AIR FRYER RECIPES

Brentwood

CHICKEN WINGS

INGREDIENTS

Makes 2 Batches

10 Large Chicken Drumettes

1 tsp Toasted Sesame Oil

Cooking Spray

1/2 tsp Crushed Red Pepper

1/4 Cup Rice Vinegar

1/2 Clove of Garlic, Finely Chopped

3 tbsp Honey

1 tbsp Chopped Unsalted Roasted Peanuts

2 tbsp Unsalted Chicken Stock

1/2 tbsp Chopped Fresh Chives

1 tbsp Lower-Sodium Soy Sauce

INSTRUCTIONS

1. Place chicken in single layer in air fryer basket; coat well with cooking spray.
2. Cook at 400°F until skin is very crispy, 30 minutes, turning drumettes over halfway through cooking.
3. Meanwhile, stir together vinegar, honey, stock, soy sauce, oil, crushed red pepper, and garlic in a small skillet.
4. Bring to a simmer over medium-high; cook until slightly thickened and almost syrupy, 6 minutes. Place drumettes in a medium bowl.
5. Add honey mixture and toss to coat.
6. Sprinkle with peanuts and chives.

AIR FRYER RECIPES

CRISPY AIR FRYER MOZZARELLA STICKS

INGREDIENTS

Mozzarella Cheese Sticks
All-Purpose Flour
Eggs, Beaten
Bread Crumbs
Marinara Sauce
(for Dipping)

INSTRUCTIONS

1. Preheat your air fryer for 3 minutes (350°F - 360°F).

2. Cut the mozzarella cheese sticks into smaller pieces, if desired.

3. Coat each cheese stick in flour, dip it into beaten eggs, and roll it in bread crumbs to create a breaded coating.

4. Place the coated mozzarella sticks in a single layer in the air fryer basket.

5. Air fry for 6-8 minutes (400°F) or until they are golden brown and the interior is warmed through and the coating is golden and crispy.

6. Serve immediately with marinara sauce for dipping

AIR FRYER RECIPES

HEALTHY AIR FRYER SALMON

INGREDIENTS

Salmon fillets
Olive Oil
Lemon Juice
Garlic Powder
Salt and Pepper

INSTRUCTIONS

1. Preheat your air fryer for 3 minutes (350°F - 360°F).

2. Brush olive oil on both sides of the salmon fillets to lightly coat them.

3. Drizzle lemon juice over the fillets and sprinkle with garlic powder, salt, and pepper to taste.

4. Place the seasoned salmon fillets in the air fryer basket.

5. Cook in the air fryer (400°F for 6 to 11 minutes) or until the salmon is cooked through and flakes easily with a fork.

6. Serve the salmon with your favorite side dishes for a healthy and flavorful meal.

AIR FRYER RECIPES

FRENCH FRIES

INGREDIENTS

2 Russet Potatoes
1 tbsp Olive Oil

Serves 4

INSTRUCTIONS

1. Blanch the potatoes in water until tender.

2. Let cool. Cut into fries. Toss with olive oil and salt and pepper.

3. Place the potatoes into the Fry Basket and then into the Air Fryer.

4. Turn knobs to set cooking time to 18 minutes and temperature to 400 degrees.

5. Halfway through cooking, toss the fries. Shake periodically.

AIR FRYER RECIPES

AIR FRYER VEGGIE TACOS

INGREDIENTS

Tortillas
Assorted Vegetables (Such as Bell Peppers, Zucchini, Onions, Mushrooms)
Olive Oil
Taco Seasoning
Toppings (Such as Shredded Cheese, Lettuce, Salsa, Sour Cream)

INSTRUCTIONS

1. Preheat your air fryer for 3 minutes (350°F - 360°F).
2. Slice the vegetables into thin, even pieces.
3. In a bowl, toss the sliced vegetables with olive oil and taco seasoning until evenly coated.
4. Place the seasoned vegetables in the air fryer basket.
5. Cook in the air fryer (375°F for approximately 10-15 minutes) or until the vegetables are tender and slightly charred, stirring occasionally.
6. Warm the tortillas in the air fryer for a few seconds, if desired.
7. Fill the tortillas with the cooked vegetables and add your preferred toppings.
8. Serve the veggie tacos as a delicious and satisfying meatless option.