



# AIR FRYER RECIPES

# CHICKEN & VEGGIES



## INGREDIENTS

- 1 pound chicken breast, chopped into bite-size pieces (2-3 medium chicken breasts)
- 1 cup broccoli florets (fresh or frozen)
- 1 zucchini chopped
- 1 cup bell pepper chopped (any colors you like)
- 1/2 onion chopped
- 2 cloved garlic minced or crushed
- 2 tablespoons olive oil
- 1/2 teaspoon EACH garlic powder, chili powder, salt, pepper
- 1 tablespoon Italian seasoning (or spice blend of choice)

## DIRECTIONS

1. Chop the veggies and chicken into small bite-size pieces and transfer to a large mixing bowl.
2. Add the oil and seasoning to the bowl and toss to combine.
3. Add the chicken and veggies to the preheated air fryer and cook for 10 minutes, shaking halfway, or until the chicken and veggies are charred and chicken is cooked through.
4. If your air fryer is small, you may have to cook them in 2-3 batches.

# AIR FRYER STEAK



## INGREDIENTS

- 2 steaks
- 2-3 tbsp of favorite steak seasoning
- Spray oil or cooking fat of choice (I prefer avocado or olive oil)

## DIRECTIONS

1. First, pat the steak dry and let come to room temperature
2. Spray (or brush) oil lightly on the steak and season liberally
3. Spray or coat the bottom of the air fryer basket with oil and place the steaks into the air fryer. The steaks can be touching or sort of "smooshed" in the basket.
4. Cook on 400 degrees F. for 6 minutes, flip the steaks and cook for another 6 minutes. If you want your steak more well-done, add an additional 2-3 minutes. Let rest before serving.

# PARMESAN ZUCCHINI FRIES

## INGREDIENTS

- 2 small to medium size zucchini
- 1 Tbsp olive oil
- 2 Tbsp grated parmesan cheese
- 3/4 Tbsp garlic powder
- 1/2 Tbsp Italian seasoning
- Salt & pepper to taste



## DIRECTIONS

1. Slice the zucchini in 1/4 inch slices. Place in a bowl and add olive oil, parmesan cheese, garlic powder, Italian seasoning, and kosher salt and pepper to taste.
2. Toss until evenly coated. Place in the air fryer basket, it's ok if they overlap slightly. Sprinkle a little more parmesan over top.
3. Note: Depending on the size of your air fryer you may need to do these in two batches.
4. Set the air fryer for 12 minutes at 400 degrees.

# POTATO WEDGES

## INGREDIENTS

- 2 medium Russet potatoes, cut into wedges
- 1 1/2 Tbsp olive oil
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/8 tsp cayenne pepper, (optional)
- 1 tsp sea salt
- 1/4 tsp ground black pepper



## DIRECTIONS

1. If you want very crispy wedges, place raw potato wedges in a bowl and add cold water and 2 cups of ice cubes. Let them soak for at least 30 min then drain them and pat them dry with paper towels.
2. Preheat Air Fryer if it is recommended for your model.
3. In a large bowl or ziplock bag combine olive oil, paprika, garlic powder, cayenne pepper, salt, and black pepper. Add the potato wedges and toss to coat the potatoes with the seasoning.
4. Place wedges in the basket of the air fryer and cook for 15 minutes at 400F (200C). Shaking the basket every 5 minutes. Depending on your Air Fryer you might have to fry them in batches.



# CHICKEN TENDERS

## INGREDIENTS

### Chicken Marinade

- 1 lb chicken tenders
- 1/4 cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 garlic clove

### Breading mixture

- 1/2 tsp salt
- 1/8 tsp pepper
- 1/2 cup Panko bread crumbs
- 1/2 cup plain bread crumbs
- 1/4 cup grated Parmesan cheese



## DIRECTIONS

1. Combine the 1/4 mayonnaise, 1 tablespoon Dijon mustard, and 1 pressed garlic clove in a large bowl and place the 1 pound of chicken tenders inside.
2. Toss the chicken around in the marinade. You can begin dredging the chicken tenders right away or let them marinate for a few hours or even overnight for the best flavor.
3. Dredge in bread crumb mixture
4. Make breading by combining all breading mixture ingredients listed above.
5. Generously coat the chicken tenders in the breading mixture.
6. Lightly spray the bottom of the basket with cooking spray. Place the breaded chicken on the air fryer basket, and spray the top of the breaded chicken as well.
7. Bake in the air fryer at 400 degrees for about 4-5 minutes per side. Chicken should reach 165 degree internal temperature.

# CINNAMON SUGAR DONUTS

## INGREDIENTS

- 1 can Jumbo Flaky Biscuits like Pillsbury Grands
- 1/2 cup granulated sugar
- 1/2 Tbsp ground cinnamon
- 5 Tbsp butter melted



## DIRECTIONS

1. Preheat air fryer to 360 degrees. To do this, simply turn your air fryer on at 330 degrees and let it run for about 3-5 minutes.
2. In a bowl, mix together the cinnamon and sugar. Set aside.
3. Open the can of flaky biscuits and cut the center out of each one using a 1-inch round cutter. Lightly coat air fryer basket with coconut oil spray (you can also use olive oil spray).
4. Place the donuts (not holes), in air fryer. Bake for 5 minutes at 360 degrees. As the doughnuts are cooking, melt the butter.
5. Using a silicone pastry brush, lightly coat the baked doughnuts with your melted butter. Then cover the donuts with the cinnamon sugar mixture by dipping and rolling around. Use a spoon to coat the top as well. Gently shake off excess cinnamon sugar.
6. When you air fry the "holes", set your timer for 3 minutes and repeat the process of dipping in butter and cinnamon sugar.

# CHICKEN FLAUTAS OR TAQUITOS

## INGREDIENTS

- 1 cup cooked chicken (any leftover or rotisserie chicken works)
- 1/3 cup shredded cheese (Mexican blend or cheddar)
- 2 ounces (1/4 cup) cream cheese
- 2-3 tablespoons chunky bean & corn salsa (any salsa works)
- 4 tortillas (8 inches – flour or corn)
- Avocado or olive oil spray



## DIRECTIONS

1. Make the filling by combining the cooked meat cheese, cream cheese and salsa together in a bowl.
2. Roll up the taquitos/flautas: Use your spoon to loosely mark/divide the bowl of filling mixture into four quarters. To make it easy, use flour tortillas because they don't rip (flautas). If using corn tortillas (taquitos), warm them by wrapping in a paper towel and microwave on medium power for 10 second intervals until just barely warm to the touch (20 or 30 seconds).
3. Arrange a quarter of the filling in a line across the widest part of each tortilla. Roll them up and place them into the air fryer, then give a quick spray over the entire thing with your spray oil.
4. Cook: Air fry for 7-10 minutes at about 375F. Check them at 5 minutes so see how fast they're cooking. You want the taquitos to be nice and golden brown all around.



# SURF & TURF FAJITAS

## INGREDIENTS

- 1 lb beef flank or skirt steak is best cut into strips, or 100 medium precooked, defrosted shrimp
- 2 bell peppers sliced
- 1/2 large onion sliced
- 3 tbsp olive oil
- 1/2 tbsp chili powder
- 1/4 tsp pepper
- 1.5 tsp cumin
- 1 tsp salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp dry sriracha, optional



## DIRECTIONS

1. Put your sliced meat into a bowl and pour 2 tbsp of your olive oil on top. Mix together. If using shrimp: rinse, remove tails, place on paper towels and pat dry.
2. Combine all your spices in a small bowl and mix together well, then add in with meat and stir to coat.
3. Add sliced bell peppers and onions and add your remaining 1 tbsp of olive oil on top. Stir so vegetables and meat are all coated well.
4. Preheat your air fryer at 390 degrees for 5 minutes.
5. Cover bottom of tray with fajita mixture and cook at 390 degrees for 7 minutes, shake half way through cooking.
6. Serve with tortillas and desired toppings.