

Knowledge @ Noon

“Come Air Fry with Us”



Wednesday, June 20, 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

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Air Fryers

Air fryers cook by circulating extremely hot air around the food. A heating element, much like a stove top burner, is situated above the food and then a fan is used to rapidly move the air around the food. Food comes out crispy on the outside while moist and tender on the inside. Air fryers provide a healthier alternative to conventional frying because they use very little or no oil during the cooking process.

The appliance itself is relatively small. It sits on the countertop like a crock pot and plugs into an electrical outlet. It is not meant to sit on a stove top. The unit contains a basket to hold food, an electric heating element and a fan to circulate the hot air. Some units have a digital control panel while others have large dials/knobs. All of the units come with an operator's manual and suggested recipes.

I've had experience with two air fryers. Both fryers were 3 quart capacity. One was a digital model and one was not. I found both units easy to operate and very easy to clean. The baskets and basket holders were both dishwasher safe, although I hand washed them as there was hardly anything to wash. I cooked chicken breasts and tater tots in both units for comparison. The chicken breasts were fresh and rather thick. Only two split breasts fit into each basket and both units required additional cook time as an internal temperature of 165 degrees F (measured with a meat thermometer) was not achieved on the first go around. This was not a problem though, I simply placed the baskets back into the fryers and cooked for an additional 3-4 minutes. As expected, the outside of the breasts was crispy and the inside was moist. The breasts were not battered, as traditional wet batter is not recommended when air frying. I just chose to flavor with a little seasoning spice. The tater tots were excellent. I couldn't tell that they had not been deep fried in oil.....except when I didn't need to wipe my fingers after each bite!

Air fryers are also capable of baking. However, it should be noted that additional equipment may be necessary. Most of your glass baking dishes and muffin tins will not fit into the air fryer basket. You will need to purchase smaller, oven safe bake ware to fit into the basket if you want to bake cakes or muffins. Cookies may be baked on parchment paper. However, the basket can only bake 3-4 cookies at a time (depending on size) and this is probably not worth the trouble. It is much easier to bake 12-18 cookies on a sheet pan in the oven all at once.

If you are thinking about purchasing an air fryer consider the things below:

- How much money are you willing to spend? Air fryers range from \$99 to \$200 depending on the size, features and added options.
- How often do you fry food? Will you really use the appliance and get your money's worth?
- How much do you enjoy eating deep fried food? The flavor and texture of some foods, especially meats, are slightly different than conventional frying.
- How many do you cook for? The fryer baskets are relatively small and if you are cooking for a household of 4-6 you will be extending your cooking time. The time required for two chicken breasts was 22-25 minutes.

Whatever you decide, be sure to follow the operating instructions included in the owner's manual. Both units caution not to overfill the basket as foods may not cook evenly or reach the proper temperature, which could lead to foodborne illness. Cooking in small batches is a necessity when using an air fryer.

Reference: <http://bestreviews.com/best-air-fryers>

Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment



Air Fryer Tips

Taken from the <https://airfryer.cooking/tips/> site.

1 What shouldn't you put in an Air Fryer?

Because the air fryer will be blowing hot air around the cooking cavity, you want to ensure any food that is light in weight or that is at risk of being blown around the cavity should be avoided. Also avoid any wet batters because the air flow will blow the batter off the food and all around the cavity. Unless you want a huge mess to clean up, I would avoid any wet batters.

2 Can I use Aluminum Foil or Baking Paper in the Air Fryer?

As a general rule, you can use both on the bottom of the air fryer if the basket sits on top. Using aluminum foil or baking paper in the basket technically can be done as long as it's weighed down by the food however it's not recommended because an air fryer works by providing a constant air flow around the cooking cavity and if you have it blocked by something like aluminum foil, or baking paper, the foods will be cooked less even, or even cook slower.

3 Should I shake the basket while cooking?

Yes, shake relatively often is my motto. Many foods will stick to the basket if you don't shake it while cooking. Also, if you overlap foods, you need to shake the contents of the basket often to ensure the food is evenly cooked.

4 I want to buy an Air Fryer, how large should it be?

There's no hard and fast rule here however, I've owned several air fryers, and space is often the huge let down. I would recommend buying the largest one you can find. The simple reason is this. If you have a family, or are cooking for two or more people, you will struggle with a small air fryer. If you cook any food that is relatively large such as a schnitzel, you will struggle with a small air fryer. Think of cooking in an air fryer like you would cooking a stir fry. You can do it in small batches, but you'd all be eating at different times. When you look at air fryers, try and picture the food cooking in it to ensure it will fit. In many cases you may just need to resort to doing multiple batches if you have a large family. Don't let that deter you though, while the units can be reasonably small, they can often have overlapped food and would cook fine with regular shaking of the basket.

5 What's the first thing I should cook in my new Air Fryer?

Let's see, this is a tough one because most things taste great when cooked in an air fryer. The most common foods to start with are French Fries, and also Chicken Drumsticks. The best advice I can give you is to experiment, and check the food often.

6 What are the disadvantages to cooking in an Air Fryer?

The only real disadvantage to cooking in an air fryer is the fact most of the air fryers on the market have small cooking cavities. This is definitely a disadvantage. The small cooking cavity means the food cooks quicker, and uses less electricity. If they make the cooking cavity too large though, it will be like, well cooking in an oven.

7 What are the advantages to cooking in an Air Fryer?

For starters, it's a healthier form of cooking. Who doesn't like fried chicken, French fries, and many other junk food staples? Any food that generally requires cooking in a pool of oil would generally taste better in an air fryer as well. In general, an air fryer requires no oil to cook a food. It uses the oil that's already in the food. In some cases, though, you might need to add a teaspoon of oil, but even if that's the case, the excess would drip off the food and generally offer a huge health benefit over cooking in a bucket of oil.

- It's less expensive to run. Cooking in an air fryer is very quick. Due to the small cavity that needs to heat up, and the strong air flow, the food cooks very quick.
- Food cooked in an air fryer is generally really tasty simply because the food is crispy on the outside, and juicy and tender on the inside. It's also not dripping with oil.

8. What kind of foods can you cook in an Air Fryer?

A more appropriate question would be what foods can't you cook in an air fryer? Any food that can be cooked in a conventional, convection oven, or grill can technically be cooked in an air fryer. I've even heard of people baking cakes in an air fryer. It comes down to how adventurous you are. I haven't tried it myself. In general though, if it's a pre-processed, frozen food, it excels in an air fryer,

9 Should I pause the Air Fryer when checking on the food?

Since you generally only spend a matter of seconds checking, or shaking the food, it is not necessary to pause the air fryer.

10 Can I open the Air Fryer while cooking?

Every Air Fryer is slightly different however going on the premise that heat rises, if your air fryer opens by sliding a basket out from the side or front, then there should be no reason why you can't open the basket for short periods of time. If your air fryer opens from the top by lifting a lid off then it's probably not recommended due to all the heat escaping. In these types of air fryers though, there's probably a see through lid. In short, if you have a Philips Air Fryer, then yes, it's perfectly safe to open the basket for checking or shaking the basket, any other air fryer should be okay as long as it slides open from the side or front. If in doubt though, consult your manufacturers user manual.

11 Should I preheat the Air Fryer?

Every Air Fryer manufacturer will have their own recommendations for their particular air fryer, however the Philips Air Fryers recommend pre-heating the air fryer first. I find that cooking times are more accurate if you preheat first. The food also cooks faster because the temperature is already at the specified temperature. If a cooking time specifies 10 minutes, and you don't preheat the air fryer first, you may find the food is undercooked. My recommendation would be to preheat the air fryer regardless of whether the manufacturer recommends it. It certainly won't do any harm.

12 Why are my cooking times different?

Not all Air Fryers are created equal. Air Fryers work by circulating hot air around the food. The internal shape of the Air Fryer and how the air flows, as well as how hot the air is all contribute to how long it takes to cook a food. This is why you should check often and only use temperatures as a guide until you know how your particular Air Fryer cooks. Many of the cooking times on this site were tested using a Philips XL Air Fryer.

13 How do I clean the Air Fryer

This is a difficult one to answer since every Air Fryer model is different. The consensus seems to be to soak the basket, and removable bucket in warm soapy water for around 10 minutes before trying to clean it. Don't use any scouring pads that scratch because the Air Fryer bucket is usually non stick and a scouring pad will in some cases peel off the non stick coating. From personal experience, you can also place the parts into a dishwasher but I would still soak it in soapy water for 10 minutes first so you can remove as much grease and grime as possible before placing it in the dishwasher.

Personal experience from using the Philips Airfryer XL though is that over time no matter how much you clean the parts; they will eventually be impossible to clean. The grease tends to really set and become a nightmare to keep clean. Having said that, other people may get different mileage as I tend to not clean it all the time.

More tips from www.airfryer.net

Air Fryer Guide's: Tips & Tricks

Tips on cooking with an Air Fryer

Preparation:

- **Spray bottle dedicated to in kitchen use only.** This is a must have in every kitchen, even if you don't own an air fryer but especially if you do. Many times some recipe requires brushing or drizzling oil to the surface of the food. Spraying oil is easier and it often allows you to use a lot less oil than the other techniques. Buy a kitchen spray bottle and you won't regret it.
- **Placement preserves your Air fryer.** The key to long lasting air fryer is the condition you keep it in and the placement. Always have a dedicated place for your air fryer. Far from water and standing on a heat-resistant material. Always check if there is at least 5 inches behind your air fryer where the exhaust vent is located. That will save your air fryer from overheating.
- **Breading the right way.** If you are new to this technique you must know that breading is really important so don't skip any steps. It is really important to give a nice layer of flour, eggs and breadcrumbs at the end as coating on the food you will be cooking. Don't let the breadcrumbs fall off use your hands if you have to. It is really important the coating to be firm and done the right way so that it doesn't get blown off the food by the fan of the air fryer.

- **Always Pre-heat the Air fryer before adding your food.** This is a tip that will ensure that you always get the same result when you are cooking using an Air fryer. It's an easy and simple thing to do. Just turn your Air fryer on, set the temperature for the needed temperature depending on what you are cooking and set a timer for 2-3 minutes. When it's done your air fryer will be ready to receive the food.
- **Have the correct accessories for your Air fryer.** Now you might ask what is considered a right accessory for an Air fryer. Well any cake pan or baking dish that is oven safe is probably safe for your Air fryer, but have the correct size because they should not get in contact with the heating element. Before buying an accessory for your appliance first thing you need to check is will it fit in the fryers basket.
- **Create a sling from aluminum foil.** We know how much trouble getting the accessories out of the fryer's basket cause. So we recommend you to fold a aluminum foil and make sling that will be placed in the basket before you place the baking dish or cake pan inside the fryer's basket. When you place the aluminum strip into the basket, place your accessory on top and fold the ends of the strip inside the basket. When you are ready to take it out unfold the ends and lift it up.

Cooking:

- **Never overload the basket.** We all like to cook as much as possible at one time, but we have to think for the longevity of our favorite appliance. Also overloading the basket will take a lot more time over all and won't cook the food as good. The food won't be evenly crispy and brown. The texture will be different in different parts.
- **Don't be afraid to open the air fryer to check the progress.** One of the best features of most of the Air fryers on the market is that you can open the drawer as many times as you need to make sure your food is cooking properly and to mix the ingredients to make sure everything is evenly cooked and tasting just right. After you close the Air Fryer the cooking will either resume or it won't be interrupted at all in the first place.
- **Add water to the drawer if the food you are cooking contains fat.** Some foods that you might cook in the Air fryer will most likely contain fat. High temperature makes the fat melt and causes grease to build up, which will eventually start burning causing the temperature to rise even more and cause smoke. To prevent this we recommend you to add water in the drawer below the basket.
- **Flip foods over halfway through the cooking time.** We assume you have some cooking experience before this. So you know that when frying, baking and grilling it's really important to flip your food so that it gets evenly cooked. Well that implies to cooking in an Air Fryer as well. This will cause your food to brown evenly and have the same texture all over.
- **Basket shaking.** Shaking the basket during cooking will cause even distribution of the ingredients throughout the whole basket.
- **Spray little bit of oil during cooking.** For crispy and gold-brown professional looking color, it's good to spray your food during the process of cooking using a kitchen bottle spray.
- **How to hold food to not get blown apart by the strong fan?** Use toothpicks to hold food that needs to keep its shape otherwise it will get blown around in the basket.

- **Mix fine ingredients in with the oil.** All air fryers have strong fans, and they work in the way of blowing hot air to cook the food. When you use fine ingredients in your cooking like salt and spices, they have a tendency of ending up on the wall. The simplest solution to this problem is to mix the fine ingredients with the oil before you spray it on the food. Also you can add them right after you spray the oil directly on the food before the oil gets absorbed.
- **The slow cooking ingredient should be added first.** Some recipes are complex and require multiple interventions during the cooking time. This recipes contain multiple ingredients which might have different cooking times. So don't be afraid to open your Air fryer and add new ingredients in the cooking process. Most common ingredients that need to be added at the start are meat and potatoes , while faster cooking items should be added later.
- **Always use high quality oil.** The idea behind an Air fryer is the healthy living and cooking healthy meals using no-oil or very little oil. It doesn't hurt if you use some expensive, high-end oil since you will use only very little quantity for each cooking session. This tip is not directly connected with health and longevity of the appliance, but more so with your personal health.

After cooking

- **Don't turn your food out on your plate before you remove the basket from the drawer.** The drawer usually contains a lot of grease and food juices so depending on the foods you are cooking that might not be something you want on your plate. If the food you are cooking contains low fat or no fat at all, then you can use this juices and pour them on your food like sauce.
- **The basket and the drawer should be cleaned after every use.** If you put off washing this vital parts you risk food contamination the next time you cook, plus you allow for the juices to dry up and stick to the surface and burn during the next cooking session which will spread not so good smells around your kitchen. After you are done washing the drawer and the basket you can either use a towel or you can use the Air dryer to dry them by turning it on for 2-3 min.
- **Don't ever wash the whole Air fryer or any of its parts in the dishwasher.** Even if the manufacturer of your Air fryer allows it's parts to be washed in a dishwasher we recommend to avoid doing so. Dishwashers can damage plastic very easy so if you want your Air fryer to last longer and work properly then you should find extra few minutes to spend on hand washing the parts yourself.
- **You can use your Air fryer to reheat the leftovers.** There isn't any rule on time or temperature. It's really your choice. We suggest reheating at temperature of 350.F as long as it takes for the food to reach temperature of 160.F.

Trouble-shooting

- **Food is fairly raw or not crispy enough.** We recommend to always consider how much quantity you will put in the basket. Overloading the basket will cause your food to cook way slower and never get as crispy as you might want it. You will always get the best results if you use it multiple times in a row when you are cooking large quantities.

- **White smoke is coming from the Air fryer.** This is something that first time users experience at least once when they use their new appliance. Commonly this white smoke might be caused by the grease burning inside the drawer. This can be prevented by adding small amount of water in the drawer.
- **Black smoke is coming from the Air fryer.** The first thing you need to do when you deal with any larger issue is to turn your machine off. Check the insides of your Air fryer. Look up towards the heating element because the powerful fan might have blown some food in it causing it to burn and give black smoke.
- **The air fryer won't turn off.** One of the features of many of the Air fryers on the market is the delayed shutting down. When you press the power button the fan will blow hot air for the next 20 seconds or so until it shuts down. Pressing the power button again will turn the machine back on.

Buying tips www.airfryerguide.net

Fryer is the best alternative to traditional deep frying and warming food in the microwave. People who are interested in using an air fryer must thoughtfully consider the many options available to buy this appliance for their home through reading air fryer reviews. With the help of an Air Fryer, you can avoid frustrations associated with deep frying and enjoy food that is no longer unevenly heated. This new air frying technology is enhancing the variety of ways to prepare snacks and meals.

Food Prepared by an Air Fryer

There are many considerations that should be made before purchasing an Air Fryer. Not all Air Frying technology is equal and there are a variety of provider brands for this technology. Some buyers of an Air Fryer are looking for one that will easily fit on their counter top for warming snacks and others have room in the pantry to take out a larger one each time they want to heat enough for a meal for their family. Using an Air Fryer can be a fun way to entertain family and friends and reading air fryer reviews can be helpful.

1. Adjustable Temperature

Depending on the needs of the person using the air fryer, an adjustable temperature allows the person to be able to cook a variety of foods. The casual snacker will be interested in using a setting that can warm up something from the freezer quickly and evenly. A person using the air fryer to prepare fresh chicken wings from the fridge will need to use a different temperature setting. Depending on the setup of the air fryer they will need to use the controls to set the temperature gauge for air frying.

2. Tray Size

As you can see in our air fryer reviews almost all air fryers vary a little in size, the size of the tray can help determine how much food can be cooked in the air fryer. Smaller tray sizes can prepare a modest portion to be used as a snack for a single person, while larger tray sizes can be used to create sides or main dishes for a meal. Air fryer reviews contain information about tray size.

3. Air Fryer Size

Different households have varying amounts of space available for an air fryer. For some families, they have plenty of space for a larger air fryer and for others they have space for a smaller air fryer. Sometimes the portability of an air fryer is important. There is a range of sizes for air fryers on the markets and depending on the needs of the user an air fryer's size may be important, so keep an eye for the size in our air fryer reviews.

4. Quality Air Frying Technology

Different brands have invested different amounts in air frying technology and the quality of the air fryer can vary by brand and by price point. The quality air fryer chosen will need to meet the needs of the person purchasing the air fryer. You may need to be able to troubleshoot any problems with an air fryer.

5. Timed Cooking settings

Using timed cooking settings can be helpful when preparing something to eat. Some air frying enthusiasts may like the beeping sound that can be heard when the food is ready.

6. Ease to Clean

As written in some of our air fryer reviews many of the products have dishwasher safe components that can be easily placed in the dishwasher after a light rising for cleaning. Other air fryer components need to be cleaned by hand in a sink. Having good soap on hand for cleaning the air fryer can help the air fryer stay in good quality condition for a long period of time. By taking good care of the air fryer the appliance can still appear to be lightly-used after a long period of time.

7. Price

Air Fryers come with not only a variety of features but also at a variety of price points. For people looking for a more superior product, they may need to pay a larger price tag for the air fryer. There are many such air fryers that are still a good enough quality that come with a more affordable price tag. The price is not the only indicator of the quality of the air fryer, so people looking to make a purchase should select the air fryer wisely after having completed research on the air fryers on the market.

Best Dry Fryers Compared

- [1 Dry Fryers Technology](#)
- [2 Dry Fryers Brands](#)
- [3 Philips Dry Fryers](#)
- [4 Dry Fryers Recipes](#)

Shopping around, there are several dry fryers to chose from on the market and after making the decision to purchase one, knowing exactly which one to buy can be a challenge for people who have not read this page. Here we review the best dry fryers compared. Not all dry fryers are equal, even though the basic purpose of a dry fryer is to cook food that has a fried taste with less oil, so here we compare some of the dry fryers.

Dry Fryers Technology

The technology matters when choosing an air fryer. The technology works by circulating air to high degrees and the rapidly circulating hot air cooks the food. One of the top-selling brands at the time of this post is the Philips Air Fryer brand. The reason why this brand is so popular is for the quality associated with the brand. **Other brands that sell dry fryers include Avalon, VonShef, GoWise, and Kenstar.**

Each brand that sells dry fryers often has various models to select from. When I saw two Philips models side by side I was surprised by the size differences between the two. One looked like it was meant for someone living alone to make snacks and the other one looked big enough to feed a family. When reviewing different options for dry fryers it is important to look at the size and bucket capacity of each dry fryer so that you know the size of the fryer will meet your needs.

Converting Recipes to Your Air Fryer

By Meredith Laurence, Air Fryer Genius

Converting From Traditional Recipes

You can use your air fryer to cook recipes that have instruction for cooking in the oven. Because the heat in the air fryer is more intense than a standard oven, reduce the suggested temperature by 25°F - 50°F and cut the time by roughly 20%. SO, if a recipe calls for cooking at 400°F for 20 minutes, air-fry at 370°F for about 16 minutes. Remember to turn foods over halfway through the cooking time (as you would in a skillet or on the grill) and check the foods for your desired degree of doneness as you approach the finish line.

Converting From Package Foods Instructions

The same rule applies to prepared foods that you might buy at the grocery store. If a bag of frozen French fries suggests cooking in the oven at 450°F for 18 minutes, air fry the fries at 400°F and start checking them at 15 minutes, remembering to shake the basket once or twice during the cooking process to help the fries brown evenly.

Converting to Different Sized Air-Fryers

Many of the recipes used were tested in 3- quart air fryers. If you are using a larger air fryer, especially if you're cooking for 4 or more people the larger baskets can make life a little easier. Because the baskets are larger, you can cook more food at one time. In addition, you might also be able to shave a few minutes off the cooking time. Just remember not to over-fill the air fryer basket, since that will slow down the overall cooking time and result in foods that are not as crispy as you'd like them to be. As with all things that you cook in the air fryer, it makes sense to pull open the air fryer drawer and check the foods as they cook. That way, you'll avoid over-cooking anything.

If you are using an air fryer that is smaller than 3 quarts, you will do smaller batches at one time. Regardless of what size air fryer you are using, understand that much like cooking in an oven or on the stovetop, timing may vary a little based on a number of factors – the size of your food, the size of the cuts of foods, the temperature of your ingredients, etc... Use your better judgement when cooking to determine when foods are cooked to your liking. The great thing about an air fryer is that you can very easily remove the drawer at any time during the cooking process to see how things are going.

Note: All times and temperatures below assume that the food is flipped over half way through the cooking time or the basket is shaken to redistribute ingredients once or twice.

	Temperature (°F)	Time (min)		Temperature (°F)	Time (min)
Vegetables					
Asparagus (sliced 1-inch)	400°F	5	Onions (pearl)	400°F	10
Beets (whole)	400°F	40	Parsnips (½-inch chunks)	380°F	15
Broccoli (florets)	400°F	6	Peppers (1-inch chunks)	400°F	15
Brussels Sprouts (halved)	380°F	15	Potatoes (small baby, 1.5 lbs)	400°F	15
Carrots (sliced ½-inch)	380°F	15	Potatoes (1-inch chunks)	400°F	12
Cauliflower (florets)	400°F	12	Potatoes (baked whole)	400°F	40
Corn on the cob	390°F	6	Squash (½-inch chunks)	400°F	12
Eggplant (1½-inch cubes)	400°F	15	Sweet Potato (baked)	380°F	30 to 35
Fennel (quartered)	370°F	15	Tomatoes (cherry)	400°F	4
Green Beans	400°F	5	Tomatoes (halves)	350°F	10
Kale leaves	250°F	12	Zucchini (½-inch sticks)	400°F	12
Mushrooms (sliced ¼-inch)	400°F	5			

Chicken

Breasts, bone in (1.25 lbs.)	370°F	25	Legs, bone in (1.75 lbs.)	380°F	30
Breasts, boneless (4 oz.)	380°F	12	Wings (2 lbs.)	400°F	12
Drumsticks (2.5 lbs.)	370°F	20	Game Hen (halved - 2 lbs.)	390°F	20
Thighs, bone in (2 lbs.)	380°F	22	Whole Chicken (6.5 lbs.)	360°F	75
Thighs, boneless (1.5 lbs.)	380°F	18 to 20	Tenders	360°F	8 to 10

Beef

Burger (4 oz.)	370°F	16 to 20	Meatballs (3-inch)	380°F	10
Filet Mignon (8 oz.)	400°F	18	Ribeye, bone in (1-inch, 8 oz.)	400°F	10 to 15
Flank Steak (1.5 lbs.)	400°F	12	Sirloin steaks (1-inch, 12 oz.)	400°F	9 to 14
London Broil (2 lbs.)	400°F	20 to 28	Beef Eye Round Roast (4 lbs.)	390°F	45 to 55
Meatballs (1-inch)	380°F	7			

Pork and Lamb

Loin (2 lbs.)	360°F	55	Bacon (thick cut)	400°F	6 to 10
Pork Chops, bone in (1-inch, 6.5 oz.)	400°F	12	Sausages	380°F	15
Tenderloin (1 lb.)	370°F	15	Lamb Loin Chops (1-inch thick)	400°F	8 to 12
Bacon (regular)	400°F	5 to 7	Rack of lamb (1.5 - 2 lbs.)	380°F	22

Fish and Seafood

Calamari (8 oz.)	400°F	4	Tuna steak	400°F	7 to 10
Fish Fillet (1-inch, 8 oz.)	400°F	10	Scallops	400°F	5 to 7
Salmon, fillet (6 oz.)	380°F	12	Shrimp	400°F	5
Swordfish steak	400°F	10			

Frozen Foods

Onion Rings (12 oz.)	400°F	8	Fish Sticks (10 oz.)	400°F	10
Thin French Fries (20 oz.)	400°F	14	Fish Fillets (½-inch, 10 oz.)	400°F	14
Thick French Fries (17 oz.)	400°F	18	Chicken Nuggets (12 oz.)	400°F	10
Mozzarella Sticks (11 oz.)	400°F	8	Breaded Shrimp	400°F	9

Brown Sugar-Glazed Turkey Meatballs 30 servings

For the Meatballs

2 pounds ground turkey	½ teaspoon salt
½ cup Italian Style bread crumbs	1/8 teaspoon fresh ground pepper, or to taste
1 egg, lightly beaten	2 garlic cloves, minced
1 teaspoon paprika	1 teaspoon dried oregano
½ teaspoon cayenne pepper	

For the Glaze:

½ cup light brown sugar	1 Tablespoon rice vinegar
2 Tablespoons white vinegar	

Preheat oven to 350°F.

Place a baking/wire rack over a baking sheet; set aside.

In a large bowl, combine turkey, bread crumbs, egg, paprika, cayenne pepper, salt, fresh ground pepper, garlic and oregano.

Using a wooden spoon, mix until well combined and thoroughly incorporated.

Shape mixture into 1 inch balls and place on previously prepared baking sheet.

Bake for 16 – 18 minutes, or until cooked through.

Prepare the glaze:

In a large, non-stick frying pan, combine brown sugar, white vinegar and rice vinegar.

Add baked meatballs to the pan and cook over medium heat for 10 minutes, turning meatballs once half way through cooking, stirring occasionally.

Remove from pan and serve.

Nutritional Information: Per serving. Calories 24, Cholesterol 5mg., Sodium 55mg., Potassium 11mg, Total Carbs 5g (Sugars 3g)

Recipe from diethood.com

Pigs in a Blanket 4 servings

1 (12 ounce) package cocktail franks

1 (8 ounce) can of crescent rolls

Directions:

1. Remove cocktail franks from package and drain; pat dry on paper towels.

2. Cut dough into rectangular strips, approx.. 1 inch x 1.5 inch.

3. Roll strips around franks, leaving ends visible.

4. Place in freezer for 5 minutes to firm.

5. Preheat air fryer to 330°F.

6. Remove franks from freezer and place them in cooking basket.

Cook for 6-8 minutes.

7. Change temperature to 390°F and cook for 3 minutes or until golden brown.

Serve and enjoy.

Nutrition Information: Per Serving, Calories 470, cholesterol 45mg, Sodium 1230mg, Total Carbs, 26g.

Recipe from Air Fryer Cookbook by Michelle Sands

Chicken Tenders Serves 4

1 teaspoon Garlic Powder	1 cup flour
1 teaspoon Onion Powder	1 lb. chicken tenders
1 teaspoon salt	2 eggs, beaten
½ teaspoon ground black pepper	2 cups panko breadcrumbs
1 teaspoon smoked paprika	

Directions:

1. In a bowl, mix together the garlic, onion, salt, pepper, paprika and flour.
2. Dredge chicken in the season flour.
3. Dip chicken into the egg.
4. Coat with panko breadcrumbs.
5. Arrange chicken tenders onto the air fryer racks.
6. Press the French Fry Button. Decrease the temperature to 370°F (185 C) to begin cooking cycle.

Nutrition Information: Per Serving, Calories 460, cholesterol 150mg, Sodium 1560mg, Total Carbs, 66g.

Pretzel Bites Serves 4

1 crescent dough sheet	½ cup baking soda
1 cup water	Pretzel salt

1. Open the crescent dough sheet into 4 long strips
2. Fold the dough over itself and roll into a log 3/4 inch in thickness.
3. Use dough scraper or sharp knife to cut each log into 6 nuggets.
4. Combine the water and baking soda in a small bowl.
5. Dip each nugget into the water bath and place onto the Air Fryer oven racks.
6. Sprinkle the nuggets with the pretzel salt.
7. Set the temperature to 360 degrees (182 C). Set the Timer to 12 minutes.
Press the Power Button to begin cooking cycle.

Nutrition Information: Per Serving, Calories 25, cholesterol 0mg, Sodium 55mg, Total Carbs, 3g.

Fried Zucchini Serves 6

4 medium zucchini, cut into sticks
4 eggs, beaten
2 cups seasoned breadcrumbs

1. Dip the zucchini into the egg.
2. Coat with breadcrumbs.
3. Arrange the battered sticks onto the air fryer racks.
4. Press the French Fry Button. Set the timer for 10 minutes to begin cooking cycle.

Nutrition Information: Per Serving, Calories 220, cholesterol 125mg, Sodium 800mg, Total Carbs, 30g.

Honey Roasted Carrots 4 servings

1 tablespoon honey
3 cups baby carrots

1 tablespoon olive oil
Sea salt and pepper to taste

Directions:

1. In bowl, combine carrots, honey and olive oil.
2. Season carrots with salt and black pepper
3. Air fry carrots at 390° F. for 12 minutes
4. When ready, serve immediately and enjoy.

Nutrition Information: Per Serving, Calories 110, cholesterol 0mg, Sodium 135mg, Total Carbs, 18g. *Recipe from Air Fryer Cookbook by Michelle Sands*

Roasted Potatoes 5 servings

2 ¾ pounds potatoes (about 2 large russet potatoes)
1 teaspoon extra virgin olive oil (or coconut oil)
Herbs of choice to taste

1. Thoroughly wash potatoes and cut into 1 inch cubes. Don't peel beforehand.
2. In medium bowl, toss together potato cubes and extra virgin olive oil until cubes are evenly coated.
3. Cook potato cubes in air fryer at 320° F for 25 minutes. No need to preheat.
4. When done, toss gently, raise temperature to 350°F and cook for another 7 minutes.
5. Remove potatoes from air fryer and toss in medium bowl with your choice of herbs.
6. Serve hot. Reheat in air fryer as needed.

Nutrition Information: Per Serving, Calories 140, cholesterol 0mg, Sodium 5mg, Total Carbs, 27g.

Recipe from Air Fryer Cookbook by Michelle Sands

Lemon Green Beans 2 servings

1 pound green beans, washed and ends trimmed
¼ teaspoon olive oil
1 lemon, juiced
Salt and pepper to taste

1. Place green beans in air fryer basket and pour lemon juice over beans.
2. Season with salt and pepper.
3. Drizzle beans with olive oil.
4. Cook beans at 400°F for 10 minutes.
5. Serve and enjoy.

Nutrition Information: Per Serving, Calories 60, cholesterol 0mg, Sodium 0mg, Total Carbs, 15g.

Recipe from Air Fryer Cookbook by Michelle Sands

Strawberry Spinach Salad

Dressing

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar

- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion

Salad

- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup chopped walnuts

Directions

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and walnuts. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Nutrition Information: Per Serving, Calories 240, cholesterol 0mg, Sodium 20mg, Total Carbs, 15g.