsp. salt (optional or adjust to taste)
- 1/4 tsp. black pepper
- 1/4 tsp. paprika (optional, for color and flavor)

Cornstarch Coating:

- 2 tbsp. cornstarch (optional, for crispy texture)

Garnish (optional):

- Sesame seeds
- Chopped green onions
- Chili flakes (for a spicy kick)

For a gluten-free option, use tamari or coconut amino acids instead of soy sauce. **For a spicy version,** add chili flakes or sriracha to the marinade. Pair with steamed vegetables, quinoa, or brown rice **for a balanced dish.** **Leftovers** can be stored in an airtight container in the fridge for up to 3 days. Reheat in the air fryer at 350°F (175°C) for 3–4 minutes.

Marinate the Chicken: In a medium bowl, mix honey, soy sauce, olive oil, apple cider vinegar, minced garlic, and grated ginger (if using). Add the chicken bites to the marinade and stir until well-coated. Let the chicken marinate for **5–10 minutes** while you prep the air fryer. For deeper flavor, marinate for up to **1 hour** in the fridge.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: If a crispier texture is desired, lightly coat the marinated chicken bites with cornstarch. Ensure each piece is evenly coated. Lightly grease the air fryer basket with a bit of oil to prevent sticking. Arrange the chicken bites in a single layer in the air fryer basket, leaving space between pieces for even cooking. Air fry the chicken at **375°F (190°C)** for **12–15 minutes**, shaking the basket halfway through to ensure even cooking. The chicken should be golden brown and reach an internal temperature of **165°F (74°C)**.

Thicken the Sauce (Optional): While the chicken cooks, pour the remaining marinade into a small saucepan. Bring it to a gentle simmer over medium heat and cook for **3–5 minutes** until it thickens slightly. This step is optional but enhances the flavor.

Serve: Toss the cooked chicken bites in the thickened sauce (if prepared) or drizzle the reserved sauce over the chicken. Garnish with sesame seeds, chopped green onions, or chili flakes as desired.

Nutritional Information

Calories: 210; Protein: 25g; Carbohydrates: 10g; Fat: 7g; Fiber: 0.5g; Cholesterol: 75mg; Sodium: 350mg; Potassium: 450mg

Orange Chicken

Servings: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Chicken:

- 1 lb (450 g) boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- 2 tbsp. cornstarch
- 1 tbsp. olive oil or avocado oil

Orange Sauce:

- 1/3 cup orange juice (freshly squeezed or store-bought)
- 2 tbsp. low-sodium soy sauce (or tamari for gluten-free)
- 1 tbsp. rice vinegar or apple cider vinegar
- 2 tbsp. honey (or maple syrup for a vegan option)
- 1 clove garlic, minced
- 1/2 tsp grated ginger (optional for added flavor)
- 1/4 tsp red pepper flakes (optional for a hint of spice)
- 1 tsp cornstarch (to thicken sauce)

Optional:

- Sliced green onions (for garnish)
- Sesame seeds (for garnish)
- Orange zest for extra citrus flavor

You can adjust the **sweetness or spice** level in the sauce to your preference. **For a balanced meal**, serve with steamed vegetables or brown rice.

Prepare: In a large bowl, toss the chicken pieces with cornstarch until evenly coated. This gives the chicken a crispy texture. Lightly drizzle the chicken with olive oil or avocado oil and mix.

Air Fryer: Set the air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Arrange the chicken pieces in a single layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Work in batches if necessary. Air fry at **375°F (190°C)** for **12–15 minutes**, shaking the basket halfway through for even crisping. Check for doneness (internal temperature of **165°F/74°C**).

Prepare the Sauce: While the chicken cooks, whisk together orange juice, soy sauce, rice vinegar, honey, garlic, ginger (if using), red pepper flakes, and cornstarch in a small saucepan. Cook over medium heat, stirring constantly until the sauce thickens (about 2–3 minutes). Remove from heat.

Serve: When the chicken is done, transfer it to a bowl. Pour the sauce over the chicken and toss to coat evenly. Sprinkle with green onions, sesame seeds, or orange zest for added flavor and presentation.

Nutritional Information

Calories: 210; Protein: 25 g; Carbohydrates: 15 g; Fat: 5 g; Fiber: 1 g; Cholesterol: 75 mg; Sodium: 300 mg; Potassium: 450 mg

Herb-Crusted Chicken Legs

Servings: 4

Cooking Time: 25 minutes

Preparation Time: 15 minutes

- 8 pieces (about 2 lbs) chicken legs (drumsticks)
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp dried rosemary (or fresh, finely chopped)
- 1 tsp parsley (dried or fresh, finely chopped)
- 1 tsp salt (adjust to taste)
- 1/2 tsp black pepper (adjust to taste)

Optional:

- 3 tbsp. breadcrumbs (for extra crunch)
- 2 tbsp. parmesan cheese, finely grated

Add a pinch of cayenne pepper or chili flakes **for spicier chicken** to the herb mixture. For a lower-calorie, **gluten-free version**, skip breadcrumbs and parmesan cheese. **Experiment** with other herbs like oregano or basil based on your preference.

Prepare: Pat the chicken legs dry with paper towels to ensure the seasoning adheres appropriately.

Mix: In a bowl, combine the olive oil, garlic powder, onion powder, paprika, thyme, rosemary, parsley, salt, and black pepper. If using breadcrumbs or parmesan, mix them in as well for added texture and flavor.

Coat the Chicken: Rub the herb mixture evenly over the chicken legs, ensuring they are fully coated.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3–5 minutes**.

Cooking: Place the seasoned chicken legs in the air fryer basket in a single layer. Do not overcrowd the basket; cook in batches if needed. Cook at **375°F (190°C)** for **25 minutes**, flipping halfway through at the **12-minute** mark for even cooking. Use a meat thermometer to ensure the internal temperature reaches **165°F (74°C)** for safe consumption.

Serve: For added freshness, sprinkle freshly chopped parsley, a dash of paprika, or a squeeze of lemon juice over the cooked chicken.

Nutritional Information

Calories: 290; Protein: 28g; Carbohydrates: 3g (if breadcrumbs used); Fat: 18g; Fiber: 0.5g; Cholesterol: 105mg; Sodium: 480mg; Potassium: 280mg

MEAT RECIPES

Juicy Steak Tips

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 1 lb steak tips (sirloin or tenderloin preferred)
- 2 tbsp. olive oil or avocado oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1/2 tsp. black pepper
- 1/2 tsp. salt (adjust to taste)
- 1 tbsp. soy sauce (or coconut aminos for a gluten-free option)
- 1 tsp Worcestershire sauce (optional)
- 1 tsp dried oregano or thyme (optional)
- 1/4 tsp crushed red pepper flakes (optional, for a spicy kick)

For garnish (optional):

- Fresh parsley, chopped
- Lemon wedges

Pair with air-fried vegetables, a fresh salad, or quinoa **for a balanced meal.** Feel free to swap olive oil with any neutral oil and experiment with spices like cumin or chili powder **for variations in flavor.** **Leftovers** can be stored in an airtight container in the fridge for up to 3 days. Reheat in the air fryer at 350°F (175°C) for 3-4 minutes.

Prepare: Cut the steak tips into uniform-sized pieces (about 1-2 inches). Pat the steak dry with a paper towel to help achieve a nice sear.

Marinate the Steak: In a large mixing bowl, combine the olive oil, garlic powder, onion powder, smoked paprika, black pepper, salt, soy sauce, and Worcestershire sauce. Add the oregano and red pepper flakes if using. Add the steak tips to the bowl and toss to coat evenly. Let it sit for **5 minutes** to absorb the flavors (or refrigerate for **1 hour** for deeper flavor).

Air Fryer: Preheat the air fryer to **400°F (200°C)** for **3 minutes**.

Cooking: Place the marinated steak tips in the air fryer basket in a single layer. Avoid overcrowding for even cooking. Air fry at **400°F (200°C)** for **6-8 minutes**, shaking the basket halfway through for even browning.

Adjust the timing based on your preferred doneness:

6 minutes: Medium-rare

8 minutes: Medium to well-done

Serve: Remove the steak tips from the air fryer and let them rest on a plate for **3-5 minutes** to retain their juices. Transfer the steak tips to a serving platter. Garnish with fresh parsley and serve with lemon wedges for a fresh zing.

Nutritional Information

Calories: 250; Protein: 28g; Carbohydrates: 2g Fat: 15g; Fiber: 0.5g; Cholesterol: 75mg; Sodium: 400mg; Potassium: 350mg

Pork Chops with Apple glaze

Serves: 4

Cooking Time: 12-15 minutes

Preparation Time: 10 minutes

For the Pork Chops:

- 4 boneless pork chops (1-inch thick)
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp paprika
- 1 tsp dried thyme (optional, for herbaceous flavor)
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Apple glaze:

- 1 cup unsweetened apple juice or cider
- 1 tbsp. honey or maple syrup (adjust to taste)
- 1 tbsp. Dijon mustard
- 1/2 tsp. cinnamon
- 1/2 tsp. ground ginger (optional, for extra warmth)
- 1 tsp. cornstarch mixed with 1 tbsp. water (slurry for thickening)

Optional:

- Fresh thyme sprigs or parsley
- Thinly sliced apples

Use **low-sodium** mustard and adjust the salt quantity. If you prefer a **sweeter finish**, add more honey or maple syrup. Add a pinch of cayenne pepper to the glaze **for a spicy** kick. If necessary, ensure the mustard and cornstarch are certified **gluten-free**.

Prepare: Pat the pork chops dry with a paper towel. Rub olive oil over each pork chop. In a bowl, mix garlic powder, paprika, thyme (if using), salt, and black pepper. Sprinkle this seasoning mixture evenly over both sides of the pork chops.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Place the seasoned pork chops in the air fryer basket in a single layer (avoid overlapping). If needed, cook in batches. Cook for **12-15 minutes**, flipping halfway through cooking. The internal temperature of the pork chops should reach **145°F (63°C)** for safe consumption. Once done, let the pork chops rest for 3 minutes before serving.

Make the Apple glaze: Heat a small saucepan over medium heat while the pork chops cook. Combine apple juice, honey, Dijon mustard, cinnamon, and ginger (if using). Stir well. Bring the mixture to a gentle simmer, then stir in the cornstarch slurry to thicken. Cook for **2-3 minutes** until the glaze has a syrupy consistency.

Remove from heat.

Serve: Drizzle the warm apple glaze over the cooked pork chops. Garnish with fresh thyme, parsley, or thin apple slices if desired. Pair with a side of steamed vegetables, mashed sweet potatoes, or a green salad for a balanced meal.

Nutritional Information

Calories: 250; Protein: 25g; Carbohydrates: 12g; Sugars: 8g; Fiber: 1g; Fat: 10g; Saturated Fat: 2g; Cholesterol: 70mg; Sodium: 400mg; Potassium: 400mg

BBQ-Style Ribs

Serves: 4

Cooking Time: 25 minutes

Preparation Time: 10 minutes

- 2 lbs pork baby back ribs (or substitute beef ribs, if preferred)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1/2 tsp. ground black pepper
- 1 tsp. salt (adjust to taste)
- 1 tsp. chili powder (optional for extra spice)
- 1/3 cup BBQ sauce (use a low-sugar variety for a healthier option)
- 1 tbsp. honey (optional for added sweetness)
- 1 tbsp. apple cider vinegar (optional for tangy flavor)
- Cooking spray

Adjust the chili powder or add cayenne pepper **for a spicier kick**. **For a lower-carb** version, use homemade or store-bought keto BBQ sauce. **For variety**, add freshly chopped cilantro, red chili flakes, or a dollop of plain Greek yogurt.

Prepare: Remove the membrane from the back of the ribs for better tenderness. Cut the ribs into portions (2–3 ribs per section) to fit into the air fryer basket.

Season the Ribs: In a small bowl, mix the garlic powder, onion powder, smoked paprika, black pepper, salt, and chili powder (if using). Rub the spice mix evenly over both sides of the ribs. Lightly coat the ribs with olive oil or cooking spray for better crisping.

Air Fryer: Set the air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Place the ribs in the air fryer basket in a single layer without overcrowding. Cook for **15 minutes** at **375°F**, flipping halfway through.

Add BBQ glaze: While the ribs cook, mix the BBQ sauce, honey, and apple cider vinegar in a small bowl. After **15 minutes** of cooking, brush a generous layer of the BBQ glaze onto both sides of the ribs.

Finish Cooking: Return the ribs to the air fryer for **8–10 minutes** at **400°F (200°C)** to caramelize the glaze. Check the internal temperature with a meat thermometer; it should read **145°F (63°C)** for pork or **160°F (71°C)** for beef.

Serve: After removing the ribs from the air fryer, let them rest for 5 minutes. If desired, garnish with chopped parsley, sesame seeds, or a squeeze of fresh lime juice.

Nutritional Information

Calories: 290; Protein: 25g; Carbohydrates: 12g; Fat: 17g; Fiber: 1g; Cholesterol: 80mg; Sodium: 620mg; Potassium: 320mg

Crispy Bacon-Wrapped Asparagus

Serves: 4

Cooking Time: 12-15 minutes

Preparation Time: 10 minutes

- 16 medium asparagus spears, trimmed
- 8 bacon slices, thin-cut (preferably uncured and nitrate-free for a healthier option)
- 1 tsp. olive oil
- 1/2 tsp. garlic powder (optional)
- 1/4 tsp. black pepper (adjust to taste)
- 2 tbsp. parmesan cheese, grated (optional)

Add a pinch of paprika or chili flakes **for a spicier** kick. Drizzle with balsamic glaze or lemon juice **for extra freshness**.

Prepare: Wash and trim the asparagus by snapping off the woody ends. Pat dry. Lightly coat the asparagus with olive oil and sprinkle with garlic powder and black pepper (if using).

Wrap the Bacon: Cut each bacon slice in half lengthwise to create thinner strips (optional, but helps reduce fat and allows for crispier results). Wrap one bacon strip around each asparagus spear, starting from the bottom and spiraling upward, exposing the tip.

Air Fryer: Preheat your air fryer to **390°F (200°C)** for **3 minutes**.

Cooking: Place the bacon-wrapped asparagus spears in the air fryer basket in a single layer. Avoid overlapping for even cooking. Cook in batches if necessary. Air fry at **390°F (200°C)** for **12–15 minutes**, flipping halfway through, until the bacon is crispy and the asparagus is tender.

Serve: Sprinkle freshly grated Parmesan cheese over the hot asparagus for an added flavor (optional). Serve immediately for the best texture and taste.

Nutritional Information

Calories: 140; Protein: 6g; Carbohydrates: 2g; Fat: 12g; Fiber: 1g; Cholesterol: 25 mg; Sodium: 400 mg; Potassium: 250 mg

Meatloaf Minis

Serves: 4 (Makes 8 mini meatloaves)

Cooking Time: 15 minutes

Preparation Time: 15 minutes

- 1 pound ground lean meat (beef, turkey, or chicken)
- 1 large egg
- 1/2 cup breadcrumbs (whole-wheat or regular)
- 2 tbsp. milk (low-fat or plant-based alternative)
- 1/2 cup onion (finely chopped)
- 1 clove garlic (minced)
- 2 tbsp. + 2 tbsp. for topping ketchup
- 1 tsp. Worcestershire sauce
- 1 tsp. dried Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Optional:

- Grated carrot or zucchini: 1/4 cup (adds moisture and extra nutrition)
- 1/4 tsp. smoked paprika for a smoky flavor
- 1/4 tsp. red chili flakes for spice

Sprinkle with freshly chopped parsley **for a pop of color.**

Serve with roasted vegetables, mashed potatoes, or a fresh salad.

Prepare the air fryer to **375°F (190°C)** and allow it to preheat for **3–5 minutes.**

Mix: In a large bowl, combine the ground meat, egg, breadcrumbs, milk, onion, garlic, 2 tbsp. of ketchup, Worcestershire sauce, Italian seasoning, salt, and pepper. Mix well with clean hands or a fork until the ingredients are evenly combined. Avoid over mixing to keep the meatloaf tender. If adding grated vegetables, fold them in gently.

Shaping: Divide the meat mixture into 8 equal portions. Shape each portion into a small oval or mini-loaf shape, about 2–3 inches long and 1 inch thick.

Cooking: Lightly grease the air fryer basket or line it with parchment paper for easy cleanup. Place the mini meatloaves in the basket, leaving space between each for proper air circulation. Air fry the meatloaf minis at **375°F (190°C)** for **10 minutes.** After **10 minutes,** carefully flip them over and brush the tops with the remaining 2 tbsp. of ketchup. Continue cooking for another **5 minutes** or until the internal temperature reaches **160°F (71°C)** (use a meat thermometer for accuracy).

Serve: Let the meatloaf minis rest for **3–5 minutes** before serving to allow the juices to redistribute.

Nutritional Information

Calories: 180–220 (depending on meat choice); Protein: 20–25g;
Carbohydrates: 8–10g; Fat: 6–8g; Fiber: 1–2g; Cholesterol: 70–90mg;
Sodium: 400–450mg; Potassium: 300–400mg

Tender Lamb Chops

Serves: 2 (4 lamb chops)

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 4 lamb loin chops (about 1.5 inches thick)
- 2 tbsp. olive oil
- 1 tbsp. fresh rosemary leaves (or 1 tsp dried rosemary)
- 1 tsp. garlic powder (or 2 minced garlic cloves)
- 1 tsp. onion powder
- 1 tsp. paprika
- 1/2 tsp. black pepper
- 1/2 tsp. salt (adjust to taste)
- 1 lemon (for juice and optional garnish)

Optional:

- a pinch of chili flakes for a slight kick
- fresh parsley or mint leaves for garnish

Experiment with **spice**, thyme, cumin, or oregano based on your preference. Pair with roasted vegetables or a quinoa **salad for added nutrients**. **Leftovers** can be stored in an airtight container in the fridge for up to 3 days. Reheat in the air fryer at 350°F (175°C) for 3-4 minutes.

Prepare the Marinade: In a small bowl, mix olive oil, rosemary, garlic powder, onion powder, paprika, black pepper, and salt. If you prefer a spicier flavor, add a pinch of chili flakes. Rub the marinade evenly over both sides of the lamb chops.

Air Fryer: Preheat your air fryer to **400°F (200°C)** for **3 minutes**.

Cooking: Place the seasoned lamb chops in the air fryer basket in a single layer. Avoid overcrowding to ensure even cooking. Air fry the lamb chops at **400°F (200°C)** for **7-8 minutes** per side for medium doneness. Flip the chops halfway through the cooking time. For rare lamb, reduce the cooking time by **1-2 minutes**. Add **1-2 minutes** to the total cooking time for well-done lamb.

Check for Doneness: Use a meat thermometer for accuracy:

Rare: 120-125°F (49-52°C)

Medium Rare: 130-135°F (54-57°C)

Medium: 140-145°F (60-63°C)

Well Done: 150°F+ (66°C+)

Serve: Remove the lamb chops from the air fryer and let them rest for **5 minutes**. This allows the juices to redistribute and keeps the meat tender. Squeeze fresh lemon juice over the lamb chops for a zesty finish. Garnish with parsley or mint leaves if desired. Serve with a side of vegetables or a simple salad for a healthy meal.

Nutritional Information

Calories: 320; Protein: 25g; Carbohydrates: 2g; Fat: 24g; Fiber: 0.5g; Cholesterol: 90mg; Sodium: 300mg; Potassium: 380mg

Spicy Beef Kebab

Serves: 4

Cooking Time: 12 minutes

Preparation Time: 15 minutes

For the kebabs:

- 1 lb (450g) lean ground beef
- 1 medium onion, finely grated
- 2 cloves garlic, minced
- 2 tbsp. Greek yogurt
- 1 tsp. cumin powder
- 1 tsp. smoked paprika
- 1 tsp. chili powder (adjust to taste)
- 1/2 tsp. ground coriander
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 1 tbsp. olive oil
- 2 tbsp. fresh parsley or cilantro, chopped (optional)
- 1/2 juice of a lemon

Optional:

- Additional fresh parsley or cilantro, chopped
- Lemon wedges
- A drizzle of yogurt sauce (plain Greek yogurt mixed with lemon juice and a pinch of salt)

Adjust the **spiciness** by reducing or increasing the chili powder. Add a pinch of cayenne pepper or smoked paprika **for a smokier flavor**. **For a leaner option**, substitute ground turkey or chicken. Serve with a side of mixed greens, roasted vegetables, or wholegrain like quinoa **for a complete meal**.

Mix: In a large bowl, combine the ground beef, grated onion, minced garlic, Greek yogurt, cumin powder, smoked paprika, chili powder, coriander, black pepper, and salt. Add the olive oil and chopped parsley or cilantro (if using). Mix thoroughly until all ingredients are evenly combined.

Form the Kebabs: Divide the beef mixture into 8 equal portions. Shape each portion into a log or cylindrical kebab shape, about 4–5 inches long. If using wooden skewers, soak them in water for **15 minutes** before threading the beef onto them. You can also cook the kebabs without skewers.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Lightly spray the air fryer basket with non-stick cooking spray or brush with oil. Arrange the kebabs in a single layer in the air fryer basket, ensuring they do not overlap. Cook at **375°F (190°C)** for **10–12 minutes**, turning the kebabs halfway through to ensure even cooking. The internal temperature should reach **160°F (70°C)** when tested with a meat thermometer.

Serve: Transfer the cooked kebabs to a serving platter. Garnish with additional parsley or cilantro, and serve with lemon wedges and yogurt sauce if desired.

Nutritional Information

Calories: 200 | Protein: 22g; Carbohydrates: 4g; Fat: 12g; Fiber: 1g; Cholesterol: 60 mg; Sodium: 350 mg; Potassium: 300 mg

Herb-Crusted Pork Tenderloin

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 lb pork tenderloin (trimmed of fat and silverskin if necessary)
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. dried oregano
- 1 tsp. paprika (optional, for color and mild flavor)
- 1 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper
- 1/2 tsp.. lemon zest (optional, for a fresh, zesty flavor)
- 1 tbsp. fresh parsley, chopped (optional)

Adjust the **spiciness** and herb quantities to your taste, or add cayenne pepper for heat. **For a low-sodium option**, reduce the amount of salt or use a salt substitute. Serve with steamed vegetables or a light side salad **for a balanced meal**.

Prepare: Pat the pork tenderloin dry with paper towels. Drying ensures a crisp crust.

Mix: In a small bowl, combine garlic powder, onion powder, thyme, rosemary, oregano, paprika, salt, black pepper, and optional lemon zest. Mix well.

Season the Pork: Rub the pork tenderloin evenly with olive oil. Sprinkle the herb mixture evenly over the pork, pressing gently to adhere. Ensure the tenderloin is evenly coated.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Place the pork tenderloin in the air fryer basket, ensuring there's space around it for air circulation. Cook at **375°F (190°C)** for **20 minutes**, flipping the tenderloin halfway through (at **10 minutes**) for even cooking.

Check for Doneness: Use a meat thermometer to check the internal temperature. The pork is done when it reaches **145°F (63°C)** for medium-rare or **160°F (71°C)** for medium. If not done, cook in **2-3 minute** increments until the desired temperature is reached.

Serve: Remove the pork from the air fryer and let it rest on a cutting board for **5 minutes**. This allows the juices to be redistributed for a tender result. Slice the tenderloin. Garnish with fresh parsley for added color and flavor if desired.

Nutritional Information

Calories: 180; Protein: 25g; Carbohydrates: 2g; Fat: 7g; Fiber: 0.5g; Cholesterol: 70mg; Sodium: 350mg; Potassium: 480mg

Classic Meatballs

Serves: 4 (Makes 16 medium-sized meatballs) **Cooking Time:** 10-12 minutes

Preparation Time: 15 minutes

- 1 lb ground beef (90% lean)
- 1/4 cup breadcrumbs (whole wheat or regular)
- 2 tbsp. parmesan cheese (grated)
- 1 large egg
- 1/4 cup onion (finely chopped)
- 2 cloves garlic (minced)
- 2 tbsp. parsley (chopped, fresh or dried)
- 1 tsp Italian seasoning
- 1 tsp salt
- 1/2 tsp black pepper
- Cooking spray

Optional:

- 1/4 tsp red pepper flakes, for added spice
- Substitute ground turkey or chicken for beef if preferred.
- 1 tsp Worcestershire sauce for deeper flavor.

Mix: In a large bowl, combine the ground beef, breadcrumbs, Parmesan, egg, onion, garlic, parsley, Italian seasoning, salt, and black pepper. Mix gently with your hands or a spatula until all ingredients are evenly combined. Avoid over mixing to keep the meatballs tender.

Shape the Meatballs: Form the mixture into 16 evenly sized meatballs (about 1 to 1.5 inches in diameter) and place them on a clean plate or tray.

Air Fryer: Set the air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Spray the air fryer basket lightly with olive oil to prevent sticking. Arrange the meatballs in a single layer, ensuring they do not touch. Cook at **375°F (190°C)** for **10-12 minutes**, shaking the basket or turning the meatballs halfway through for even cooking. Check for doneness: The internal temperature of the meatballs should reach **160°F (71°C)**.

Serve: Once cooked, remove the meatballs and let them rest for **2 minutes**. Garnish with additional parsley or a sprinkle of parmesan cheese, if desired. For a balanced meal, serve with marinara sauce and zucchini noodles, whole-grain pasta, or a fresh side salad. Add a squeeze of fresh lemon for a zesty finish.

Nutritional Information

Calories: 190; Protein: 22g; Carbohydrates: 4g; Fat: 10g; Fiber: 0.5g; Cholesterol: 75mg; Sodium: 430mg; Potassium: 250mg

Honey garlic glazed Pork Ribs

Serves: 4

Cooking Time: 30 minutes

Preparation Time: 10 minutes

- 2 lbs pork ribs (baby back or spare ribs)
- 3 tbsp. honey
- 3 garlic cloves (minced)
- 2 tbsp. soy sauce (low-sodium)
- 1 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tsp. salt (adjust to taste)
- 1 tsp. black pepper

Optional:

- 1 tsp. paprika (for a smoky flavor)
- 1/2 tsp. chili flakes (for heat)
- 1 tsp. sesame seeds (for garnish)
- 1 stalk green onions (sliced for garnish)

Adjust paprika and chili flakes, or add ground cumin **for a unique twist**. Swap honey with a sugar-free alternative or reduce the quantity **for a healthier option**. **For crispier ribs**, spray a light coat of cooking oil on them before the final 10 minutes.

Prepare the Marinade: In a bowl, whisk together honey, minced garlic, soy sauce, apple cider vinegar, olive oil, salt, black pepper, and paprika (if using). Adjust the honey or vinegar amounts to your preference for sweetness, saltiness, or tanginess.

Coat the Ribs: Cut the pork ribs into smaller sections to fit the air fryer basket. Pat the ribs dry with paper towels. Rub the marinade evenly over the ribs, ensuring every piece is well-coated. Let the ribs sit for **5 minutes** to absorb the flavors. Marinate in the refrigerator for up to **2 hours for more intense flavor**.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3–5 minutes**.

Cooking: Arrange the ribs in a single layer in the air fryer basket. Avoid overcrowding for even cooking. Cook the ribs at **375°F (190°C)** for **15 minutes**, flipping halfway through.

Apply the glaze: While the ribs are cooking, reserve some marinade and heat it in a small saucepan until slightly thickened, about **2–3 minutes**. (Optional: Add a slurry of cornstarch and water if you want a thicker glaze.) After 15 minutes, brush the thickened glaze generously over the ribs.

Finish: Increase the air fryer temperature to **400°F (200°C)** and cook the ribs for **10 minutes**, flipping once and glazing again halfway through. This step caramelizes the honey for a sticky, flavorful finish.

Serve: Let the ribs rest for **5 minutes** before serving. If desired, garnish with sesame seeds and sliced green onions.

Nutritional Information

Calories: 320; Protein: 28g; Carbohydrates: 12g; Fat: 18g; Fiber: 0.5g; Cholesterol: 75 mg; Sodium: 520 mg; Potassium: 360 mg

Asian-Style Beef Skewers

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 15 minutes (plus 30 minutes for marination)

For the Skewers:

- 1 pound beef sirloin or flank steak (cut into thin strips or 1-inch cubes)
- 3 tbsp. soy sauce (low-sodium)
- 2 tbsp. honey (or substitute with maple syrup for a vegan sweetener)
- 1 tbsp. sesame oil (toasted)
- 3 cloves garlic (minced)
- 1 tsp. ginger (grated or minced)
- 1 tbsp. rice vinegar
- 1/2 tsp. red chili flakes (optional, for heat)
- 1/4 tsp. black pepper
- 8-10 wooden skewers (soak in water for 30 minutes to prevent burning)

Optional:

- 1 tsp. sesame seeds
- 2 green onions (thinly sliced)
- Lime wedges: for serving

Substitute soy sauce with coconut amino acids **for a gluten-free option**. Add vegetables like bell peppers, onions, or mushrooms to the skewers **for additional fiber and nutrients**. **For a spicier kick**, increase the chili flakes or add a drizzle of sriracha before serving.

Prepare the Marinade: In a medium bowl, mix soy sauce, honey, sesame oil, garlic, ginger, rice vinegar, red chili flakes (if using), and black pepper.

Marinate: Add the beef strips or cubes to the bowl and toss well to coat evenly. Cover the bowl and marinate in the refrigerator for at least **30 minutes** or up to **2 hours** for more flavor.

Prepare the Skewers:

Thread the marinated beef onto skewers, leaving a little space between each piece for even cooking.

Air Fryer: Preheat the air fryer to **400°F (200°C)** for **3-5 minutes**.

Cooking: Arrange the beef skewers in a single layer in the air fryer basket. Cook at **400°F (200°C)** for **8-10 minutes**, flipping halfway through. Check for doneness using a meat thermometer (internal temperature should reach **145°F (63°C)** for medium doneness).

Serve: Sprinkle sesame seeds and green onions over the cooked skewers. Serve with lime wedges for a fresh zing.

Nutritional Information

Calories: 220; Protein: 24g; Carbohydrates: 10g; Fat: 9g; Fiber: 0.5g; Cholesterol: 65mg; Sodium: 400mg; Potassium: 380mg

Smoky BBQ Brisket

Serves: 4

Cooking Time: 40 minutes

Preparation Time: 10 minutes

- 1 lb (450g) beef brisket, trimmed of excess fat
- 2 tbsp. olive oil
- 2 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. ground cumin
- 1/2 tsp. chili powder (optional for added spice)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/3 cup BBQ sauce (use a sugar-free or low-calorie version for a healthier option)
- 1 tbsp. honey or maple syrup (optional for a touch of sweetness)

Optional:

- Chopped fresh parsley
- Sliced green onions

Adjust the **spice levels** or sweetness of the glaze to suit your taste. Pair with steamed vegetables or a simple salad **to balance the meal**.

Leftovers can be stored in an airtight container in the fridge for up to 3 days. For best results, reheat in the air fryer at 300°F (150°C) for 5–7 minutes.

Prepare: If necessary, pat the brisket dry with paper towels and cut it into two or three smaller pieces to fit into your air fryer basket. Rub olive oil evenly over the brisket pieces.

Mix: In a small bowl, mix smoked paprika, garlic powder, onion powder, ground cumin, chili powder (if using), salt, and pepper. Rub the spice mixture generously over both sides of the brisket.

Air Fryer: Preheat your air fryer to **350°F (175°C)** for **3–5 minutes**.

Cooking: Place the brisket pieces in a single layer in the air fryer basket, ensuring there's space for air circulation. Cook at **350°F (175°C)** for **30 minutes**, flipping halfway through. **After 30 minutes**, brush the brisket with BBQ sauce mixed with honey or maple syrup (if using). Reserve a small amount of sauce for serving. Increase the temperature to **375°F (190°C)** and cook for **10 minutes** until the brisket is caramelized and slightly crispy on the edges. Use a meat thermometer to ensure the internal temperature reaches **190°F (88°C)** for tender brisket.

Serve: Remove the brisket from the air fryer and let it rest for **5 minutes** before slicing against the grain. If desired, garnish with chopped parsley or green onions. Serve with the reserved BBQ sauce on the side.

Nutritional Information

Calories: 280; Protein: 28g; Carbohydrates: 6g; Fat: 15g; Fiber: 1g; Cholesterol: 75mg; Sodium: 520mg; Potassium: 450mg

VEGETABLE RECIPES

Perfectly Crispy Brussels Sprouts

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 lb (16 oz) Brussels sprouts (washed, trimmed, and halved)
- 2 tbsp. olive oil (or avocado oil)
- 1 tsp. garlic powder (optional for extra flavor)
- 1 tsp. smoked paprika (optional for a smoky kick)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (adjust to taste)

Optional:

- 1 tbsp. balsamic glaze or lemon juice (for serving)
- 1 tbsp. grated Parmesan cheese (for garnish)

For a sweeter flavor, drizzle with a tsp. of honey or maple syrup before serving. Add red chili flakes **for a spicy kick**. **For a vegan option**, skip parmesan cheese and use nutritional yeast for a cheesy flavor.

Prepare: Trim the stem ends of the Brussels sprouts and remove any yellow or damaged outer leaves. Cut them in half for even cooking.

Mix: In a large bowl, toss the halved Brussels sprouts with olive oil, garlic powder, smoked paprika, salt, and pepper. Mix well to coat evenly.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for about **3 minutes**.

Cooking: Arrange the Brussels sprouts in a single layer in the air fryer basket. Avoid overcrowding to ensure crispiness. Depending on the size of your air fryer, you may need to cook in batches. Air fry at **375°F (190°C)** for **12–15 minutes**, shaking the basket halfway through for even cooking. The Brussels sprouts should be golden brown and crispy on the edges.

Serve: Remove from the air fryer and transfer to a serving dish. Drizzle with balsamic glaze or squeeze some fresh lemon juice over the top for added brightness. Sprinkle parmesan cheese if desired.

Nutritional Information

Calories: 100; Protein: 3g; Carbohydrates: 8g; Fat: 7g; Fiber: 3g; Cholesterol: 0mg (or minimal if adding Parmesan); Sodium: 200mg (varies with salt use); Potassium: 400mg

Honey glazed Carrots

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 lb carrots (whole, baby, or sliced into sticks)
- 1 tbsp. olive oil
- 2 tbsp. honey
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Optional:

- 1/4 tsp. ground cinnamon
- 1 tbsp. fresh parsley (for garnish), chopped

Add an extra tsp. of honey if you prefer a **sweeter glaze**. **Spices:** Experiment with smoked paprika or nutmeg **for a different flavor** profile. Toasted sesame seeds or chopped nuts can add crunch and additional nutrients.

Prepare: Wash and peel the carrots if using whole carrots; cut into even-sized sticks or rounds for faster cooking. Baby carrots can be used directly.

Make the glaze: In a small bowl, mix olive oil, honey, salt, pepper, and cinnamon (if using) until well combined.

Coat the Carrots: Place the carrots in a large bowl. Pour the glaze over them and toss until they are evenly coated.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Arrange the carrots in a single layer in the air fryer basket. Avoid overcrowding for even cooking. Air fry at **375°F (190°C)** for **12–15 minutes**, shaking the basket halfway through to ensure even cooking.

Check for Doneness: The carrots should be tender and slightly caramelized at the edges. If needed, adjust the cooking time by a minute or two.

Serve: Transfer the cooked carrots to a serving plate. Sprinkle fresh parsley on top if desired.

Nutritional Information

Calories: 98; Protein: 1.1g; Carbohydrates: 15.4g; Sugars: 10.2g; Fat: 4.1g; Saturated Fat: 0.6g; Fiber: 2.9g; Cholesterol: 0mg; Sodium: 196mg; Potassium: 270mg

Crunchy Zucchini Chips

Serves: 4

Cooking Time: 10-15 minutes

Preparation Time: 15 minutes

- 2 medium-sized zucchini, thinly sliced into rounds
- 1 tbsp. olive oil
- 1/2 cup breadcrumbs (or panko, can use gluten-free options if needed)
- 1/4 cup grated parmesan cheese (optional for a dairy-free version)
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (optional)
- 1 large egg
- Cooking spray

Add cayenne pepper for heat or Italian seasoning **for flavor**. Sprinkle with fresh parsley, chives, or a squeeze of lemon juice **for added freshness**.

Prepare: Wash and thinly slice the zucchini into even rounds, approximately 1/8-inch thick, to ensure even cooking.

Mix: Beat the egg in one shallow bowl. In a second bowl, mix the bread crumbs, Parmesan cheese (if using), garlic powder, paprika, salt, and black pepper.

Coat the Zucchini: Dip each zucchini slice into the beaten egg, ensuring it's well coated. Press the slice into the breadcrumb mixture on both sides. Shake off any excess crumbs.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Lightly spray the air fryer basket with cooking spray. Arrange the coated zucchini slices in a single layer, ensuring they do not overlap. Air fry at **375°F (190°C)** for **8-10 minutes**. Check halfway through, flip the slices, and cook for **3-5 minutes** until golden brown and crispy.

Serve: Remove from the air fryer and let it cool for **1-2 minutes** before serving. If desired, serve warm with a dipping sauce like tzatziki, marinara, or hummus.

Nutritional Information

Calories: 90; Protein: 4g; Carbohydrates: 10g; Fat: 4g; Fiber: 1.5g; Cholesterol: 30mg; Sodium: 250mg; Potassium: 300mg

Sweet Potato Wedges

Serves: 2-3 (as a side dish)

Cooking Time: 15-20 minutes

Preparation Time: 10 minutes

- 2 medium-sized sweet potatoes (approximately 300g each)
- 1 tbsp. olive oil (or avocado oil for a neutral flavor)
- 1 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper

Optional:

- Fresh parsley, chopped
- 1/4 tsp. cayenne pepper (for heat)

Optional dip:

- Greek yogurt or ketchup

Add more paprika or garlic powder **for a bolder flavor**. Sprinkle a small amount of cornmeal over the wedges before air frying **for extra crispiness**. Add a pinch of cinnamon **for a sweet-and-savory twist**. Pair with a light protein, like grilled chicken or tofu, **for a complete meal**.

Prepare: Wash and scrub the sweet potatoes thoroughly (leave the skin on for extra fiber and nutrients, or peel if preferred). Cut the sweet potatoes into evenly sized wedges (about 1/2-inch thick at the base).

Mix: In a large mixing bowl, coat the wedges evenly with olive oil.

Add paprika, garlic powder, onion powder, salt, black pepper, and cayenne pepper (if using). Toss again to distribute the spices evenly.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Arrange the sweet potato wedges in a single layer in the air fryer basket (cook in batches if needed to avoid overcrowding). Air fry at **375°F (190°C)** for **15-20 minutes**, shaking the basket halfway through cooking to ensure even crispness.

Check for Doneness: The wedges should be golden and crispy on the outside and tender on the inside. Adjust the cooking time slightly based on your air fryer model and the thickness of the wedges.

Serve: Transfer the cooked wedges to a serving plate. Garnish with chopped parsley for a fresh touch. Serve immediately with your choice of dip, such as Greek yogurt, hummus, or ketchup.

Nutritional Information

Calories: 160; Protein: 2g; Carbohydrates: 28g; Dietary Fiber: 4g; Fat: 5g; Saturated Fat: 0.7g; Cholesterol: 0mg; Sodium: 320mg; Potassium: 440mg

Spicy Cauliflower Wings

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 15 minutes

For the Wings:

- 1 medium head of cauliflower
- 1/2 cup all-purpose flour (can substitute with gluten-free flour)
- 1/2 cup water (adjust slightly if needed for batter consistency)
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne pepper (adjust to taste)
- 1/4 tsp. salt
- 1/4 tsp. black pepper

For the Spicy Sauce:

- 1/4 cup hot sauce (e.g., Frank's Red Hot or any preferred brand)
- 2 tbsp. olive oil or melted butter (use plant-based butter for vegan)
- 1 tbsp. honey or maple syrup (optional, for slight sweetness)
- 1/4 tsp. chili flakes (optional, for extra spice)

Optional:

- Chopped fresh parsley or cilantro
- Sesame seeds
- A squeeze of fresh lime or lemon juice

For a milder version, reduce or skip the cayenne pepper and chili flakes. Use a mild hot sauce. **For a crispier texture**, add 1-2 tbsp. of cornstarch to the batter. **For a vegan option**, substitute honey with maple syrup or agave nectar.

Prepare: Wash and dry the cauliflower, then cut it into evenly sized florets.

Mix: In a mixing bowl, whisk the flour, water, garlic powder, onion powder, smoked paprika, cayenne pepper, salt, and black pepper until smooth. The batter should be thick enough to coat the florets but not overly clumpy. Adjust with a small amount of water if needed.

Coat the Cauliflower: Dip each cauliflower floret into the batter, ensuring even coverage. Shake off any excess batter.

Air Fry: Preheat your air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Lightly grease the air fryer basket with cooking spray or olive oil to prevent sticking. Arrange the coated florets in a single layer in the basket, ensuring they do not touch. Air fry at **375°F (190°C)** for **15 minutes**, shaking the basket halfway through to ensure even cooking.

Prepare the Spicy Sauce: While the cauliflower cooks, mix the hot sauce, olive oil (or melted butter), honey (or maple syrup), and chili flakes (if using) in a small bowl. Adjust the spice level to your preference.

Finish: Remove the cauliflower from the air fryer once it is golden and crispy. Toss the florets in the prepared spicy sauce until evenly coated. Return the coated cauliflower to the air fryer and cook at **400°F (200°C)** for **5 minutes** to set the sauce.

Serve: Transfer the cauliflower wings to a serving plate. Garnish with fresh parsley, cilantro, sesame seeds, or a squeeze of lime juice.

Nutritional Information

Calories: 120; Protein: 3g; Carbohydrates: 18g; Fat: 5g; Fiber: 3g; Cholesterol: 0mg; Sodium: 350mg; Potassium: 300mg

Green Beans with Almonds

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 10 minutes

- 1 pound green beans, washed and trimmed
- 1/4 cup almonds, sliced or slivered
- 1 tbsp. olive oil
- 1/2 tsp. garlic powder (optional)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (adjust to taste)

Optional:

- 1 tsp. lemon zest (for garnish)
- 2 tbsp. parmesan cheese, grated (for garnish)
- A pinch red pepper flakes (for spice)

For a different flavor, use avocado oil instead of olive oil. Swap almonds for pecans or walnuts if preferred. **Store leftovers** in an airtight container in the refrigerator for up to 2 days. Reheat in the air fryer at 350°F (175°C) for 3 minutes to restore crispness.

Prepare: Wash and trim the green beans. Pat them dry to ensure they crisp up in the air fryer.

Mix: In a large bowl, combine the green beans, olive oil, salt, pepper, and garlic powder (if using). Toss well to coat the green beans evenly.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3 minutes**.

Cooking: Spread the green beans in an even layer in the air fryer basket. Avoid overcrowding to ensure even cooking. Air fry for **8 minutes**, shaking the basket halfway through for uniform cooking.

After 8 minutes, sprinkle the sliced almonds over the green beans. Air fry for **2 minutes** or until the green beans are tender-crisp and the almonds are lightly toasted.

Serve: Transfer the cooked green beans and almonds to a serving dish. Sprinkle with lemon zest, parmesan cheese, or red pepper flakes, if desired, for extra flavor. Serve immediately as a healthy side dish.

Nutritional Information

Calories: 120; Protein: 3g; Carbohydrates: 8g; Fat: 9g; Fiber: 3g; Cholesterol: 0mg; Sodium: 300mg; Potassium: 240mg

Garlic Butter Mushrooms

Serves: 2

Cooking Time: 10 minutes

Preparation Time: 5 minutes

- 8 oz (about 2 cups) button or cremini mushrooms, cleaned and stems trimmed
- 2 tbsp. unsalted butter, melted (substitute with olive oil for a vegan option)
- 2 cloves garlic, minced
- 1/4 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper (adjust to taste)

Optional:

- 1 tsp. dried parsley or fresh parsley (for garnish)
- 1 tsp. lemon juice (for added tang)

Add a pinch of red pepper flakes **for a spicy** kick, or sprinkle with grated Parmesan for added richness. This recipe is naturally low-carb, gluten-free, and keto-friendly. **For a vegan version**, substitute butter with olive oil and avoid animal-based garnishes.

Prepare: Clean the mushrooms with a damp cloth and trim the stems. Pat dry to remove excess moisture, even when cooking.

Mix: In a small bowl, combine melted butter, minced garlic, salt, and black pepper. Stir well to mix. (For a vegan option, substitute butter with olive oil.)

Coat the Mushrooms: Place the mushrooms in a large bowl. Pour the garlic butter mixture over the mushrooms and toss until they are evenly coated.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **2-3 minutes**.

Cooking: Place the coated mushrooms in the air fryer basket in a single layer to ensure even cooking. Cook for **10 minutes**, shaking the basket halfway through to promote even browning.

Check for Doneness: The mushrooms should be tender and slightly golden. If needed, cook for **2 minutes** for a deeper caramelized flavor.

Serve: Transfer the mushrooms to a serving dish. Optional: Sprinkle with fresh or dried parsley for a pop of color and flavor. Add a squeeze of lemon juice for a bright, tangy finish.

Nutritional Information

Calories: 105; Protein: 3g; Carbohydrates: 5g; Fat: 9g; Fiber: 1g;
Cholesterol: 15 mg (0 mg if using olive oil); Sodium: 180 mg;
Potassium: 350 mg

Eggplant Fries

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 1 (about 1 pound) eggplant (medium-sized)
- 1 cup breadcrumbs (whole wheat for a healthier option)
- 2 large eggs
- 1/4 cup all-purpose flour
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- Cooking spray

Optional:

- 2 tbsp. parmesan cheese, finely grated
- Fresh parsley or cilantro, chopped
- Lemon wedges for serving

Use panko **for extra crunch or gluten-free** breadcrumbs if needed. Adjust paprika or garlic powder **to taste**, or add a pinch of cayenne for spiciness. Skip parmesan or use nutritional yeast as a substitute.

Prepare: Wash and dry the eggplant. Cut it into fry-like strips, about 1/4-inch thick.

Mix: Place the flour in the first bowl. Whisk the eggs in the second bowl. Mix breadcrumbs, parmesan cheese (if using), garlic powder, paprika, salt, and pepper in the third bowl.

Coat the Eggplant Fries: Dip each eggplant strip into the flour, shaking off excess. Dunk into the egg mixture, ensuring it's fully coated. Roll in the breadcrumb mixture, pressing gently to adhere.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Arrange the coated eggplant fries in a single layer in the air fryer basket. Avoid overcrowding for even cooking. Lightly spray with olive oil if desired for extra crispiness. Cook at **375°F (190°C)** for **12-15 minutes**, flipping halfway through, until golden brown and crispy.

Serve: garnish with fresh parsley or cilantro, if desired. For dipping, serve hot with marinara sauce, tzatziki, or plain Greek yogurt.

Nutritional Information

Calories: 120; Protein: 5g; Carbohydrates: 18g; Fat: 3g; Fiber: 4g; Cholesterol: 50mg; Sodium: 400mg; Potassium: 350mg

Roasted Red Peppers

Serves: 4

Cooking Time: 10-12 minutes

Preparation Time: 5 minutes

- 4 large red bell peppers
- 1 tbsp. olive oil
- 1 tsp. garlic powder (optional)
- 1/2 tsp. smoked paprika (optional)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper

Optional:

- Fresh parsley, a sprinkle of parmesan cheese, or a drizzle of balsamic glaze

For extra flavor, add a squeeze of lemon juice before serving. These roasted peppers are **perfect as a side dish**, a topping for salads, or a filling for sandwiches and wraps. **Feel free to substitute other spices**, such as Italian seasoning or chili flakes, to suit your preferences.

Prepare: Wash and dry the bell peppers. Cut them into quarters, removing the seeds and stems.

Mix: In a large bowl, toss the pepper quarters with olive oil, garlic powder, smoked paprika, salt, and black pepper, ensuring they are evenly coated.

Air Fryer: Preheat your air fryer to **390°F (200°C)** for **2–3 minutes**.

Cooking: Place the seasoned peppers in the air fryer basket in a single layer (cook in batches if necessary). Air fry for **10–12 minutes**, shaking the basket halfway through cooking to ensure even roasting. When done, the peppers should be slightly charred and tender.

Serve: Transfer the roasted peppers to a serving dish. If desired, garnish with chopped parsley, a sprinkle of parmesan, or a drizzle of balsamic glaze for added flavor.

Nutritional Information

Calories: 60; Protein: 1.2g; Carbohydrates: 7.5g; Fat: 3g; Fiber: 2.5g; Cholesterol: 0 mg; Sodium: 190 mg (adjusted for salt used); Potassium: 230 mg

Crispy Kale Chips

Serves: 2

Cooking Time: 5 minutes

Preparation Time: 5 minutes

- 4 cups fresh kale, washed and dried (stems removed, leaves torn into bite-sized pieces)
- 1 tbsp. olive oil
- 1/2 tsp. salt (adjust to taste)

Optional:

- 1/4 tsp. garlic powder
- 1/4 tsp. paprika
- 1 tbsp. nutritional yeast (for a cheesy flavor)
- 1/4 tsp. black pepper

Sprinkle with extra nutritional yeast **for a cheesy flavor**. Add a light dusting of smoked paprika **for a smoky twist**. Squeeze a few drops of lemon juice over the chips **for a zesty touch**. Kale chips are best enjoyed immediately **for maximum crispiness**. **Store** any leftovers in an airtight container for up to 1 day, though they may lose some crispness. Feel free to **experiment with your favorite spices** to make the flavor unique.

Prepare: Wash and dry the kale thoroughly. Ensure it is scorched to achieve maximum crispiness. Remove the tough stems and tear the leaves into bite-sized pieces.

Mix: In a large bowl, toss the kale with olive oil to coat evenly. Sprinkle with salt and any optional seasonings (e.g., garlic powder, paprika, nutritional yeast) to suit your taste.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **2 minutes**.

Cooking: Place the kale in the air fryer basket in a single layer. Avoid overcrowding; you may need to cook in batches depending on the size of your air fryer. Cook for **4–5 minutes at 375°F (190°C)**. Shake the basket halfway through to ensure even cooking. Keep an eye on the kale, as it can burn quickly. **After 4–5 minutes**, check the kale. If not crispy enough, air fry for **1–2 minutes**, but monitor closely to avoid burning.

Serve: Remove the kale chips from the air fryer and let them cool for **1–2 minutes** before serving. They will crisp up further as they cool.

Nutritional Information

Calories: 75; Protein: 2g; Carbohydrates: 7g; Fat: 5g; Fiber: 2g;
Cholesterol: 0 mg; Sodium: 150 mg (adjust based on added salt);
Potassium: 300 mg

Smoky Bell Peppers

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 10 minutes

- 4 medium-sized bell peppers (any color)
- 1 tbsp. olive oil
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. salt (adjust to taste)
- 1/2 tsp. black pepper

Optional:

- 1 tsp. lemon juice
- 2 tbsp. fresh parsley or cilantro, chopped (for garnish)
- 2 tbsp. grated parmesan cheese (for garnish)

Add chili powder or cayenne pepper if you prefer a **spicier** dish. These smoky peppers pair wonderfully with grilled chicken quinoa or as a topping **for sandwiches and salads**. **Leftovers** can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the air fryer for 2-3 minutes at 350°F (175°C).

Prepare: Wash and dry the bell peppers. Cut them into quarters and remove the seeds and membranes.

Mix: In a large bowl, toss the bell pepper quarters with olive oil, smoked paprika, garlic powder, onion powder, salt, and black pepper. Ensure the peppers are evenly coated with the seasoning.

Air Fryer: Set your air fryer to **375°F (190°C)** and preheat for **3 minutes**.

Cooking: Arrange the bell peppers in a single layer in the air fryer basket. Avoid overcrowding; cook in batches if necessary. Air fry at **375°F (190°C)** for **12-15 minutes**, shaking the basket halfway through for even cooking. When done, the peppers should be slightly charred at the edges and tender.

Serve: Once done, transfer the bell peppers to a serving plate. Drizzle with lemon juice for a fresh kick, if desired. Garnish with chopped parsley or cilantro and sprinkle with Parmesan cheese for extra flavor.

Nutritional Information

Calories: 60; Protein: 1g; Carbohydrates: 7g; Fat: 3g; Fiber: 2g; Cholesterol: 0mg (excluding Parmesan garnish); Sodium: 210mg (depends on salt used); Potassium: 200mg

Rosemary Garlic Potatoes

Serves: 4

Cooking Time: 20 minutes

Preparation Time: 10 minutes

- 1.5 pounds (700g) baby potatoes (or regular potatoes)
- 1.5 tbsp. olive oil
- 2 cloves garlic, minced (or 1 tsp. garlic powder for convenience)
- 1 tsp. dried rosemary (or 1 tbsp. fresh rosemary, chopped)
- 1/2 tsp. paprika (optional, for added flavor)
- 1/2 tsp. salt (adjust to taste)
- 1/4 tsp. black pepper

Optional:

- Fresh parsley or chives, chopped (for garnish)

Swap rosemary for thyme or oregano **for a flavor** variation. Reduce the olive oil slightly **if you prefer even lighter potatoes. For a stronger garlic flavor**, roast garlic separately and toss it with the cooked potatoes. Add a pinch of chili flakes if you enjoy a **spicy** kick.

Prepare: Wash and scrub the potatoes thoroughly. Pat dry with a clean kitchen towel. If using larger potatoes, cut them into 1-inch cubes for even cooking. Baby potatoes can be halved or left whole, depending on size.

Mix: In a large bowl, combine the potatoes, olive oil, minced garlic (or garlic powder), rosemary, paprika (if using), salt, and black pepper.

Toss well to ensure the potatoes are evenly coated with the seasoning.

Air Fryer: Preheat the air fryer to **375°F (190°C)** for **2-3 minutes**.

Cooking: Place the seasoned potatoes in the air fryer basket in a single layer. Avoid overcrowding for even cooking. Cook at **375°F (190°C)** for **18-20 minutes**, shaking the basket halfway through to ensure even crispiness. **After 18-20 minutes**, check if the potatoes are golden brown and tender by piercing them with a fork. If needed, cook for an additional **2-3 minutes**.

Serve: Transfer the potatoes to a serving dish and sprinkle with chopped parsley or chives for a fresh finish. Add a sprinkle of grated parmesan cheese or a squeeze of lemon juice for extra flavor.

Nutritional Information

Calories: 160; Protein: 3g; Carbohydrates: 25g; Fat: 5g; Fiber: 3g; Cholesterol: 0mg; Sodium: 200mg (varies with salt); Potassium: 500mg

DESSERTS

Lemon Bars

Serves: 8

Cooking Time: 15 minutes

Preparation Time: 10 minutes

(plus 10 minutes cooling time)

Crust:

- 1 cup all-purpose flour (or whole wheat flour for extra fiber)
- 2 tbsp. granulated sugar (or coconut sugar for a healthier option)
- 4 tbsp.s unsalted butter, melted
- 1 tbsp. plain Greek yogurt (optional for extra moisture)

Lemon Filling:

- 3 large eggs
- 1/2 cup granulated sugar (or a natural sweetener like monk fruit)
- 1/4 cup fresh lemon juice (about 2 medium lemons)
- 1 tbsp. lemon zest
- 3 tbsp. all-purpose flour
- 1/4 tsp. baking powder
- 1/8 tsp. salt (optional)

Optional:

- Powdered sugar (for dusting)
- Fresh mint leaves or thin lemon slices

Use almond flour **for a gluten-free** crust, or add a pinch of turmeric for a vibrant yellow color without altering the flavor. **Store** leftovers in an airtight container in the fridge for up to 4 days. Pair these lemon bars with herbal tea **for a refreshing** treat.

Mix 1: In a medium bowl, mix together the flour, sugar, and melted butter until it resembles crumbly dough. Add Greek yogurt if needed for better consistency. Line the air fryer basket or a small baking dish (that fits in your air fryer) with parchment paper. Press the dough evenly into the base of the lined dish to form the crust.

Air fryer: Preheat the air fryer to **300°F (150°C)** and bake the crust for **8 minutes** until lightly golden. Remove and set aside.

Mix 2: In another bowl, whisk the eggs and sugar until smooth and well combined. Add the lemon juice, zest, flour, baking powder, and salt (if used). Whisk until the mixture is smooth and lump-free.

Cooking: Pour the lemon filling over the pre-baked crust, spreading it evenly. Reduce the air fryer temperature to **280°F (140°C)** and bake for **12-15 minutes** until the filling is set but still slightly jiggly in the center. Carefully remove the dish from the air fryer and let the lemon bars cool for at least **10 minutes** before slicing.

Serve: Once cooled, dust with a light sprinkling of powdered sugar if desired. Slice into 8 squares and garnish with fresh mint leaves or thin lemon slices for presentation.

Nutritional Information

Calories: 150; Protein: 3g; Carbohydrates: 22g; Fat: 5g; Fiber: 1g; Cholesterol: 60mg; Sodium: 40mg; Potassium: 40mg

Crispy Churros

Serves: 4 (makes approximately 12-15 churros)

Cooking Time: 10 minutes

Preparation Time: 15 minutes

For the Dough:

- 1 cup (240 ml) water
- 2 tbsp. unsalted butter (or coconut oil for a dairy-free option)
- 1 tbsp. granulated sugar (or a natural sweetener like honey)
- 1/4 tsp. salt
- 1 cup (120g) all-purpose flour (can substitute with whole wheat flour for added fiber)
- 1 large egg
- 1 tsp. vanilla extract

For Coating:

- 1/4 cup granulated sugar (or coconut sugar for a healthier option)
- 1 tsp. ground cinnamon (optional, for flavor)

Optional:

- Melted dark chocolate for drizzling
- Powdered sugar for light dusting

For a lower-sugar version, use erythritol or stevia instead of granulated sugar. For an extra flavor twist, add a pinch of nutmeg or cardamom to the coating mixture. These churros **taste fresh but can be reheated** in the air fryer at 350°F (175°C) for 2-3 minutes.

Prepare: In a medium saucepan over medium heat, combine water, butter, sugar, and salt. Stir until the butter is melted and the mixture begins to simmer. Reduce the heat to low and add the flour all at once, stirring quickly with a wooden spoon until a dough forms and pulls away from the sides of the pan. Cook for an additional **1-2 minutes**, stirring constantly. Remove the saucepan from heat and allow the dough to cool for **5 minutes**. This prevents the egg from scrambling in the next step. Once cooled slightly, add the egg and vanilla extract. Stir energetically until fully incorporated and the dough becomes smooth and glossy.

Air fryer: Preheat your air fryer to **375°F (190°C)** for **3-5 minutes**.

Cooking: Transfer the dough to a piping bag with a star tip. Pipe 4-6 inch strips of dough onto parchment paper or directly onto the air fryer basket, leaving some space between each churro. Use scissors to cut the dough at the tip of the piping bag for even strips.

Lightly spray the churros with cooking oil to help them crisp up. Air fry the churros at **375°F (190°C)** for **8-10 minutes**, flipping them halfway through until golden brown and crisp.

Serve: Mix the sugar and cinnamon in a small bowl to coat the churros. Once the churros are done, roll them in the sugar-cinnamon mixture immediately while they are still warm. Serve as-is or with optional garnishes like melted chocolate or a sprinkle of powdered sugar.

Nutritional Information

Calories: 120; Protein: 3g; Carbohydrates: 20g; Fat: 3g; Fiber: 1g; Cholesterol: 20 mg; Sodium: 80 mg; Potassium: 35 mg

Cinnamon Sugar Donut

Serves: 12

Cooking Time: 6-8 minutes

Preparation Time: 10 minutes

For the Donut:

- 1 cup all-purpose flour (or whole wheat flour for a healthier option)
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 3 tbsp. granulated sugar (or a sugar substitute like coconut sugar)
- 1/3 cup milk (any variety: dairy or plant-based like almond milk)
- 2 tbsp. plain Greek yogurt (Greek yogurt or plant-based yogurt works too)
- 1 tsp. vanilla extract

For the Coating:

- 2 tbsp. unsalted butter, melted (or coconut oil for a dairy-free option)
- 3 tbsp. granulated sugar
- 1 tsp. ground cinnamon

Add a pinch of nutmeg to the coating **for extra spice**. **For a lighter touch**, substitute granulated sugar with powdered sugar. Sprinkle chopped nuts or drizzle honey on top **for added texture** and flavor.

Set your air fryer to **350°F (175°C)** and allow it to preheat while you prepare the dough.

Make the Dough: In a mixing bowl, combine flour, baking powder, salt, and sugar. Whisk to mix evenly. Add milk, yogurt, and vanilla extract. Stir until a soft dough forms. Do not over mix. Lightly flour your hands and roll the dough into small, even-sized balls about 1 inch in diameter. You should get approximately 12 donuts.

Cooking: Lightly grease the air fryer basket with oil or cooking spray. Place the donut holes in a single layer, ensuring they don't touch. Cook at **350°F (175°C)** for **6-8 minutes**, flipping halfway through. They should be golden brown and puffed up.

Prepare the Coating: Mix the sugar and cinnamon in a small bowl while the donuts are cooking. Once the donut holes are made, brush them with melted butter (or coconut oil) and roll them in the cinnamon-sugar mixture until evenly coated.

Serve: Warm with fresh fruit or a cup of coffee or tea. Garnish with a dusting of powdered sugar or a light drizzle of maple syrup.

Nutritional Information

Calories: 75; Protein: 2g; Carbohydrates: 13g; Fat: 2g; Fiber: 1g; Cholesterol: 5mg; Sodium: 85mg; Potassium: 60mg

Almond Biscotti

Serves: 10

Cooking Time: 12 minutes

Preparation Time: 10 minutes

- 1 cup (125g) all-purpose flour (can substitute with almond flour for gluten-free option)
- 1/3 cup (65g) granulated sugar (or substitute with coconut sugar for a lower glycemic index)
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 large egg
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract (optional but enhances flavor)
- 2 tbsp. olive oil (or melted coconut oil)
- 1/3 cup (45g) almonds, chopped (or substitute with your favorite nuts)
- 1/4 tsp. ground cinnamon (optional, for extra warmth)

Mix in 1/4 cup dried cranberries, dark chocolate chips, or orange zest **for extra flavor. For a flavorful twist**, sprinkle a pinch of sea salt or cinnamon sugar on top before the second air fry.

Mix: In a large bowl, combine the flour, sugar, baking powder, and salt. Mix well. In another bowl, whisk the egg, vanilla extract, almond extract (if using), and olive oil until well blended. Gradually add the wet mixture to the dry ingredients and mix until combined. Fold in the chopped almonds. If the dough feels too sticky, add more flour, 1 tbsp. at a time.

Shape the Biscotti: Lightly flour a clean surface. Shape the dough into a log approximately 8 inches long and 2 inches wide. Place the log on parchment paper or a silicone baking mat that fits your air fryer basket.

Air Fry: Preheat your air fryer to **320°F (160°C)** for **2 minutes**.

Cooking: Carefully place the dough in the air fryer basket. Cook at **320°F (160°C)** for **10 minutes**, until the log is firm and lightly golden. Remove from the air fryer and let it cool for 5 minutes. Once the log is cool enough to handle, use a sharp knife to slice it diagonally into 1/2-inch-thick biscotti pieces. Arrange the slices cut-side down in a single layer in the air fryer basket. Cook at **300°F (150°C)** for **6 minutes**, flipping the slices halfway through until they are crisp and golden brown.

Serve: Let the biscotti cool completely before serving. They harden when they cool. Drizzle with melted dark chocolate or dip one end in chocolate for a decadent touch. Pair with coffee, tea, or almond milk for a wholesome snack.

Nutritional Information (per biscotti)

Calories: 100; Protein: 2g; Carbohydrates: 12g; Fat: 4g; Fiber: 1;;
Cholesterol: 10mg; Sodium: 50mg; Potassium: 50mg

Bananas Foster Dessert

Serves: 2

Cooking Time: 10 minutes

Preparation Time: 5 minutes

- 2 ripe bananas (peeled and sliced lengthwise or into thick rounds)
- 2 tbsp. maple syrup or honey (optional: adjust sweetness to taste)
- 1 tbsp. unsalted butter or coconut oil (melted)
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 1 pinch of nutmeg (optional, for extra flavor)
- 2 tbsp. Greek yogurt or low-fat whipped cream (optional, for topping)

Optional:

- 1 tsp. unsweetened shredded coconut (for garnish)
- 1 tbsp. chopped nuts (e.g., pecans or walnuts; for garnish)

You can omit the maple syrup or honey **for a less sweet** version. Coconut oil works well as a **dairy-free** alternative to butter. Add a sprinkle of cocoa powder or dark chocolate shavings **for a richer taste**. Skip the nuts if you have allergies or prefer a simpler dessert.

Set the air fryer to **350°F (175°C)** and allow it to preheat while you prepare the ingredients.

Mix: In a small bowl, mix the melted butter (or coconut oil), maple syrup (or honey), cinnamon, vanilla extract, and nutmeg (if using). Brush the mixture evenly over both sides of the banana slices.

Cooking: Place the banana slices in a single layer in the air fryer basket or on parchment paper. Avoid overlapping for even cooking. Air fry the bananas at **350°F (175°C)** for **6-8 minutes**, flipping halfway through. The bananas should become golden, slightly caramelized, and soft.

Assemble the Dessert: Transfer the warm bananas to serving dishes. Sprinkle chopped nuts and shredded coconut on top, if desired. For extra creaminess, add a dollop of Greek yogurt or whipped cream.

Nutritional Information

Calories: 150; Protein: 2g; Carbohydrates: 25g; Fat: 6g; Fiber: 3g; Cholesterol: 5mg; Sodium: 10mg; Potassium: 350mg

Double Chocolate Brownies

Serves: 8

Cooking Time: 15 minutes

Preparation Time: 10 minutes

Dry ingredients:

- 1/2 cup all-purpose flour (or whole wheat flour for a healthier option)
- 1/4 cup unsweetened cocoa powder
- 1/4 tsp. baking powder
- 1/4 tsp. salt

Wet ingredients:

- 2 large eggs
- 1/4 cup coconut oil or unsalted butter, melted
- 1/3 cup maple syrup or honey
- 1 tsp. vanilla extract

Mix-ins:

- 1/3 cup dark chocolate chips (or semi-sweet for less intense chocolate flavor)
- 1/4 cup chopped nuts (optional, walnuts, pecans, or almonds for added crunch)

Optional:

- Powdered sugar for dusting
- A sprinkle of flaky sea salt on top

Substitute maple syrup/honey with granulated or coconut sugar **for a different sweetness** profile. Use unsweetened applesauce instead of oil/butter **for a lower-fat version**. **For gluten-free** brownies, use almond flour or a gluten-free baking mix. For vegan brownies, replace eggs with flax eggs (1 tbsp. flaxseed meal + 2.5 tbsp. water per egg).

Preheat your air fryer to **325°F (160°C)** for **3 minutes**. Lightly grease a small baking pan or line it with parchment paper to fit into your air fryer basket.

Mix dry ingredients: In a medium bowl, whisk together the flour, cocoa powder, baking powder, and salt.

Mix wet ingredients: In another bowl, whisk the eggs, melted coconut oil (or butter), maple syrup (or honey), and vanilla extract until smooth.

Mix all: Gradually add the dry ingredients to the wet ingredients, stirring gently until just combined. Avoid over mixing to ensure the brownies stay tender. Fold in the chocolate chips and nuts if using.

Cooking: Pour the batter into the prepared baking pan and spread it evenly. Place the pan in the air fryer basket. Cook at **325°F (160°C)** for **12-15 minutes**, depending on your air fryer. The brownies are done when a toothpick inserted into the center comes out with a few moist crumbs (not wet batter).

Serve: Let the brownies cool in the pan for **10 minutes** before cutting them into squares. Serve as-is or with optional garnishes.

Nutritional Information

Calories: 150; Protein: 3g; Carbohydrates: 15g; Fat: 9g; Fiber: 2g; Cholesterol: 35mg; Sodium: 50mg; Potassium: 150mg

Sweet Peach Hand Pies

Serves: 4 (Makes 8 hand pies)

Cooking Time: 10-12 minutes

Preparation Time: 15 minutes

For the Filling:

- 2 ripe peaches, peeled and diced (1 1/2 cups)
- 2 tbsp. honey or maple syrup (optional, adjust to taste)
- 1 tsp. lemon juice
- 1 tsp. vanilla extract
- 1 tbsp. cornstarch
- 1/4 tsp. cinnamon (optional)

For the Dough:

- 1 package (8 oz) of refrigerated pie crust (or homemade if preferred)
- 1 egg
- 1 tbsp. milk or water

Optional:

- Powdered sugar for dusting
- A drizzle of honey or melted chocolate (optional)

Use whole-grain pie crust or substitute the honey with a no-sugar alternative **for a healthier twist**. Feel free to **experiment with spices** like nutmeg or ginger for added flavor. These hand pies can be **stored** in an airtight container at room temperature for 2 days or in the refrigerator for up to 5 days. **Reheat** in the air fryer at 300°F (150°C) for 2-3 minutes to restore crispness.

Mix 1: In a medium mixing bowl, combine the diced peaches, honey, or maple syrup (if using), lemon juice, vanilla extract, cornstarch, and cinnamon. Stir well to coat evenly and set aside.

Prepare the Dough: Roll out the pie crust and use a 4-inch round cutter (or the bowl's rim) to cut 8 circles. Reroll scraps as needed.

Assemble the Hand Pies: Spoon about 1 tbsp. of the peach mixture onto the center of each dough circle. Fold the dough over to form a half-moon shape. Press the edges firmly with a fork to seal. Using a small knife, cut a tiny slit on top of each pie for steam to escape.

Mix 2: In a small bowl, mix the beaten egg with 1 tbsp. of milk or water. Brush the egg wash lightly over the top of each pie.

Air Fryer: Preheat your air fryer to **350°F (180°C)** for **3 minutes**.

Cooking: Arrange the hand pies in a single layer in the air fryer basket, ensuring they don't touch. Depending on the size of your air fryer, you may need to work in batches. Air fry at **350°F (180°C)** for **10-12 minutes** or until the pies are golden brown and crisp.

Serve: Allow the pies to cool for a few minutes before dusting them with powdered sugar or drizzling with honey or melted chocolate if desired.

Nutritional Information

Calories: 180; Protein: 3g; Carbohydrates: 24g; Fat: 7g; Fiber: 2g; Cholesterol: 30mg; Sodium: 150mg; Potassium: 100mg

Strawberry Shortcake Bites

Serves: 4

Cooking Time: 8 minutes

Preparation Time: 15 minutes

For the Shortcake:

- 1 cup all-purpose flour (or whole wheat flour for added fiber)
- 2 tbsp. granulated sugar (or coconut sugar for a healthier option)
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 tbsp. unsalted butter (cold, cubed; can substitute with coconut oil)
- 1/3 cup unsweetened almond milk (or any milk of choice)
- 1 tsp. vanilla extract

For the Strawberry Filling:

- 1 cup fresh strawberries, diced
- 1 tbsp. honey or maple syrup (optional, based on sweetness preference)

For the Topping:

- 1/4 cup plain Greek yogurt or whipped coconut cream
- 1 tsp. powdered sugar (optional, for garnish)

Optional:

- Fresh mint leaves
- A dusting of cinnamon or cocoa powder

To make this recipe **vegan**, use coconut oil instead of butter, plant-based milk, and whipped coconut cream for the topping. **You can adjust the sweetness** of the filling and topping to suit your taste by omitting or reducing the honey/maple syrup and powdered sugar. Add a dash of cinnamon or lemon zest to the strawberry filling **for added flavor**.

Mix: In a medium bowl, combine the flour, sugar, baking powder, and salt. Add the cold butter cubes and blend with your fingers or a pastry cutter until the mixture resembles coarse crumbs. Stir in the almond milk and vanilla extract, mixing until the dough just comes together. Avoid over mixing.

Shape the Bites: Divide the dough into 12 small, even portions and shape them into rough balls or flattened disks.

Air Fryer: Preheat the air fryer to **350°F (175°C)** for **3 minutes**.

Cooking: Lightly grease the air fryer basket or line it with parchment paper. Place the dough balls into the air fryer basket, leaving a little space between each to allow for expansion. Cook at **350°F (175°C)** for **8 minutes**, flipping halfway through, until golden and puffed.

Prepare the Strawberry Filling: While the shortcake bites are cooking, mix the diced strawberries with honey or maple syrup (if using) in a small bowl.

Serve: Once the shortcake bites are slightly cooled, slice them in half (optional). Spoon the strawberry filling over each shortcake bite and top with a dollop of Greek yogurt or whipped coconut cream. Garnish with fresh mint leaves and powdered sugar, if desired.

Nutritional Information

Calories: 175; Protein: 4g; Carbohydrates: 25g; Fat: 6g; Fiber: 2g; Cholesterol: 10mg; Sodium: 180mg; Potassium: 120mg

Caramelized Pineapple Rings

Serves: 4

Cooking Time: 10 minutes

Preparation Time: 5 minutes

- 1 medium-sized fresh pineapple, peeled, cored, and sliced into rings (8 slices)
- 2 tbsp. Brown sugar (or coconut sugar for a healthier alternative)
- 1 tsp. Ground cinnamon: (optional, for added flavor)
- 1 tbsp. Unsweetened shredded coconut: (optional garnish)
- Cooking spray

For a low-calorie version, replace brown sugar with a zero-calorie sweetener (like Stevia). Add nutmeg or a pinch of ground ginger **for a spiced variation**. Serve as a light dessert, over yogurt, or a topping **for pancakes or waffles**.

Prepare: Place the pineapple rings on a clean surface or plate. In a small bowl, mix the brown sugar (or coconut sugar) with ground cinnamon, if using.

Coat the Pineapple: Lightly sprinkle the sugar mixture over both sides of the pineapple rings, ensuring even coating.

Air Fryer: Preheat your air fryer to **375°F (190°C)** for **2-3 minutes**.

Cooking: Lightly spray the air fryer basket with olive oil or brush it with melted coconut oil to prevent sticking. Place the pineapple rings in a single layer in the basket. Avoid overcrowding to ensure proper caramelization. Cook in batches if needed. Air fry the pineapple rings for **8-10 minutes**, flipping them halfway through. Check for a golden-brown and caramelized surface. Adjust the cooking time by **1-2 minutes** for deeper caramelization.

Serve: Once cooked, carefully remove the pineapple rings using tongs. If desired, garnish with a sprinkle of unsweetened shredded coconut or additional cinnamon for a decorative and flavorful touch.

Nutritional Information

Calories: 90; Protein: 0.6g; Carbohydrates: 23g; Sugars: 18g; Fat: 0.2g (with optional oil); Fiber: 2g; Cholesterol: 0 mg; Sodium: 2 mg; Potassium: 180 mg

Pecan Pie Bites

Serves: 12 bites

Cooking Time: 8-10 minutes

Preparation Time: 10 minutes

For the crust:

- 1 cup rolled oats (blended into flour or store-bought oat flour)
- 2 tbsp. coconut oil (or unsalted butter)
- 1 tbsp. maple syrup (or honey)
- 1 tsp. vanilla extract
- Pinch of salt

For the filling:

- 1/2 cup chopped pecans
- 1/4 cup maple syrup (or honey)
- 1 egg (or 2 tbsp. flaxseed meal mixed with 5 tbsp. water as a vegan alternative)
- 1/2 tsp. cinnamon (optional)
- Pinch of nutmeg (optional)

Optional:

- Additional chopped pecans or a drizzle of melted dark chocolate

Add an extra tsp. of maple syrup to the filling **for a sweeter version**. **For a different flavor**, use walnuts instead of pecans. Sprinkle sea salt flakes on top **for a salted caramel-style** twist.

Mix: Combine oat flour, coconut oil, maple syrup, vanilla extract, and a pinch of salt in a bowl. Mix until crumbly but cohesive. Divide the mixture into 12 portions. Press each into the bottom and slightly up the sides of silicone or metal mini muffin molds to create a slight crust. In another bowl, whisk together the maple syrup, egg (or flax egg), cinnamon, and nutmeg. Stir in the chopped pecans.

Assemble the bites: Spoon about 1 tsp of the pecan mixture into each crust, ensuring the filling is evenly distributed.

Air fryer: Preheat the air fryer to **325°F (160°C)** for **2 minutes**.

Cooking: Place the muffin molds in the air fryer basket. Cook at **325°F (160°C)** for **8–10 minutes**, checking at the **8-minute** mark to prevent overbaking. The bites are done when the filling is set and slightly puffed.

Serve: Allow the bites to cool completely in the molds before removing them. This helps the crust hold its shape. Before serving, add a drizzle of melted dark chocolate or sprinkle extra chopped pecans on top.

Nutritional Information

Calories: 95; Protein: 2g; Carbohydrates: 8g; Fat: 7g; Fiber: 1.5g; Cholesterol: 10 mg (using egg); Sodium: 15 mg; Potassium: 50 mg

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