

AIR FRYERS

RECIPES

You can use air fryers to cook most frozen foods. It's common to see air fryer cooking instructions on many items in the frozen food section. You may want to demo something commonly deep fried (like tater tots or fish) and let participants taste the healthier air-fried version.

Use air fryers to roast most vegetables. Any recipe that you cook in the oven you can cook in the air fryer. Pick a seasonal vegetable from your local market and roast it several ways in the air fryer to showcase flavor and demonstrate the versatility of the unit. Talk about the differences when compared to steaming or boiling that same vegetable.

Most units come with recipe suggestions in the operator's manual. Include the air fryer manual in this portion of the program and allow participants to see the suggested recipes. Use any of the recipes included with the unit or the suggested recipes below. You may want to poll the participants enrolled beforehand and see if there is a recipe of their own, or a particular food item they would like to learn how to cook using an air fryer.

BASIC FRENCH FRIES

Ingredients

- *Russett potatoes (or sweet potatoes)*
- *Olive oil*
- *Salt*
- *Optional: Dress them up with other seasonings like garlic powder, onion powder, chili powder or a spice blend of your choice.*

Directions

1. Preheat the air fryer to 400 degrees F.
2. Wash and slice potatoes into ¼-inch strips. No need to peel unless that is your preference. Make sure strips are the same size so they cook evenly.
3. Toss with olive oil and salt.
4. Cook in batches. Place strips in a single layer in the air fryer basket, allowing a little space between each strip for even cooking.
5. Cook 12 to 15 minutes, flipping half way through cooking time. Remove when crisp and brown around the edges.
6. Repeat until all potatoes are cooked, cooking in batches so you don't crowd the strips.
7. After the last batch, place all cooked strips back in the basket and cook for 1 to 2 minutes to warm up the earlier batches before serving.

Optional: Soak strips in hot water for 10 minutes and pat dry before seasoning and air frying to increase crispness.

WHITE FISH

Ingredients

- 2 6-ounce white fish filets (*tilapia, cod, or other flat fish*)
- Olive oil spray
- 2 teaspoons seasoning of your choice
- Fresh lemon, sliced into wedges

Directions

1. Preheat the air fryer to 380 degrees F.
 2. Pat fish dry using a paper towel.
 3. Spray with olive oil.
 4. Season to taste with your favorite spices or spice blend.
 5. Place fish on an air fryer liner that has been lightly sprayed with oil to prevent sticking and place the liner in the air fryer.
 6. Cook 6 to 10 minutes or until the fish flakes evenly when pierced with a fork. Times will vary depending on the thickness of the filets. Begin checking at 6 minutes and then at 2-minute increments until done.
- Optional: Place lemon wedges in the basket and cook with the fish. Then use the toasted lemon wedge for spritzing.

TERIYAKI CHICKEN NUGGETS

Ingredients

- Chicken (*thighs, breasts, or tenders*) cut into cubes
- Teriyaki sauce
- Dried, minced onion – optional
- Minced garlic – optional

Directions

1. Place cubed chicken in a bowl and cover with teriyaki sauce. Add onion and garlic if desired. Stir to evenly coat the chicken and let sit for 20 to 30 minutes.
2. Preheat the air fryer to 380 degrees F.
3. Cook in batches. Using tongs, place chicken cubes in a single layer on an air fryer liner.
4. Cook 8 to 10 minutes, shaking basket halfway through cooking time. Cook until internal temperature reaches 165 degrees F. Time will vary depending on the size of the cubes.

APPLE PIE CRESCENTS

Ingredients

- 1 tube (8 ounces) refrigerated crescent rolls
- ½ cup chunky applesauce
- 2 tablespoons butter, melted
- 1 ½ teaspoons sugar
- ½ teaspoon ground cinnamon
- ½ cup powdered sugar
- 1 tablespoon milk or half-and-half

Directions

1. Preheat the air fryer to 300 degrees F. (Check your tube of crescents for air fryer cooking instructions.)
2. Unroll crescent dough and separate into 8 triangles.
3. Place 1 tablespoon of applesauce at the wide end of each triangle. Roll up from the long end to the point.
4. Brush the tops with melted butter.
5. Combine sugar and cinnamon. Sprinkle over rolls.
6. Place rolls, point side down, in a single layer on an air fryer liner. Curve to form crescents. Place the liner in the air fryer basket.
7. Cook until golden brown, 7 to 9 minutes. Cool slightly.
8. Combine powdered sugar and milk to make a glaze. Drizzle over rolls.

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