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Julie's Recipe Collection (Air Fry)

July 2026

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General Conversion for Oven Recipes:

Reduce the heat from the standard oven recipe by 25 degrees and reduce the time by 25%. Check for doneness about 2/3 of the way through the time in your original recipe and check the internal temperatures before removing from the air fryer. ([See chart.](#))

 Favorites

Sources:

AR	allrecipes.com	FN	FoodNetwork.com
BMW	thebigmansworld.com	TH	TasteofHome.com

Air Frier Hacks

- Instant Reheating Trick: Instead of using the microwave, cook leftover pizza, fries, or fried chicken in the air fryer at 350° for 3–4 min.
- Dehydrator: Most air fryers can double as dehydrators. Set to 150–170°F and dehydrate apple slices, banana chips, or herbs.
- Crispy Bacon Without the Mess: Cook bacon strips in the basket at 350° for 8–10 min. No greasy splatters, and you can save the bacon fat that drips below.
- Hard-Boiled Eggs: Air fry eggs in the basket at 270° for 15–17 min, then place in ice water.
- Revive Stale Chips: Heat stale chips, crackers, or popcorn at 300° for 2–3 min to crisp.
- Mini Toaster Oven: Heat small portions of bread or bagels in the air fryer—crispy outside, fluffy inside.
- Perfect Grilled Cheese: Cook sandwich at 370° for 5 min per side.
- Quick Roast Garlic: Wrap garlic bulb in foil with a drizzle of oil, air fry at 370° for 20 min for soft, caramelized garlic paste.
- Burgers: Place patties on parchment or foil with holes poked in. Juices drip away, no greasy splatter, and burgers stay juicy.
- Crispy Frozen Dumplings: Brush lightly with water instead of oil, air fry at 380° for 8–10 min.
- Roaster for Nuts & Seeds: Roast almonds, pumpkin seeds, peanuts at 300° for 6–8 min.
- No-Bake Desserts: Use silicone muffin cups inside the basket to bake small batches of brownies, muffins, or lava cakes.
- Spanikopita: 400°, 12-15 min.

Breads, Cookies, Donuts



Bread, AF Biscuits | FN

Yield: 10–12 biscuits Preheat 350°

Biscuits:

2 c self-rising flour, plus more for
dusting
½ t sugar
8 T (1 stick) butter, chilled
1 c shaken buttermilk

Add the flour to a bowl and stir in the sugar. Combine 6 T butter with the flour mixture until the texture is sandy. Stir in the buttermilk with a wooden spoon until combined, then turn out onto a floured work surface. Press and shape the dough into a 5–6" round about 1" high. Flour a 2" biscuit cutter and cut the dough into 10–12 biscuits, reshaping as needed. Transfer the biscuits to a plate.

Honey Butter:

4 T (½ stick) butter, room temp
1 T honey
¼ t salt

Melt 2 T butter. Pour the melted butter over each biscuit, coating them. Add the biscuits to the AF so they are all touching. Cook until the biscuits are golden brown, 15 min.

For the honey butter: Mix the butter, honey and salt in a small bowl. Set aside or refrigerate until ready to use.

Serve the biscuits immediately with the honey butter.



Bread, AF French Toast Sticks | AR

Yield: 4 servings Preheat 400°

2 large eggs

½ c milk

1 T butter, melted

1 t vanilla extract

1 t ground cinnamon

4 slices day-old bread, cut into
thirds

1 t confectioners' sugar, or to taste

Mix eggs, milk, butter, vanilla extract, and cinnamon in a bowl.

Line an air fryer basket with parchment paper.

Dip each piece of bread into the milk mixture and place in the basket.

Cook bread for 6 min; flip and cook for 3 min. Sprinkle with confectioners' sugar.



Bread, AF Garlic Bread | TH

Yield: 8 servings Preheat 350°

¼ c butter, softened

3 T grated Parmesan cheese

2 garlic cloves, minced

2 t minced fresh parsley

or ½ t dried parsley flakes

8 slices ciabatta or French bread



In a small bowl, combine first 4 ingredients; spread over bread.

In batches, arrange bread in a single layer on tray in AF basket. Cook until golden brown, 2–3 min. Serve warm.

Nutrition Facts: 1 piece: 122 calories, 7g fat (4g saturated fat), 17mg cholesterol, 181mg sodium, 14g carbohydrate (1g sugars, 1g fiber), 3g protein

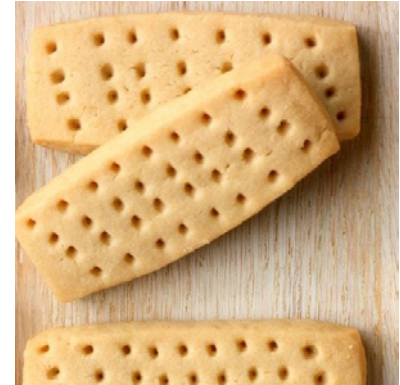
Cookies, AF Scottish Shortbread | TH

Yield: 4 dozen Preheat 290°

2 c butter, softened

4–4½ c flour

1 c brown sugar



Cream butter and brown sugar until light and fluffy, 5–7 min. Add 3¾ c flour; mix well. Turn dough onto a floured surface; knead 5 min, adding flour to form a soft dough.

Roll to ½" thickness. Cut into 3×1" strips; prick with a fork. Place 1" apart on an ungreased tray in air-fryer basket. Cook lightly browned, 7–9 min. Cool in basket 2 min. Cool completely on wire rack.

Nutrition Facts: 1 cookie: 123 calories, 8g fat (5g saturated fat), 20mg cholesterol, 62mg sodium, 12g carbohydrate (5g sugars, 0 fiber), 1g protein

Donuts, AF Donuts | TH

Preheat 375°

Tube of biscuits

Cinnamon-sugar

Melted butter

Vanilla



Separate the biscuits. If kitchen is warm, place the biscuits on a parchment-lined baking sheet.

Cut out the biscuit centers using a 1" cutter or shot glass. Save the centers.

Stretch out and bake the donut circles in batches. Place in a single layer in a greased basket. Cook until golden brown and puffed, 5 min, turning once. (Cooking times may vary.) Remove from air fryer.

Cook the donut holes in air fryer until golden brown, 3–4 min. Don't overcrowd the basket.

In a shallow dish, stir the sugar and cinnamon. In a separate bowl, mix the melted butter and vanilla.

Brush the cooked donuts and donut holes with the melted butter. Toss them in the cinnamon-sugar. Serve warm.

To store, place in an airtight container and keep at room temp for up to two days.

To freeze, place in an airtight container and store in the freezer for up to 3 months. Thaw in the fridge overnight, then reheat in the air fryer or microwave until warmed through.

Donuts, AF Donuts | BMW

Preheat 400°

1¼ c self-rising flour*

1 c Greek yogurt

1 t vanilla

1½ c powdered sugar

1–2 T water or milk



In large bowl, combine flour with yogurt and vanilla; mix well. If the dough is too thin, add more flour. If the dough is too thick, add more yogurt. Press the dough into a ball.

Transfer the dough onto a lightly floured counter. Knead several times until smooth. Divide into 8 equal portions. Roll out each portion of dough into a long, sausage shape and connect both sides to form a donut.

Line an air fryer basket with parchment paper. Place 2–4 donuts on them, ensuring the donuts are at least ½" apart, to ensure they have room to rise and spread.

Air fry the donuts for 7–8 min until firm on the outside. Let the donuts cool completely.

Prepare the glaze. Sift the powdered sugar into a large bowl. Add 1–2 T water or milk and mix to a smooth glaze.

Dip each donut in the glaze and place them on a wire rack. If desired, top with sprinkles.

*To make self-rising flour, combine 1 cup all-purpose or cake flour + 2 t baking powder + 1/16 t salt, then sift the ingredients. Leftover flour can be stored at room temp in an airtight container up to 6 mo.

Appetizers, Sides



App, AF Baked Brie with Pesto and Sundried Tomatoes | FN

Preheat 375°

3 T olive oil

Salt and black pepper

½ c marinated artichoke hearts,
chopped

½ c sundried tomatoes, chopped

3 T basil pesto

1 large egg

Flour, for dusting

One sheet frozen puff pastry,
thawed

One 8-oz wheel of brie

Crackers and endive, for serving

Stir the artichokes, sundried tomatoes, and 2 T pesto in a med bowl until combined. Set aside. Whisk the egg with a splash of water in a bowl and set the egg wash aside.

Dust a worksurface with flour. Roll out the puff pastry to a 14×12" rectangle. Cut ¼" strips of dough off the shorter end to create a 12×12" square, reserving the strips for decorating.

Brush the center of the square of puff pastry lightly with the egg wash. Lay the reserved strips at an angle in a crisscross pattern in the center of the square of pastry, 4 in one direction and 4 in the other. Press to adhere. Place a piece of parchment paper on top of the puff pastry, then use the parchment paper to help flip it over so the crisscross pattern is now facing down.

Spoon the artichoke mixture into the center of the dough, then top with 1 T pesto and the wheel of brie. Fold the pastry up and over the brie, brushing the edges with egg wash and pinching to seal. Flip the pastry-wrapped brie over so the design is on top. Brush the exterior with the egg wash, then refrigerate until chilled, 20–30 min.

Preheat the air fryer to 375°. Place the brie in the center of the basket and cook until golden brown, 18 min.

Let sit for 5 min, then serve warm with the toasted bread, crackers, and endive.



Sandwich, AF Grilled Ham and Cheese | AR

Preheat 380°

2 T butter

8 slices white bread

2 T Dijon mustard

8 slices deli ham

4 large slices Swiss cheese

8 dill pickle slices

cooking spray

Spread butter on one side of each slice of bread. With butter side down, spread 4 slices with Dijon mustard, top with Swiss cheese, ham slices, and pickles. Place the top slices, butter side up, and press sandwiches to close.

Spray the air fryer basket with cooking spray. Place sandwiches in a single layer, with space around them.

Cook until sandwiches begin to brown, 3–4 min. Flip and cook until cheese has melted and sandwiches are golden brown, 2–3 min. Slice sandwiches in half and serve warm.



Sandwich, AF Hot Pockets | delish

Preheat 380°

1 pkg crescent rolls
2 T olive oil, divided
2 c broccoli florets
3 t salt, divided

3 chicken breasts, ½" pieces
¾ c Buffalo sauce
2¼ t honey
12 thin slices cheddar cheese



In a large skillet over med, heat 1 T oil. Season broccoli with ½ t salt and cook until tender and lightly browned, 5–7 min. Transfer to a bowl.

Season chicken with remaining ½ t salt, then rub with 1 T oil. In same skillet over med, cook chicken, turning occasionally, until cooked through, 6 min. Transfer to bowl with broccoli. Add Buffalo sauce and honey and stir to combine. Let cool.

Divide each dough sheet into 4 (6"×3") rectangles, 12 total. Arrange filling lengthwise on one half of each rectangle, leaving a thin border around the sides. Top with cheese.

In a small bowl, whisk egg with a splash of water. Brush edges of dough with egg wash. Fold long side of rectangle over and press edges to seal. Brush top with egg wash.

Coat basket with cooking spray. Arrange filled dough in a single layer. Cook at 375° until golden brown, 4 –5 min. Sprinkle with coarse salt.

Note: Substitute filling with one of the following:

1½ c moz, pepperoni slices, ¾ c tomato sauce, ¾ t oregano
goat cheese, prosciutto, and fig

PB & J

Apple pie filling.

Beef, Pork



Pork, AF Ham with Brown Sugar | FN

Preheat 325°

One 2–3 lb cooked spiral-cut ham	½ t ground cinnamon
⅔ c light brown sugar	½ t chili powder
1 T apple cider vinegar	⅛ t ground allspice
1 T yellow mustard	
1 T Worcestershire sauce	



Allow the ham to come to room temp, 30 min.

Mix the sugar, vinegar, mustard, Worcestershire, cinnamon, chili powder and allspice in a small bowl. Cut two 20" sheets of heavy-duty foil, overlapped perpendicularly and place the ham in the middle skin-side up. Pour the sugar mixture over the ham, making sure the ham is fully covered. Cover and seal with the foil to keep from leaking.

Cook the ham for 30 min. When you open the foil, the ham will be starting to brown with plenty of juices in the foil.

Baste the ham with the juices. Continue to cook, uncovered, until the top is a deep brown, 20 min. Baste the ham again. Continue to cook until the ham is dark and shiny on top but still pink and juicy in the center and 140°, 10 min.

Transfer the ham to a serving platter and pour the juices into a saucepan. Let the ham rest 10 min. Simmer the juices over med-low heat until thickened, 10 min. Pour the sauce over the ham and serve warm or at room temp.

Pork, AF Kielbasa Bites | AR

Yield: 4 servings Preheat 380°

14 oz kielbasa sausage

1/4 c Dijon mustard

2 T honey or hot honey

1 T whole grain mustard

1 T brown sugar

1 T apple cider vinegar

1 T plain yogurt



Slice 1/4" crosswise cuts along kielbasa without cutting all the way through (see *Note*).

In a small bowl, combine Dijon, honey, whole grain mustard, brown sugar, and vinegar. Divide sauce into 2 bowls. Stir yogurt into the first bowl until smooth; set aside for dipping sauce. Use the second bowl to glaze the kielbasa.

Spray the fryer basket with cooking spray. Cut kielbasa into 1" links. Brush mustard sauce over sausages.

Cook until golden brown with crispy edges, 7–9 min.

Transfer to a serving platter. Serve with mustard dipping sauce.

Note: Hasselback style is slicing food into thin, even sections, but not all the way through. Place the kielbasa between two chopsticks, and slice with a sharp knife.

Pasta



Pasta, AF Ravioli | TH

Yield: 1.5 dozen Preheat 350°

1 c seasoned bread crumbs

¼ c shredded Parmesan cheese

2 t dried basil

½ c flour

2 large eggs, lightly beaten

1 pkg (9 ounces) frozen ravioli,
thawed

Cooking spray

Fresh minced basil, optional

1 c marinara sauce, warmed



In a bowl, mix bread crumbs, Parmesan cheese and basil.

Place flour and eggs in separate bowls. Dip ravioli in flour to coat both sides; shake off excess. Dip in eggs, then in crumb mixture, patting to help coating adhere.

In batches, arrange ravioli in a single layer on greased tray in AF basket; spritz with cooking spray. Cook until golden brown, 3–4 min. Turn; spritz with cooking spray. Cook until

golden brown, 3–4 min. Immediately sprinkle with basil and additional Parmesan cheese. Serve warm with marinara sauce.

Nutrition Facts: 1 piece: 40 calories, 1g fat (0 saturated fat), 6mg cholesterol, 117mg sodium, 6g carbohydrate (1g sugars, 1g fiber), 2g protein

Pizza



Pizza, AF Pizza | delish

Yield: 1.5 dozen Preheat 350°

2 8-oz. packages pizza dough

1 T olive oil, divided

⅓ c crushed tomatoes

1 clove garlic, minced

½ t oregano

Salt & pepper

8 oz. mozzarella ball, cut into ¼" slices

Basil leaves, for serving



On a clean, floured surface, gently flatten ball of dough with your hands until about 8" in diameter. Repeat with second dough ball. Brush both with olive oil and transfer one, oil side up, into the basket of your air fryer.

In a med bowl, combine crushed tomatoes, garlic; oregano, and season with salt and pepper. Spoon half onto the center of rolled out pizza dough, then spread into an even layer, leaving edge bare.

Add half the mozzarella to pizza.

Air fry at 400° for 10–12 min until crust is golden and cheese is melted.

Remove first pizza and garnish with basil leaves. Assemble and cook second pizza, garnish, and serve.

Note: Always build your pizza inside the air fryer basket.

Seafood



Seafood, AF Cod | TH

Yield: 2 servings Preheat 370°

¼ c fat-free Italian salad dressing

½ t sugar

⅛ t salt

⅛ t garlic powder

⅛ t curry powder

⅛ t paprika

⅛ t pepper

2 cod fillets (6 oz each)

2 t butter

In a shallow bowl, mix the first 7 ingredients; add cod, turning to coat. Let stand 10–15 min.

Place fillets in a single layer on a greased tray in AF basket; discard remaining marinade. Cook until fish just begins to flake easily with a fork, 8–10 min. Top with butter.

Nutrition Facts: 1 fillet: 168 calories, 5g fat (3g saturated fat), 75mg cholesterol, 366mg sodium, 2g carbohydrate (2g sugars, 0 fiber), 27g protein



Seafood, AF Crab Cakes with Wasabi | TH

Yield: 2 dozen Preheat 375°

- | | |
|--------------------------------|---|
| 1 med sweet red pepper, diced | ¼ t prepared wasabi |
| 1 celery rib, diced | ¼ t salt |
| 3 green onions, finely chopped | ⅓ c plus ½ c dry bread crumbs,
divided |
| 2 large egg whites | 1½ c lump crabmeat, drained |
| 3 T reduced-fat mayonnaise | Cooking spray |

Combine first 7 ingredients; add ⅓ c bread crumbs. Gently fold in crab.

Place remaining bread crumbs in a bowl. Drop heaping tablespoons crab mixture into crumbs. Shape into ¾" patties. In batches, place patties in a single layer on a greased tray in AF basket. Spritz crab cakes with cooking spray. Cook until golden brown, 8–12 min, carefully turning halfway through cooking and spritzing with additional cooking spray.

Place sauce ingredients in food processor; pulse 2–3 times to blend. Serve crab cakes immediately with dipping sauce.

Sauce:

- 1 celery rib, chopped
- 1/3 c reduced-fat mayonnaise
- 1 green onion, chopped
- 1 T sweet pickle relish
- 1/2 t prepared wasabi
- 1/4 t celery salt

Nutrition Facts: 1 crab cake with 1 teaspoon sauce: 49 calories, 2g fat (0 saturated fat), 13mg cholesterol, 179mg sodium, 4g carbohydrate (1g sugars, 0 fiber), 3g protein



Seafood, AF Crumbed Fish | AR

Yield: 4 servings Preheat 350°

1 c panko bread crumbs

¼ c vegetable oil

Paprika

Onion powder

Garlic powder

Lemon pepper

Salt and pepper

Parmesan cheese

4 flounder or cod fillets

1 egg, beaten

1 lemon, sliced



Place bread crumbs, oil, spices, and grated cheese into a shallow bowl; stir until mixture becomes loose and crumbly.

Dip fillets into egg; shake off any excess. Press fillets into bread crumb mixture to coat evenly.

Bake 12 min. Garnish with lemon slices; serve.

Seafood, AF Fish and Chips | TH

Yield: 4 servings Preheat 400°

1 lb potatoes (2 med)

2 T olive oil

¼ t pepper

¼ t salt

1 lb haddock or cod fillets

⅓ c flour

¼ t pepper

1 large egg

2 T water

⅔ c crushed cornflakes

1 T grated Parmesan cheese

⅛ t cayenne pepper

¼ t salt



Peel and cut potatoes lengthwise into ½" slices; cut slices into ½" sticks.

In a large bowl, toss potatoes with oil, pepper and salt. Working in batches, place potatoes in a single layer on tray in AF basket; cook until just tender, 5–10 min. Toss potatoes to redistribute; cook until lightly browned and crisp, 5–10 min.

In a bowl, mix flour and pepper. In another bowl, whisk egg with water. In a third bowl, toss cornflakes with cheese and cayenne. Sprinkle fish with salt. Dip into flour mixture to

coat both sides; shake off excess. Dip in egg mixture, then in cornflake mixture, patting to help coating adhere.

Remove fries from basket; keep warm. Place fish in a single layer on tray in AF basket. Cook until fish is lightly browned, 8–10 minutes, turning halfway through. Do not overcook. Return fries to basket to heat through. Serve immediately.

Nutrition Facts: 1 serving: 312 calories, 9g fat (2g saturated fat), 85mg cholesterol, 503mg sodium, 35g carbohydrate (3g sugars, 1g fiber), 23g protein

Seafood, AF Salmon | AR

Yield: 2 servings Preheat air fryer to 390°

cooking spray	1 t brown sugar
1 T Old Bay or Cajun seasoning	2 6-oz salmon fillets

Rinse and dry salmon fillets with a paper towel. Mist fillets with cooking spray.

Mix seasoning and brown sugar in a small bowl; spread onto a plate.

Press fillets, flesh-side down, into seasoning mixture.

Spray the air fryer tray with cooking spray and place salmon fillets skin-side down.

Mist salmon again lightly with cooking spray.

Cook 8 min. Let rest for 2 min before serving.

Note: Increase the cook time by 1–2 min if you prefer your salmon slightly more done.



Seafood, AF Salmon | delish

2 6-oz salmon fillets

Salt & pepper

1 garlic clove, minced

2 T whole grain mustard

1 T brown sugar

2 t olive oil

½ t fresh thyme leaves

Season salmon all over with salt and pepper. In a small bowl, whisk garlic, mustard, brown sugar, oil, and thyme to combine. Spread garlic mixture on top of salmon.

In an air fryer basket, arrange salmon. Cook at 400° for 10 min or longer.

Maple glaze: Combine 1/2 c maple syrup, 1 t whole grain dijon mustard, and a dash of low-sodium soy sauce. Bring to a boil and remove from heat. Brush over salmon. Let the remainder of the sauce cool to thicken into a glaze to brush over salmon when it's done.



Seafood, AF Salmon from Frozen | AR

Preheat 390°

¼ c Dijon mustard

1 T brown sugar

2 t minced garlic

¾ t kosher salt

½ t freshly ground black pepper

½ t freeze-dried dill

2 12-oz frozen salmon fillets,
skin-on



Whisk mustard, brown sugar, garlic, salt, pepper, and dill in a small bowl until well combined. Set aside.

Place frozen salmon, flesh-side down, in the air fryer basket and cook 6 min. Flip salmon, brush ¼ of the sauce over each fillet, and cook for 6 min.

Brush remaining sauce over fillets and cook until fish flakes easily with a fork, 3–4 min.

Seafood, AF Salmon with Lemon and Garlic | AR

Yield: 2 servings Preheat 390°

1 T melted butter

½ t minced garlic

2 6-oz fillets salmon fillets

¼ t lemon-pepper seasoning

⅛ t dried parsley

cooking spray

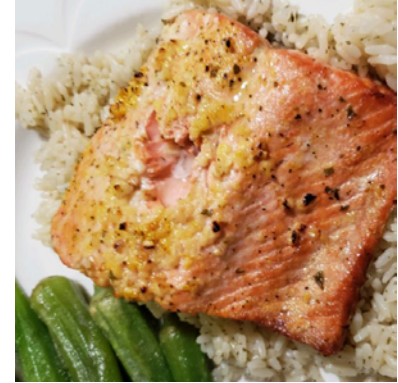
3 thin slices lemon, cut in half

Combine melted butter and minced garlic in a small bowl.

Rinse salmon fillets and dry with a paper towel. Brush with butter mixture and sprinkle with lemon-pepper seasoning and parsley.

Spray the basket of the air fryer with cooking spray. Place salmon fillets in the basket, skin-side down, and top each with 3 lemon halves.

Cook 8–10 min. Let rest for 2 min before serving.



Seafood, AF Scallops | TH

Yield: 2 servings Preheat 400°

1 large egg

⅓ c mashed potato flakes

⅓ c seasoned bread crumbs

⅛ t salt

⅛ t pepper

6 sea scallops (¾ lb), patted dry

2 T flour

Butter-flavored cooking spray



In a bowl, lightly beat egg. In another bowl, toss together potato flakes, bread crumbs, salt and pepper. In a third bowl, toss scallops with flour to coat lightly. Dip into egg, then into potato mixture, patting to adhere.

Arrange scallops in a single layer on greased tray in AF basket; spritz with cooking spray. Cook until golden brown, 3–4 min. Turn; spritz with cooking spray. Cook until scallops are firm and opaque, 3–4 min.

Nutrition Facts: 3 scallops: 298 calories, 5g fat (1g saturated fat), 134mg cholesterol, 1138mg sodium, 33g carbohydrate (2g sugars, 2g fiber), 28g protein

Seafood, AF Scallops, Breaded | AR

Yield: 4 servings Preheat air fryer to 390°

½ c crushed Ritz crackers or
panko

½ t garlic powder

½ t Old Bay seasoning

2 T butter, melted

1 lb sea scallops, patted dry



Mix cracker crumbs, garlic powder, and seafood seasoning together in a shallow bowl. Place melted butter in a second shallow bowl.

Dip each scallop in melted butter, then roll in the breading.

Lightly spray the air fryer tray with cooking spray. Arrange scallops in the tray.

Cook 2 min. Turn scallops and cook until opaque, 2 min.

Seafood, AF Coconut Shrimp | FN

Preheat 385°

1 lb large shrimp, tails on

Salt and black pepper

1 c sweetened shredded coconut

½ c panko breadcrumbs

½ c flour

2 large eggs

Nonstick cooking spray

Sweet chile sauce, for dipping



Pat the shrimp dry between paper towels, then season with salt and a few grinds of pepper.

Pulse the coconut and panko in a food processor until finely chopped. Transfer to a small bowl.

Whisk the flour with $\frac{3}{4}$ t salt and few grinds pepper in another bowl or a baking dish. Whisk the eggs with a pinch salt in a third bowl. Dip a shrimp in the seasoned flour, shaking off any excess, then dip in the beaten egg. Dredge in the coconut-panko mixture, turning until evenly coated.

Transfer to a large plate or a rimmed baking sheet and continue until all the shrimp are coated.

Working in batches, place some of the shrimp in the fryer basket in a single layer, then spray lightly with nonstick cooking spray. Cook, flipping halfway through, until the shrimp are golden brown, 10 min.

Serve the coconut shrimp with some sweet chile sauce for dipping.

Seafood, AF Shrimp Scampi | FN

Preheat 375°

salt

1 lemon

1 lb shrimp (16/20 count), peeled,
deveined, tails on

5 sprigs fresh thyme

3 cloves garlic, thinly sliced

1 dried bay leaf

Freshly cracked black pepper

1 stick (8 T) unsalted butter, cut
into tablespoon pieces

12 oz campanelle pasta

½ c finely chopped flat-leaf parsley

2 T extra-virgin olive oil

Bring a large pot of salted water to a boil.

Zest the lemon in strips. Cut the lemon in half, then cut one half into wedges for serving. Reserve the other half.

Put the lemon zest, shrimp, thyme, garlic, bay leaf, ½ t salt and ¼ t pepper in a pan and toss to combine. Spread the mixture out in the pan, dot the butter on top, and cover tightly with aluminum foil.

Cook until the butter is bubbling and the shrimp are opaque, 10–12 min. While the shrimp cook, boil the pasta according to the package instructions.

Discard the lemon zest, bay leaf and thyme. Drain the pasta. Pour the shrimp mixture over the pasta. Add the parsley and olive oil, squeeze in the juice from the reserved lemon half and toss to combine. Serve with lemon wedges.



Vegetables



Vegs, AF Asparagus | TH

Yield: 4 servings Preheat 375°

1 lb fresh asparagus, trimmed

avocado oil cooking spray

1½ t grated lemon zest

½ t garlic powder

½ t pepper

¼ t seasoned salt

2 T shredded Parmesan cheese

Lemon wedges, optional

In large bowl, combine seasonings. Add asparagus; toss to coat. Working in batches, place in a single layer on the parchment-lined basket. Mist with avocado oil

Cook until tender and lightly browned, 6–10 min. Transfer to a serving platter; sprinkle with Parmesan cheese. Serve with lemon wedges.



Vegs, AF Avocado Fries | TH

Yield: 28 servings Preheat 400°

- 1 large egg, beaten
- ¼ c cornmeal
- ½ t salt
- ½ t garlic powder
- ½ t ground chipotle pepper
- 2 med avocados, peeled and sliced (slightly firm)
- Cooking spray



Place egg in a bowl. In another bowl, mix cornmeal, salt, garlic powder and chipotle pepper. Dip avocado slices into egg, then into cornmeal mixture, patting to help adhere.

In batches, place avocado slices in a single layer on greased tray in AF basket; spritz with cooking spray. Cook until golden brown, 4 min. Turn; spritz with cooking spray. Cook until golden brown, 3–4 min.

Nutrition Facts: 1 piece: 22 calories, 2g fat (0 saturated fat), 5mg cholesterol, 25mg sodium, 1g carbohydrate (0 sugars, 1g fiber), 0 protein

Vegs, AF Broccoli | FN

Preheat 375°

- 2 c small broccoli florets
- 1 T vegetable oil
- Salt and black pepper



Toss the broccoli with the oil in a bowl until coated. Season with salt and pepper.

Cook until the broccoli is tender, 10 min

Vegs, AF Fried Pickles | TH

Yield: 32 slices Preheat 400°

32 dill pickle slices

½ c flour

½ t salt

3 large eggs, lightly beaten

2 T dill pickle juice

½ t cayenne pepper

½ t garlic powder

2 c panko bread crumbs

2 T snipped fresh dill

Cooking spray

Ranch salad dressing, optional



Drain pickles on paper towels until liquid is almost absorbed, 15 min.

In a bowl, combine flour and salt. In another bowl, whisk eggs, pickle juice, cayenne and garlic powder. Combine panko and dill in a third bowl.

Dip pickles in flour mixture to coat both sides; shake off excess. Dip in egg mixture, then in crumb mixture, patting to help coating adhere. In batches, place pickles in a single layer on greased tray in AF basket.

Cook until golden brown and crispy, 5–7 min. Turn pickles; spritz with cooking spray. Cook until golden brown and crispy, 5–7 min. Serve immediately.

Nutrition Facts: 1 pickle slice: 26 calories, 1g fat (0 saturated fat), 13mg cholesterol, 115mg sodium, 4g carbohydrate (0 sugars, 0 fiber), 1g protein

Vegs, AF Garlic Green Beans | AR

Preheat 400°

12 oz fresh green beans

$\frac{1}{4}$ t seasoned salt

1 T olive oil

$\frac{1}{8}$ t black pepper

1 T minced garlic

Place green beans in a bowl. Add olive oil, garlic, seasoned salt, and black pepper. Toss to coat.

Place green beans in the basket. Cook until crisp-tender, 10 min, shaking the basket halfway through.



Vegs, AF Sweet Potato Chips | AR

Preheat 350°

1 large (8 oz) sweet potato

1 T canola oil

¼ t sea salt

¼ t black pepper

cooking spray



Slice potato into ⅛" rounds using a mandoline. Soak potato slices in a large bowl of cold water for 20 min. Drain and pat dry with paper towels. Wipe out bowl.

Return slices to dried bowl. Add oil, salt, and pepper; toss gently to coat.

Lightly coat basket with cooking spray. Working in batches, arrange potato slices in an even layer.

Cook until lightly golden and crispy, 12–16 min, turning and rearranging chips in an even layer every 4 min. Watch the last 2–3 min of cooking. Check every 30 sec, using tongs to remove chips as needed to avoid overcooking.

Let chips cool 5 min. Chips will continue to crisp as they cool. Store in an airtight container up to 3 days.

Vegs, AF Chili-Garlic Tofu with Green Beans | FN

Preheat 400°

Two 14-oz pkg extra-firm tofu

2 T olive oil

Salt and black pepper

1 lb green beans, trimmed

⅓ c low-sodium soy sauce

2 T rice wine vinegar

2 T mirin

1 heaping T brown sugar

1–2 t chili-garlic paste

1 t cornstarch

3 cloves garlic, smashed whole

2 scallions, thinly sliced

Drain the tofu, wrap each block in layers of paper towel and set on a large plate. Place a heavy pan on top to press excess liquid from the tofu; allow to rest 15 min.

Slice each tofu block into six ½" slices. Drain any excess liquid, wipe dry and place the tofu slices back on the plate. Put 1 T oil in a small bowl; use a pastry brush to coat both sides of the slices with the oil. Season both sides of the slices with 1 t salt and several grinds of pepper.

Lay the tofu slices flat in the basket and cook, flipping halfway through, until lightly golden and crisp, 20 min. Transfer to a plate.

Toss the green beans in a bowl with 1 T oil, ½ t salt and several grinds of pepper. Cook the beans, tossing halfway through, until tender and blistered, 10 min.

While the beans cook, combine the soy sauce, rice wine vinegar, mirin, brown sugar, chili-garlic paste, cornstarch, garlic and 3 T water in a saucepan and stir until the cornstarch is dissolved. Cook over med-low, stirring occasionally, until the sauce is slightly reduced, thickened and shiny, 5–7 min.

Transfer the beans to a serving plate and shingle the tofu slices on top. Drizzle the sauce over the tofu and beans and garnish with the scallions.



Veg, Air Fryer Tempura Vegetables | AR

Yield: 4 servings Preheat 350°

2 large egg whites

¼ cup seltzer water

½ cup flour

½ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon seasoning
(see Variations below)

2 cups vegetables



Beat egg whites in a bowl until frothy. Whisk in seltzer water. **Variations:**

Whisk in flour, SEASONING, salt, and pepper until batter forms.

Spray basket. Dip vegetables into batter until coated; allow excess to drip off. Working in batches if needed, arrange vegetables in an even layer in basket. Cook until golden brown, 7 min.

Serve with ½ cup purchased dipping sauce (see Variations below)

Green Bean Tempura: Ground Ginger + Green Beans, trimmed + Wasabi Sauce

Broccoli/Cauliflower Tempura: Chinese Five Spice + Broccoli and/or Cauliflower Florets + Sweet Chili Sauce

Vegs, AF Zucchini Chips | AR

Yield: 4 servings Preheat 350°

1 c panko bread crumbs

2 T flour

1 t garlic powder

Salt and pepper

3

$\frac{1}{4}$ c grated Parmesan cheese

1 med zucchini, thinly sliced

1 large egg, beaten

cooking spray



Combine panko, Parmesan, flour, garlic, salt, and pepper on a plate.

Dip zucchini slices into beaten egg then into panko mixture, pressing to coat.

Place slices on a wire baking rack.

Arrange slices in a single layer in the air fryer basket. Lightly spray slices with cooking spray.

Cook 10 min; flip and cook 2 min.

Serve with marinara sauce or horseradish/ketchup for dipping.

Variation: Substitute sliced mushrooms.

Breakfasts



Eggs, AF Breakfast Frittata | AR

Yield: 2 servings Preheat 360°

¼ lb breakfast sausage, cooked and crumbled

4 large eggs, lightly beaten

½ c shredded Cheddar-Monterey Jack cheese blend

2 T red bell pepper, diced

1 green onion, chopped

1 pinch cayenne pepper (optional)

Mix sausage, eggs, cheese, bell pepper, green onion, and cayenne pepper in a large bowl.

Pour egg mixture into a sprayed, lined cake pan.

Cook until frittata is set, 18–20 min. Check at 12 min (may take less or more time).



Desserts



Dessert, AF Apple Fritters | TH

Yield: 15 servings Preheat 410°

1½ c flour

¼ c sugar

2 t baking powder

1½ t ground cinnamon

½ t salt

⅔ c 2% milk

2 large eggs, room temp

1 T lemon juice

1½ t vanilla extract, divided

2 med Honeycrisps, chopped

Cooking spray



In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Add milk, eggs, lemon juice and 1 t vanilla extract; stir just until moistened. Fold in apples.

Line AF basket with parchment (cut to fit); spritz with cooking spray. In batches, drop dough by ½ cupfuls 2" apart onto parchment. Spritz with cooking spray. Cook until golden brown, 5–6 min. Turn fritters; continue to air-fry until golden brown, 1–2 min.

Melt butter in small saucepan over med-hi. Cook until butter starts to foam, 5 min. Remove from heat; cool slightly.

Add confectioners' sugar, 1 T milk and ½ t vanilla extract to browned butter; whisk until smooth. Drizzle over fritters.

Browned butter glaze:

¼ c butter

1 c confectioners' sugar

1 T 2% milk

Nutrition Facts: 1 fritter: 145 calories, 4g fat (2g saturated fat), 34mg cholesterol, 183mg sodium, 24g carbohydrate (14g sugars, 1g fiber), 3g protein

Dessert, AF Apple Pies | AR

Yield: 10 servings Preheat 360°

1 pkg refrigerated pie crusts
(2 pie crusts)

1 can apple pie filling

1 egg, beaten

2 T cinnamon sugar, or to taste



Place 1 pie crust onto a lightly floured surface and roll out the dough with a rolling pin. Using a 2¼" round biscuit or cookie cutter cut the pie crust into 10 circles. Repeat with the second pie crust for a total of 20 pie crust circles.

Fill about ½ of each circle with apple pie filling. Place a second pie crust circle on top, making a mini pie. Do not overfill. Press down the edges of the mini pies, crimping with a fork to seal. Brush tops with beaten egg and sprinkle with cinnamon sugar.

Place a batch of the mini pies in the air fryer basket, leaving space around each for air circulation.

Bake until golden brown, 5–7 min. Serve warm or at room temperature.

Dessert, AF Brownies | TH

Yield: 9 servings Preheat 325°

⅓ c butter, cubed

1½ c 60% cacao bittersweet

chocolate baking chips, divided

¾ c sugar

2 large eggs, room temp

2 T water

1 t vanilla extract

¾ c flour

¼ t baking soda

¼ t salt

Line a 6" square or round cake pan with parchment, letting ends extend up sides. In a small microwave-safe bowl, melt butter and 1 cup chocolate chips; stir until smooth. Cool slightly.

In a large bowl, beat sugar, eggs, water and vanilla. Gradually stir in chocolate mixture. Combine flour, baking soda and salt; gradually add to chocolate mixture. Fold in remaining ½ c chocolate chips. Pour into prepared pan.



Bake until a toothpick inserted in center comes out with moist crumbs, 40–45 min. Cool on a wire rack.

Lifting with parchment, remove brownies from pan. Cut into squares.

Nutrition Facts: 1 brownie: 315 calories, 16g fat (10g saturated fat), 59mg cholesterol, 174mg sodium, 43g carbohydrate (32g sugars, 2g fiber), 4g protein

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Temps and Times

Meat

380	12	chicken breast	400	12	flank steak	400	5-10	bacon
360	75	whole chicken	400	10-15	rib eye	380	15	sausage
380	20-22	drumsticks, thighs	400	5	meatballs	380	4	calamari
400	12	chicken wings	390	45-55	eye round roast	400	10	fish fillet
360	8-10	chicken tenders	360	55	pork loin	400	7-10	tuna steak
370	16-20	burger	400	12	pork chops	400	5-7	scallops
400	18	filet mignon	370	15	pork tenderloin	400	5	shrimp

Vegetables

400	5	asparagus	390	6	corn on the cob	400	15	potatoes
400	40	beets	400	15	eggplant	400	12	squash
400	6	broccoli	400	5	green beans	380	30-35	sweet potatoes
380	15	brussels sprouts	400	5	mushrooms	350	4-6	tomatoes
380	15	carrots	400	10	onions	400	12	zucchini
400	12	cauliflower	400	15	peppers			

Frozen Food

400	8	onion rings	400	8	pot stickers	400	10	chicken nuggets
400	14-18	french fries	400	10	fish sticks	400	9	breaded shrimp
400	8	mozzarella sticks	400	14	fish fillet			