The NO OIL FRYING Cookbook

Gourmia

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APPETIZERS

by Carla Cardello
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Buffalo Cauliflower Bites

INGREDIENTS

1 cup all-purpose flour
1 teaspoon kosher salt
1 teaspoon garlic powder
1 teaspoon onion powder
2 eggs
1/2 cup whole milk
2 cups Panko breadcrumbs
1 large head cauliflower, cut into florets
1 1/2 cups ranch dressing
1 cup hot sauce
Chopped parsley, for garnish

SERVES 6-8 servings

DIRECTIONS

In one shallow bowl, combine the flour, salt, garlic powder, and onion powder. In a second bowl, whisk together the egg and milk. In a third bowl, add the breadcrumbs.

Dip one cauliflower floret into the flour mixture then the egg mixture then the breadcrumbs. Repeat until all of the cauliflower is breaded.

Add some of the cauliflower to the fry basket without overcrowding. Select the Fry Setting (400F degrees for 8 minutes). Shake the basket halfway through. Once time is up, carefully remove the cauliflower. If the bigger pieces aren't fork tender, cook another 2-3 minutes. Repeat until all of the cauliflower are cooked.

Meanwhile in a large saucepan, whisk together the ranch and hot sauce. Heat over low heat until warm.

Toss the cauliflower into the warm sauce and serve immediately. Garnish with parsley.

Cheddar Scallion Biscuits

INGREDIENTS

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup (4 ounces or 8 tablespoons) cold unsalted butter, cut into 8 pieces
1 cup shredded cheddar cheese
1/4 cup cooked crumbled bacon
1 scallion, chopped
1 cup cold heavy whipping cream

SERVES 6-8 servings

DIRECTIONS

In a large bowl, whisk together the flour, baking powder, and salt. Cut in the butter with a pastry cutter or use your fingers until the mixture is crumbly and looks like small pebbles.

Add the cheese, bacon, scallion, and cream, stirring until everything is moistened and a dough forms.

On a lightly floured surface, knead the dough lightly, about 3-4 times. Roll the dough to 3/4-inch thickness. Using a 2 1/2-inch round cookie cutter, cut roughly 9 biscuits (you may have to gather up the scraps and roll out again).

Add some of the biscuits to the fry basket without overcrowding. Select the Bake Setting, increase the temperature to 350 degrees F and adjust the time to 20 minutes or until golden brown. Once time is up, carefully remove the biscuits. Repeat until all of the biscuits are baked.

Cheesy Garlic & Herb Pull Apart Bread

INGREDIENTS

1 round loaf sourdough bread
3 cloves garlic, minced
2 tablespoons finely chopped parsley
8 tablespoons melted butter
1 cup shredded cheese blend (cheddar, monty jack, mozzarella etc. .)

SERVES 6

DIRECTIONS

Cut the bread in 1 inch strips, careful not to cut all the way through to the bottom of the loaf. Rotate 90 degrees and repeat.

Gently pull apart the sections of the cut bread and stuff with the shredded cheese.

In a small bowl mix together the garlic, parsley and butter and brush over top of the bread.

Place in the basket of your air fryer and press the fry setting at 400 degrees F, reduce the time to 10 minutes and bake until the cheese is melted and the top is brown and crisp.

Serve immediately

Sweet Potato Fries with Sriracha Mayonnaise

SERVES 4

INGREDIENTS

1 large sweet potato, peeled and cut into 1/4-inch wide strips
1/4 cup cornstarch
1 teaspoon kosher salt
1 teaspoon garlic powder
1/2 teaspoon paprika
2 tablespoons vegetable oil
1/2 cup mayonnaise
2 tablespoons sriracha
2 teaspoons lemon juice
Chopped parsley, for garnish

DIRECTIONS

Add the sweet potato strips to a large zip-top plastic bag. Add the cornstarch, salt, garlic powder, and paprika to the bag. Shake to completely coat the potatoes.

Add the oil to the bag and shake to coat.

Add some of the fries to the fry basket without overcrowding.

Select the Fry Setting (400F degrees) and adjust the time to 15 minutes or until tender on the inside and crispy on the outside. If desired add an extra 5 minutes to reach your preferred crispness. Shake the basket halfway through. Once time is up, carefully remove the fries. Repeat until all of the fries are cooked.

Meanwhile, whisk together the mayonnaise, sriracha, and lemon juice.

Serve fries immediately with sriracha mayonnaise and chopped parsley.

Mozzarella Cheese Balls

INGREDIENTS

8 ounces mozzarella ciliegine (cherry-sized mozzarella balls), drained and patted dry
1/4 cup all-purpose flour
1/4 teaspoon kosher salt
1 egg
1/2 cup Panko breadcrumbs
1/4 cup grated Parmesan cheese
Chopped parsley and marinara sauce, for serving

SERVES 4-6

DIRECTIONS

In one shallow bowl, combine the flour and salt. In a second shallow bowl, lightly beat the egg. In a third shallow bowl, combine the breadcrumbs and cheese.

Working with one ball at a time, dredge in flour mixture, then egg, then breadcrumbs.

Place in a single layer on a tray. Freeze for at least 2 hours.

Add a few balls to the fry basket without overcrowding. Select the Fry Setting (400F degrees) and adjust the time to 6 minutes.

Once time is up, carefully remove. Repeat until all of the balls are cooked.

Serve immediately with parsley and marinara sauce.

Loaded Baked Potatoes

INGREDIENTS

4 medium russet potatoes
½ cup shredded Mexican blend cheese
3 slices cooked bacon, chopped
Sour cream
1 tablespoon minced chives

SERVES 4

DIRECTIONS

Scrub your potatoes and prick all over with the tines of a fork. Place in the basket of your air fryer and press the fry setting at 400 degrees. Increase the time to 40 minutes.

Cook the potatoes until tender, depending on the size you may need more or less time.

Remove, let sit for about 5 minutes at room temperature then slice in half down the center and sprinkle 2 tablespoons of cheese on top.

Place back in the air fryer to melt for 1-2 minutes.

Remove and top with a dollop of sour cream, chopped bacon and minced chives.

Parmesan Zucchini Fries with Herb Dipping Sauce

INGREDIENTS

2 medium zucchini
1 cup panko
1 cup italian style bread crumbs
1 cup finely grated parmesan cheese
1 egg + 2 tablespoons water
Salt and black pepper

FOR THE SAUCE:

¾ cup greek yogurt
¼ cup sour cream
1 tablespoon minced dill
1 tablespoon minced parsley
1 tablespoon minced chives
1 lemon juiced
Salt and pepper to taste

DIRECTIONS

Cut the zucchini in half lengthwise and then into sticks no more than ½ inch thick and 4 inches long.

In a bowl whisk together the egg and water and season with salt and pepper.

In a shallow dish combine the panko, bread crumbs, parmesan cheese and season with salt and pepper.

Working in small batches, dip the zucchini in the egg and then coat in breadcrumbs.

Place in a single layer in the basket of the air fryer, press the fry setting at 400 degrees F and reduce the time to 10 minutes to cook. Shake the basket halfway through for even cooking. After 10 minutes, check and if needed add 1-2 minutes of additional cook time.

Carefully remove and season with kosher salt.

Repeat with remaining zucchini fries. Toss all the fries back in the air fryer once cooked to reheat for about 2-3 minutes.

When the fries are reheating mix together the sauce in a small bowl by whisking together the greek yogurt, sour cream, dill, parsley, chives, lemon juice and salt and pepper to taste.

Smoked Paprika and Parm Potato Wedges

INGREDIENTS

2 yukon gold potatoes, cut in 6 wedges each
1 tablespoon olive oil (optional)
1/2 teaspoon smoked paprika
1/4 teaspoon salt
1/4 cup grated parmesan cheese

SERVES 4

DIRECTIONS

Wash the potatoes and cut them into 6 wedges each. Put the wedges in a bowl and if desired drizzle with olive oil. Sprinkle with paprika and salt.

Place the wedges in the air fryer basket and press the fry setting at 400 degrees F. Reduce the time to 20 minutes. Shake the basket after ten minutes. When the potatoes are tender, sprinkle the parmesan cheese evenly over the potatoes and cook an additional 2 minutes to brown the cheese.

by Donna Currie

Roasted Chickpea Snacks

Roasted chickpeas are a crunchy, healthy snack.

INGREDIENTS

1 15-ounce can chickpeas
1 teaspoon olive oil
1/2 teaspoon lime juice
Pinch salt
Pinch cayenne pepper
Pinch cumin

SERVES 4

DIRECTIONS

Drain and rinse the chickpeas and pat dry. Put them in a small bowl and drizzle with the oil and lime juice. Add the salt, pepper, and cumin and toss to combine.

Place the chickpeas in the basket of the air fryer. Press the fry setting at 400 degrees F and reduce the time to 15 minutes. Shake the basket several times during cooking to ensure that they cook evenly.

Test a chickpea after 15 minutes to see if it's done – it will be completely dry and crisp with no moisture in the center. Continue cooking as needed until the chickpeas are completely dry and crunchy. Let them cool completely before storing in a closed container.

by Donna Currie

"Marinated" Artichoke Hearts

If you like jarred marinated artichokes, but don't like all of the oil they're swimming in, you'll love these. They're good warm or chilled.

INGREDIENTS

1 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon oregano
1/2 teaspoon thyme
Pinch red pepper flakes
Pinch of garlic powder
Salt to taste
Several grinds black pepper
12 ounces frozen artichoke hearts

SERVES 4

DIRECTIONS

Place the lemon juice, olive oil, oregano, thyme, garlic powder, salt, and pepper in a medium bowl. Add the artichokes and toss to coat the artichokes.

Place the artichokes in the air fryer basket and manually set the temperature to 350 degrees F. Set the timer for 5 minutes. Serve warm or refrigerate until chilled.

MAIN ENTREES

Coconut Shrimp

INGREDIENTS

1/4 cup cornstarch
1 teaspoon salt
2 egg whites
1 cup flaked sweetened coconut
1/2 pound large raw shrimp, peeled, deveined, and patted dry
Cocktail sauce, for serving

SERVES 4

DIRECTIONS

IIn one shallow bowl, combine the cornstarch and salt. In a second shallow bowl, add the egg whites. In a third shallow bowl, add the coconut.

Working with one shrimp at a time, dredge in cornstarch mixture, then egg whites, then coconut.

Add a enough shrimp to the fry basket without overcrowding.

Select the Shrimp Setting (330F degrees for 15 minutes). Once time is up, carefully remove the shrimp. Repeat until all of the shrimp are cooked.

Serve shrimp immediately with cocktail sauce.

Caprese Stuffed Mushrooms

INGREDIENTS

1 -8 ounce container baby portobello mushrooms
4 ounces fresh mozzarella
Cherry tomatoes
2 tablespoons bread crumbs or panko
Pesto sauce (homemade or store bought)
Fresh basil

PESTO SAUCE:

1 cup packed basil leaves
2 medium cloves garlic, peeled and chopped
3 tablespoons pine nuts
1/3 cup extra virgin olive oil
1/3 cup Parmigiano Reggiano, pinch of salt

DIRECTIONS

Clean the mushrooms and remove the stems. Using a small spoon scoop out the inside of the mushrooms for more room for the filling.

If making the pesto, place the basil, garlic, and pine nuts in a food processor and pulse until broken down. Scrape down the sides and add the cheese. With the motor running drizzle the olive oil from the top until the pesto is smooth. Season with salt and set aside.

Cube the mozarella into 1 inch pieces and place a piece in the center of each mushroom and then top with ½ of a cherry tomato. Sprinkle the mushrooms with breadcrumbs and place in the basket of the air fryer in a single layer. Depending on the amount of mushrooms you may need to do this in two batches.

Press the fry setting at 400 degrees F. and reduce the time to 12 minutes.

Remove from the air fryer and top with pesto sauce and a piece of fresh basil.

Serve immediately.

Fish and Chips

INGREDIENTS

2 russet potatoes, peeled and cut into wedges
2 tablespoons vegetable oil
1 teaspoon kosher salt
1/4 cup all-purpose flour
1 egg
1 tablespoon water
3/4 cup Panko breadcrumbs
1/4 cup grated Parmesan cheese
1 pound cod, cut into thick strips and patted dry
Tartar sauce, malt vinegar, and chopped parsley, for serving

DIRECTIONS

In a large bowl, toss together the potato wedges, oil, and salt.

Add some of the wedges to the fry basket without overcrowding. Select the Fry Setting (400F degrees for 20 minutes). Shake the basket halfway through. Once time is up, carefully remove the wedges. Repeat until all of the wedges are cooked.

In one shallow bowl, add the flour. In a second shallow bowl, lightly beat together the egg and water. In a third shallow bowl, combine the breadcrumbs and cheese.

Working with one piece at a time, dredge the cod in flour, then egg, then breadcrumbs.

Add fish to the fry basket without overcrowding. Select the Fish

Setting (330F degrees for 15 minutes). Once time is up, carefully remove and test for doneness. Repeat until all of the fish is cooked.

Serve immediately with potato wedges, tartar sauce, malt vinegar, and parsley.

Garlic Chipotle Fried Chicken

INGREDIENTS

1 fryer chicken, cut up
2 garlic cloves
2 canned chipotle peppers
2 cups buttermilk
1/2 cup lime juice
3 teaspoons kosher salt, divided
2 eggs
2 cups all-purpose flour
2 teaspoons black pepper
Chopped cilantro, for serving

DIRECTIONS

Place chicken pieces into two large zip-top plastic bags. In a blender, blend together garlic, peppers, buttermilk, lime juice, 2 teaspoons salt, and eggs. Pour into plastic bags, fully coating chicken pieces. Seal and refrigerate for at least 6 hours and up to 24 hours.

When ready to cook, whisk together the flour, black pepper, and remaining 1 teaspoon salt in a shallow bowl.

Remove chicken pieces and let excess buttermilk mixture drip off. Coat in flour then place a few pieces in the fry basket without overcrowding.

Select the Chicken Setting (400F degrees for 20 minutes). Once time is up, carefully remove the chicken and test for an internal temperature of 165F degrees. If chicken isn't done, cook another 5-10 minutes. Repeat until all of the chicken pieces are cooked.

Serve hot with chopped cilantro.

Grilled Beef Fajitas

INGREDIENTS

1 pound flank or skirt steak
1/4 cup vegetable oil
1/4 cup soy sauce
1/4 cup lime juice
1 garlic clove, minced
2 tablespoons brown sugar
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon ground black pepper
1 small red bell pepper sliced
1 small yellow bell pepper, sliced
1 small green bell pepper, sliced
1 small white onion, sliced
Warm corn tortillas, cilantro, and sour cream, for serving

DIRECTIONS

Whisk together oil, soy sauce, lime juice, garlic, brown sugar, chili powder, cumin, and black pepper. Reserve 1/4 cup marinade. Pour the rest into a large zip-top plastic bag.

Add meat to the marinade. Seal bag, squeezing out as much air as possible. Massage until meat is fully coated. Refrigerate for at least 4 hours and up to 24 hours.

When ready to cook, toss the bell peppers and onion with the reserved 1/4 cup marinade.

Remove meat from the marinade and pat dry. Place in fry basket. Select the Meat Setting (370F degrees) and adjust the time to 5 minutes. Flip then adjust the time to 3-5 minutes, depending on the thickness and desired doneness. Remove the meat and let rest for 10 minutes.

Remove the vegetables from the marinade and add to the fry basket. Set the temperature and time to 370F degrees for 8-10 minutes or until fork tender.

Slice meat into thin strips. Serve with vegetables, tortillas, cilantro, and sour cream.

Salmon with Lemon Dill Sauce & Asparagus

INGREDIENTS

2 - 6 ounce salmon filets
Kosher salt and black pepper
2 teaspoons avocado oil
½ cup Greek yogurt
1 tablespoon finely chopped dill
1 clove garlic, finely minced
1 lemon, juiced
Salt and pepper to taste
1 bunch asparagus

DIRECTIONS

SERVES 2

Cut a small round of parchment paper and place it in the bottom of the air fryer to prevent the salmon from sticking to the basket.

Season the salmon fillets with kosher salt and black pepper to taste and brush each with 1 teaspoon of avocado oil.

Place in the basket of the air fryer and select the fish setting at 330 degrees, reduce the time to 15 minutes for medium-rare and 20 minutes for medium to well-done depending on the thickness of the fish.

Once finished cooking, remove from the air fryer, place on a plate and tent with foil to keep warm.

Remove the piece of parchment from the air fryer, then trim the ends of the asparagus and place in the basket. Season with kosher salt and pepper to taste and if desired brush with a small amount of oil. Press the fry setting at 400 degrees F. and reduce the temperature to 8 minutes, cook the asparagus until your desired doneness. If needed add 1-2 additional minutes.

While the asparagus is cooking, prepare the sauce by mixing the greek yogurt, dill, garlic and lemon in a small bowl. Season to taste.

Serve the salmon and asparagus with the sauce on the side.

Southwestern Stuffed Peppers

INGREDIENTS

2 cups cooked quinoa
4 bell peppers (red, yellow or orange)
1 small yellow onion, finely diced
2 garlic cloves, minced
½ lb ground beef or turkey
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon garlic powder
1 cup fresh or frozen corn kernels
1 1/2 cup Mexican blend shredded cheese
Salt and pepper to taste
Sour cream, lime wedges and cilantro to serve

DIRECTIONS

Cook the quinoa according to the packages directions and set aside.

Cut the stem from the bell peppers and remove the seeds and ribs from the inside and set aside.

In a saute pan over medium heat, drizzle ½ tablespoon of oil and cook the onions and garlic until soft - about 5 minutes and transfer to a mixing bowl, mix in the ground beef or turkey, quinoa, corn and season with the cumin, chili powder, garlic powder and season to taste with salt and pepper. Toss in 1 cup of the shredded cheese and then divide between the 4 bell peppers. If there is any mixture leftover, cook in a saute pan and save for another use.

Place the filled bell peppers in the basket of the air fryer and press the meat setting at 370 degrees F and set the tie for 25 minutes or until a thermometer in the center comes to 160 degrees F. Remove and top with remaining shredded cheese.

Place back in the airfryer to melt the cheese for 1 minute.

Serve with a dollop of sour cream, a wedge of lime and chopped cilantro.

Nashville Hot Chicken Sandwiches

INGREDIENTS

1lb bone-less, skinless chicken thighs (about 4)
2 cups buttermilk
1/2 teaspoon cayenne pepper
½ teaspoon chili powder
½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon garlic powder
1 cup all purpose flour

For the hot sauce:
1 cup vegetable oil
2 teaspoons chili powder
2 teaspoon paprika
½ teaspoon cumin
½ teaspoon cayenne pepper
4 brioche rolls
Coleslaw & pickles to serve

DIRECTIONS

In a bowl combine the buttermilk with the cayenne pepper, chili powder, salt, pepper and garlic bowl. Whisk to combine and add in the chicken. Marinate for at least 1 hour or overnight.

Remove from the buttermilk and place the flour in a ziptop bag. Add the chicken to the flour, coat completely and shake off the excess. Place in the air fryer basket and set press the fry button at 400 degrees F., reduce the time 10 minutes until the internal temperature reaches 165 degrees F.

Let rest for about 5 minutes while you prepare the hot sauce.

In a small pot combine the vegetable oil, chili powder, paprika, cumin and cayenne pepper and bring to a simmer. Remove from the heat and then brush on the chicken just before serving.

Serve the chicken on a brioche bun topped with coleslaw and pickles.

Italian Baked Eggs

INGREDIENTS

1 - 15 ounce can crushed tomatoes
1 small yellow onion, diced
2 garlic cloves, minced
½ teaspoon crushed red pepper flakes
Salt and pepper to taste
4 large eggs
2 tablespoons shredded parmesan cheese
Basil for garnish
Toasted bread to serve

SERVES 4

DIRECTIONS

In a medium pot over medium heat drizzle ½ tablespoon oil and saute the onion and garlic until soft, about 5 minutes. Stir in the crushed tomatoes and bring to a simmer. Season with the crushed red pepper flakes, salt and pepper.

Ladle the sauce into 4 - 4 ounce ramekins until they are ⅔ of the way full. Carefully place an egg in the center of egg ramekin and place in the air fryer. Depending on the size of the ramekins, you may need to work in batches.

Press the fry setting at 400 degrees F and reduce the time to 9 minutes depending on how runny you prefer your yolks. You want the white to be completely set before removing from the air fryer.

Remove, season the egg with salt and pepper and top with ½ tablespoon of cheese and basil.

Serve with a slice of toasted bread.

by Donna Currie

Turkey Taco Sliders

These little sliders have the flavors of a taco, particularly if you top them with taco-friendly garnishes like guacamole, salsa, tomatoes, or cilantro.

INGREDIENTS

1 pound ground turkey
1 package taco seasoning (for 1 pound of meat)
1/2 medium yellow onion, diced
1/2 cup shredded cheddar cheese
8 slider buns
Toppings, as desired

SERVES 4

DIRECTIONS

In a medium bowl, combine the ground turkey, taco seasoning, onion, and cheddar cheese. Use your hands to mix well, then divide into eight even portions. Form each portion into a patty about 3 inches in diameter – or to fit your slider buns.

Place four patties into the basket of the air fryer and press the meat setting at 370 degrees F. Reduce the time to 10 minutes. When the first four sliders are done, cook the second four in the same way.

Serve on the slider buns with your preferred toppings.

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by Donna Currie

Mediterranean Chicken Wings with Olives

Chicken wings are a natural for an air fryer - they cook faster and stay plump and juicy. Wings cook faster if they're in a single layer. If you cook more, you'll need to shake or rearrange them more often for even cooking.

INGREDIENTS

1 to 1/2 pounds chicken wings
1 1/2 teaspoons lemon juice
1 teaspoon oregano
Pinch garlic powder
Pinch salt
1/4 to 1/2 cup olives

SERVES 4

DIRECTIONS

Combine the chicken wings with the lemon juice, oregano, garlic powder and salt in a bowl and toss to coat evenly.

Place the wings in the air fryer basket and press the chicken setting at 400 degrees F. Reduce the time to 15 minutes for small wings and add an additional 5 to 10 minutes for larger wings.

Shake the basket once or twice during the cooking time to make sure they cook and brown evenly. Add the olives during the last 5 minutes of cooking time to warm them.

The wings are done when they're nicely browned and the internal temperature reaches at least 160 degrees. Serve hot.

by Donna Currie

Fried Avocado Tacos

Fried avocados have a nice crunch anda creamy richness that make a perfect replacement for meat in tacos. This works best with slightly under-ripe avocados. They soften during frying.

INGREDIENTS

1 avocado
1 egg
Salt, to taste
1/2 cup panko bread crumbs
Tortillas, as needed
Toppings, as desired.

SERVES 4

DIRECTIONS

Cut the avocado in half, remove the pit, and remove the flesh from the shell. Cut the avocado flesh into 8 equal wedges.

Put the egg into a shallow bowl and beat lightly. Put the panko bread crumbs into a second bowl.

Dip the avocado wedges into the egg to coat, then into the bread crumbs to coat. When all of the wedges are coated, sprinkle lightly with salt.

Place the wedges in the fryer in a single layer. If they don't fit, set some aside to fry later in a second batch.

Press the fry setting at 400 degrees F and reduce the time to 10 minutes. Turn the wedges or shake lightly about halfway through cooking for more even browning. The wedges are done when the coating is lightly browned.

Serve on tortillas with your favorite toppings.

Tortilla Crusted Pork Loin Chops

Tortilla chips give these chops a nice crunch. For added punch, use flavored chips.

INGREDIENTS

2 8-ounce boneless pork loin chops
1/2 cup buttermilk
1 teaspoon Worcestershire sauce, steak sauce, or hot sauce
1/2 teaspoon salt
1/2 cup flour
1 egg
1/2 cup crushed tortilla chips

DIRECTIONS

At least 8 hours, or up to 24 hours before cooking, place the loin chops in a zip-top plastic bag. Add the buttermilk Worcestershire sauce, and salt. Massage the bag to combine the ingredients. Seal the bag and place in the refrigerator.

When you're ready to cook, remove the chops from the bag and discard the marinade. Pat the chops dry.

Place the flour in one shallow bowl, the egg in another shallow bowl, and the crushed chips in a third bowl. Beat the egg lightly.

Dip each chop in the flour on each side, shake off the excess flour, then dip in the egg to coat it. Finally, place the chop in the bowl with the crushed tortilla chips and press into the chips to coat on both sides.

Place the coated chops in the basket of the air fryer and press the meat setting at 370 degrees F., reduce the time to 15 minutes. Turn the chops over about halfway through the cooking time for more even browning. The chops are done when they're nicely browned and the meat has reached between 140-160 degrees, depending on your desired doneness.

Remove from the air fryer and rest for 5 minutes before slicing or serving.

by Donna Currie

Mustard and Sage Fried Chicken Tenders

INGREDIENTS

1 tablespoon mayonnaise
1 teaspoon Dijon mustard
1/2 teaspoon dry sage
1/2 cup Panko bread crumbs
1 tablespoon melted butter
1 chicken breast cut into strips

SERVES 4

DIRECTIONS

Combine the mayonnaise, mustard, and sage in a small bowl.

Combine the bread crumbs and butter in another small bowl. Stir to combine.

Pat the chicken tenders dry with paper towels. Coat the tenders lightly with the mayonnaise mixture then coat the tenders with the bread crumbs.

Place the tenders into the basket of the air fryer in a single layer. Place the basket in the air fryer.

Press the chicken setting at 400 degrees F. and reduce the time to 8 minutes. After 4 minutes, turn the tenders over and continue cooking until the coating is lightly browned and the chicken is cooked through – it should read 160 degrees on an instant-read thermometer. Depending on the thickness of the tenders, you may need to add an additional 2-3 minutes.

by Donna Currie

Grilled Scallion Cheese Sandwich

Bring your grilled cheese sandwich to the next level with scallions mixed into the cheese. They're milder than other olives, and the green looks pretty in the cheese.

INGREDIENTS

2 teaspoons butter, softened
2 slices bread
2 scallions, thinly sliced tender green portions
3/4 cup grated medium cheddar cheese
1 tablespoon grated parmesan cheese

SERVES 4

DIRECTIONS

Spread half of the butter on one slice of bread and place it butter-side down in the basket of the air fryer. Add the cheddar cheese and scallions to the bread. Lightly butter the top slice of bread and place it on top of the cheese, buttered side up. Sprinkle the parmesan over the top of the bread.

Insert the basket into the air fryer and manually set the temperature to 350 degrees F. Set the time for 5 minutes, flip the sandwich and cook for an additional 1-2 minutes.

The sandwich is done when the cheese is fully melted inside and the bread is toasted to your liking.

DESSERTS

by Carla Cardello
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Strawberry and Nutella Stuffed Wontons

INGREDIENTS

12 wonton wrappers
1/4 cup finely chopped strawberries
1/4 cup plus 2 tablespoons Nutella, reserved
1 tablespoon butter, melted
1/4 cup heavy whipping cream
Powdered sugar, for dusting

DIRECTIONS

Lay one wonton wrapper on a plate. Spread about 1/2 teaspoon of Nutella into the middle then add a few chopped strawberries on top.

Brush the edge of the wrapper with some water. Take one corner and fold it diagonally to form a triangle. Press down to seal. Repeat with remaining wontons.

Brush with melted butter then add a few wontons to the fry basket. Set the temperature and time to 350F degrees for 5 minutes. Once time is up, carefully remove the wontons with tongs. If they aren't brown and crispy enough, cook for another 1-3 minutes. Repeat until all of the wontons are cooked.

Meanwhile, in a small saucepan heat the remaining 1/4 cup Nutella and heavy cream until hot and smooth, whisking often.

To serve wontons, lightly dust with powdered sugar then drizzle with sauce. Serve with remaining dipping sauce.

Mini Cheesecakes

INGREDIENTS

1/2 cup graham cracker crumbs
2 tablespoon unsalted butter, melted
12 ounces full-fat cream cheese, softened
2/3 cup granulated sugar
1 egg
1/2 teaspoon vanilla extract
Whipped cream and fresh fruit, for serving

DIRECTIONS

In a small bowl, mix together the crumbs and melted butter.

Press into the bottom of four 6-ounce ramekins.

In a large mixing bowl, beat together the cream cheese and sugar until smooth and creamy, about 2-3 minutes. Beat in the egg and beat another minute or until incorporated. Beat in the vanilla.

Divide the batter among the ramekins and wrap completely in foil. Poke holes in the top of the foil for ventilation.

Place two ramekins in the fry basket. Refrigerate the remaining two ramekins. Set the temperature and time to 310 degrees for 25 minutes or until the tops are firm to the touch with a slight jiggle when shaken. Carefully remove with tongs. Repeat with the remaining two ramekins.

Cool completely then refrigerate at least 4 hours or overnight.

Serve with whipped cream and fresh fruit.

Monkey Bread

INGREDIENTS

1 10.2 ounce container canned biscuits
2 tablespoons unsalted butter
¼ cup milk
¼ cup brown sugar
¼ cup cane sugar
½ teaspoon ground cinnamon

DIRECTIONS

In a small saucepan combine the butter and milk and cook on medium-low heat until the butter is melted and set aside.

In a small bowl mix together the brown sugar, cane sugar and cinnamon.

Cut the biscuits into quarters and roll into rounds. Dip the dough ball in the butter/milk mixture and then roll in the cinnamon sugar.

Next place the sugar coated dough in either a mini bundt pan (4 inches in diameter or 3 cup capacity) or a 6 inch springform pan with a piece of rolled aluminum foil in the center. Making sure to form an even single layer on the bottom and build up from there if needed.

Place the cake pan in the basket of the air fryer and press the cake setting at 320 degrees F. Set the time for 30 minutes, after 10 minutes, pause the air fryer and very carefully place a circle of aluminum foil on top of the cake pan to prevent the monkey bread from burning - please make sure the foil does not touch the top of the cooking element.

Place back in the air fryer and continue to cook at 320 degrees for another 20 minutes, the top will be very crispy and you want to make sure the dough in the center is cooked through.

Let cool for about 10-15 minutes, before removing the cake pan from the basket.

To serve: Place a plate on top of the cake pan and quickly flip over, remove the cake pan and serve warm.

Blueberry Turnovers

INGREDIENTS

12 cups fresh blueberries
¼ cup granulated white sugar
2 teaspoons cornstarch
½ teaspoon ground cinnamon
Zest from 1 lemon
Juice from ½ lemon
1 17oz box puff pastry, thawed
1 egg + 1 teaspoon of water for egg wash
½ cup sugar in the raw.

DIRECTIONS

In a medium bowl combine the blueberries, sugar, cornstarch, lemon juice and zest and cinnamon.

Spread on sheet of puff pastry out on your work surface and cut into 4 even squares. Place 1-2 tablespoons of blueberry filling into the center of a square and fold into a triangle, pressing down to seal the sides. Repeat with remaining three squares and second sheet of puff pastry.

Mix your egg wash and brush over the puff pastry and with the tines of your fork, seal the edges of the pastry down once again.

Using a paring knife, cut a small slit on the top of each pastry and then sprinkle with sugar in the raw.

Spray the basket of the air fryer with cooking spray and then place 2 turnovers at a time in the basket, transfer the remaining turnovers to a tray and keep refrigerated. Press the bake/dessert setting at 320 degrees and reduce the time to 15 minutes or until the puff pastry is deep golden brown.

Remove the cooked turnovers and repeat with the remaining, making sure to spray the basket in between each batch.

Serve warm or at room temperature.

by Donna Currie

Snack Mix

INGREDIENTS

2 tablespoons butter, melted
1 tablespoon Worcestershire sauce
Pinch of salt
6 cups mixed cereals
1 cup small cheese crackers or pretzels
1 cup peanuts

DIRECTIONS

Place the melted butter, Worcestershire sauce, and salt in a large bowl. Add the cereals, crackers, and nuts in the bowl and stir to combine.

Place the mixture in the basket of the air fryer. Press the bake/dessert setting at 320 degrees and reduce the time to 10 minutes. Cook, stirring every 5 minutes, until the cereals are lightly toasted and they no longer look wet. If necessary add an additional 5 minutes.

Wait until the cereals are completely cooled before storing in a sealed container.

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