

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® AirFryer Toaster Oven and Grill

TOA-70C SERIES

FOR YOUR SAFETY AND CONTINUED ENJOYMENT OF THIS PRODUCT, ALWAYS READ THE INSTRUCTION BOOK CAREFULLY BEFORE USING.

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

- 1. **Read all instructions.**
- 2. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. Allow to cool before cleaning or handling, putting on or taking off parts.**
- 3. Do not touch hot surfaces. Use handles, or knobs.
- 4. To protect against electrical shock, do not place any part of the AirFryer Toaster Oven and Grill in water or other liquids. See instructions for cleaning.
- 5. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
- 6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way

- or is not operating properly. Return the AirFryer Toaster Oven to the store or retailer where purchased for examination or repair, or adjustment.
- 7. The use of accessory attachments not recommended by Cuisinart may cause injury.
 - 8. Do not use outdoors.
 - 9. Do not let cord hang over the edge of the table or countertop, where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
 - 10. Do not place AirFryer Toaster Oven and Grill on or near a hot gas or electric burner or in a heated oven.
 - 11. Do not use this AirFryer Toaster Oven and Grill for anything other than its intended purpose.
 - 12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the oven.
 - 13. To avoid burns, use extreme caution when removing AirFryer Toaster Oven accessories or disposing of hot grease.
 - 14. **When not in use, always unplug the unit.** Do not store any materials other than manufacturer's recommended oven proof accessories in this AirFryer Toaster Oven and Grill.
 - 15. Do not place any of the following materials in the AirFryer Toaster Oven: paper, cardboard, plastic and similar products.
 - 16. Do not cover Crumb Tray or any part of the oven with metal foil. This will cause overheating of the oven.
 - 17. Oversize foods, metal foil packages and utensils must not be inserted in the AirFryer Toaster Oven and Grill, as they may involve a risk of fire or electric shock.
 - 18. A fire may occur if the AirFryer Toaster Oven and Grill is covered or touching flammable materials such as curtains, draperies or walls, when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
 - 19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
 - 20. Do not attempt to dislodge food when the AirFryer Toaster Oven and Grill is plugged into electrical outlet.

21. **Warning:** To avoid possibility of fire, NEVER leave AirFryer Toaster Oven and Grill unattended during use.
22. Use recommended temperature settings for all cooking/baking, roasting and AirFrying.
23. Do not rest cooking utensils or baking dishes on glass door.
24. Turn the ON/Oven Timer and the ON/Toaster Timer dials to the OFF position to turn off the AirFryer Toaster Oven and Grill.
25. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
26. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
27. To disconnect, turn any control to "off", then remove plug from wall outlet.
28. A fire may occur if the AirFryer Toaster Oven and Grill is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.

SAVE THESE INSTRUCTIONS

Please read and keep these instructions handy. These instructions will help you use your Cuisinart® AirFryer Toaster Oven and Grill to its fullest so that you will achieve consistent, professional results.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords are available and may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be tripped over unintentionally or pulled on by children.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY NOT INTENDED FOR COMMERCIAL USE

FEATURES AND BENEFITS

1. **Power On Light**
Indicator light will turn on and remain lit when oven is in use.
2. **ON/Oven Timer Dial**
Use to set desired time for all functions except Toast function. Setting the oven timer powers the unit on and begins the cooking cycle. When the timer runs out, the unit will power off.
3. **Oven Temperature Dial**
Use to set desired temperature.
4. **Function Dial**
Use to select cooking method – Warm, Broil, Convection Broil , Toast, Bake, Convection Bake , AirFry and Grill.
5. **ON/Toast Timer Dial**
Use to set desired toast shade from light to dark. Setting the Toast Timer powers the unit on and begins the toasting cycle. When cycle is complete, the unit will power off.
6. **Light Button**
To turn on the interior oven light, press the Light Button while oven is in use and door is closed. If door is opened while oven is on, the bulb-saver feature will turn the light off. The light turns on again when door is closed and cooking resumes.

7. Easy Clean Interior

The sides of the oven are coated, providing an easy-to-clean surface.

8. Safety Auto Off Door Switch (not shown)

This oven comes equipped with a Safety Auto Off switch that cuts off power to the unit when the oven door is opened. Please make sure to keep the oven door closed during cooking/AirFrying.

9. Pull-Out Crumb Tray

The crumb tray comes already positioned in your oven. The crumb tray slides out from the bottom front of the AirFryer Toaster Oven for easy cleaning.

10. AirFryer Basket

Use the AirFryer Basket in conjunction with the AirFry function to optimize your cooking results. It is recommended that the AirFryer Basket be nested in the Baking Pan.

11. Oven Rack

Can be used in two positions: upper and lower. The upper rack position has a 50% stop feature so the rack stops halfway out of the oven. The oven rack can be removed by lifting the front of the rack and sliding it out. See page 5 for more details on Oven Rack positions.

12. Baking Pan/Drip Tray

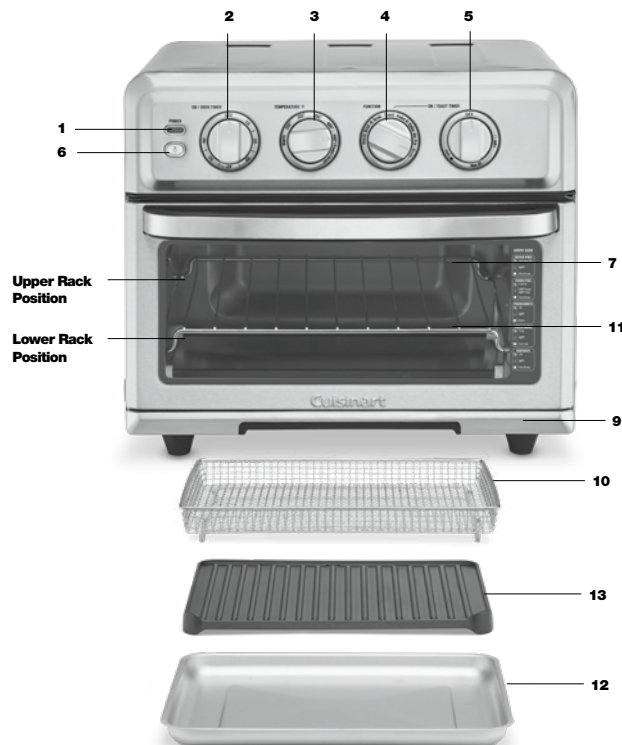
A Baking Pan/Drip Tray is included for your convenience. Use alone when baking or roasting. Use Baking Pan with the AirFryer Basket when AirFrying. Use the Baking Pan with the Grill/Griddle plate when using the Grill function.

13. Grill/Griddle Plate

Reversible Grill/Griddle Plate is to be used in conjunction with the Grill function. Use Grill/Griddle Plate with the Baking Pan.

14. Cord Storage (rear, not shown)

Takes up excess cord and keeps countertop neat.



BEFORE FIRST USE

Place your AirFryer Toaster Oven and Grill on a flat surface.

Before using your AirFryer Toaster Oven and Grill, move it 2 to 4 inches (5 to 10 cm) away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces.

OBJECTS SHOULD NOT BE STORED ON THE TOP OF THE OVEN. IF THEY ARE, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE

EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.

GENERAL GUIDELINES

AirFry: This function is used to AirFry meals as a healthy alternative to deep frying in oil. The AirFry function uses a combination of hot air, high blower velocity and 4 upper heating elements to prepare a variety of meals that are both delicious and healthier than traditional frying.

Use the provided Baking Pan and AirFryer Basket when using the AirFry function.

Place the AirFryer Basket onto the Baking Pan. Use upper rack position for AirFrying.

Bake: The Bake function is recommended for a variety of foods you would normally prepare in your conventional oven. Baked goods that require a more gentle cooking method like cakes, muffins and pastry yield best results on Bake.

Convection Bake: uses a fan to circulate heated air around food to cook it faster and is ideal for even browning. It is best used for heartier baked goods such as scones and bread and is also excellent for roasts, poultry, pizza and vegetables.

Use the Baking Pan for fresh pizza (in lower rack position) and the rack alone if pizza is frozen (in upper rack position). Or cook it on the pizza stone available for purchase on the Cuisinart website.

Broiling: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to top-brown casseroles and gratins. Convection Broil is best for meats and fish, while traditional broil should be reserved for top browning.

Toasting: Always have the Oven Rack in upper rack position, as indicated in the diagram below, for even toasting. Always position your item/items in the middle of the rack.

Grilling: The Grill function can be used to cook burgers, steak, poultry, fish and vegetables. Place the Grill/Griddle Plate grill side up on the baking tray and preheat in the oven according to recipe. Always place the assembled Grill/Griddle pan in the lower rack position. For most grill recipes, the temperature should be set to 450°F. The reversible griddle can be used to cook quesadillas, French toast, hash browns and breakfast meats.

Caution: It is not recommended to cover the AirFryer Basket and Grill/Griddle Plate with aluminum foil. If covered, the foil prevents the fat from dripping into the Drip

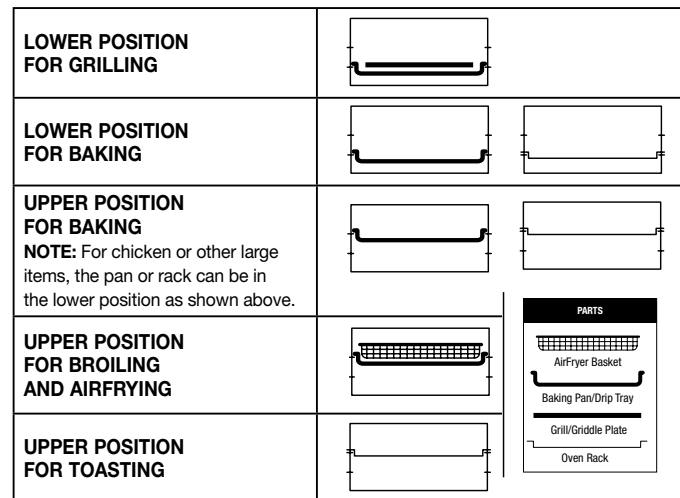
Tray. Grease will accumulate on the foil surface and may catch fire. If you choose to use foil to cover the Baking Pan/Drip Tray, be sure foil is cut to neatly fit into the pan and does not touch the wall or heating elements.

WARNING: Placing the Oven Rack in the upper position with the rack upward while toasting may result in a fire. Refer to rack position diagram for proper use.

Turning off the AirFryer Toaster Oven and Grill: Turn BOTH the ON/Oven Timer and the ON/Toast Timer dials to the OFF position. The power on light will turn off.

OVEN RACK AND PAN POSITION DIAGRAMS

Each recipe gives you step-by-step directions and will tell you where the Oven Baking Pan, Oven Rack, AirFry Basket and Grill Plate should be positioned for best results. Please refer to the accessories diagrams below for recommended positions.



OPERATION

Unwind the power cord. Check that the Crumb Tray is in place and that there is nothing in the oven. Plug power cord into the wall outlet.

Broil or Convection Broil

Place the AirFryer Basket on top of the Baking Pan to use to Broil in the upper rack position. (See Diagrams for accessory positions, page 5.).

Set the Function Dial to either Broil or Convection Broil. Set Temperature Dial to Toast/Broil. Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin broiling. The power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop broiling mid-cycle, turn the ON/Oven Timer dial to the OFF position.

Broiling Tips:

Use the provided AirFryer Basket fitted inside the Baking Pan to broil.

Never use glass oven dishes to broil.

Be sure to keep an eye on food – items can get dark quickly while broiling.

Bake Or Convection Bake

Fit provided Baking Pan or Oven Rack into either rack position. (See Diagrams for accessory positions, page 5.)

Set the Function Dial to Bake or Convection Bake. Set the Temperature Dial to desired temperature. Then turn the ON/Oven Timer dial to the recommended cooking time to turn on the oven (It is recommended to preheat oven for 5 minutes prior to baking delicate items such as cakes and muffins. Incorporate this into the total baking time).

The power light will illuminate. The timer will ring once when time has expired and the cycle is complete and the oven will power.

To stop baking, mid-cycle turn the ON/Oven Timer dial to the OFF position.

Baking Tips:

Select Bake for more delicate baked goods like custards, cakes and eggs.

Most baked goods, as well as larger items, are baked in the lower rack position.

Use Baking Pan in lower rack position for fresh pizza. Place frozen pizza directly on the Rack in upper rack position to cook.

Convection Bake

Select Convection Bake for hearty baked goods that require even browning such as scones and breads as well as for roasts and poultry. Convection Bake is also perfect for baking evenly browned and crispy homemade pizzas.

Most baking recipes recommend reducing temperatures by 25 degrees (5 °C) when using the convection feature.

Always check for doneness 10 minutes before end of suggested cooking time.

IMPORTANT

All of our recipes have been tested in our test kitchen and are specially developed to work in the Cuisinart® AirFryer Toaster Oven and Grill.

Warm

Fit provided Baking Pan or Oven Rack into upper rack position.

Set the Temperature Dial to Warm. Set the Function Dial to Warm. Then turn the ON/Oven Timer Dial to the desired warming time to start the oven and begin warming.

The power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop warming, turn the ON/Oven Timer dial to the OFF position.

Toast

Fit Oven Rack into upper rack position. If toasting two items, center them in the middle of the Oven Rack. Four items should be evenly spaced – two in front, two in back. Six items should be evenly spaced – three in front, three in back.

Set the Function Dial to Toast. Set the Temperature Dial to Toast/Broil. Turn the ON/Toast Timer Dial to desired shade setting from light to dark within the marked settings to turn on the oven and begin toasting.

The oven power light will illuminate. When completed, the timer will ring and turn off.

To stop toasting mid-cycle, turn the ON/Toast Timer dial to the OFF position.

Important Notes on Toasting

The Oven Rack must be in the upper rack position as indicated in the diagram on page 5.

AirFry (Refer to chart on page 8 for recommended cooking times and temperatures for various types of foods.)

Place the AirFryer Basket onto the Baking Pan. AirFry in the upper rack position. Set the Function Dial to AirFry. Set Temperature Dial to desired temperature. Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin AirFrying.

The oven power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop AirFrying mid-cycle, turn the ON/Oven Timer dial to the OFF position.

AirFrying Tips:

AirFrying is a healthier alternative to frying. Many foods that can be fried, can be AirFried with significantly less oil. AirFried foods will taste lighter and less greasy than deep-fried foods.

Most oils can be used for AirFrying. Olive oil is preferred for a richer flavour. Vegetable, canola or grapeseed oil is recommended for a mild flavour.

Distribute oil evenly on food to achieve the crispiest and most golden results. Oil can be sprayed or brushed onto foods for AirFrying. Alternatively, olive oil and nonstick cooking sprays can be used.

An assortment of coatings can be used for AirFry foods.

Some examples of different crumb mixtures include: breadcrumbs, seasoned breadcrumbs, panko breadcrumbs, corn flakes, potato chip crumbs, graham cracker crumbs, quinoa, various flours, etc.

Most foods do not need to be flipped during cooking, but larger items, like chicken cutlets, should be flipped halfway during cooking to ensure quick, even cooking and browning.

When AirFrying large quantities of food that crowd the pan, toss food halfway through cooking to ensure even cooking and colour.

Use higher temperatures for foods that cook quickly, like bacon and chips, and lower temperatures for foods that take longer to cook like breaded chicken.

Foods will cook more evenly if they are cut to the same size.

Line the Baking Tray with aluminum foil for easy cleanup.

Please note that when most foods cook, they release water. When cooking large quantities for an extended period of time, condensation may build up, which could leave moisture on your countertop.

Grill

Place the Grill/Griddle Plate on the baking tray and place in the oven in the lower rack position.

Set the Function Dial to Grill. Set the Temperature Dial to desired temperature. Then turn the ON/Oven Timer Dial to the recommended cooking time to turn on the oven.

Note: It is recommended to preheat the oven with Grill/Griddle Plate in place for about 10 minutes before adding food and cooking.

Once the ON/Oven Timer Dial is set to the cooking time, the power light will illuminate. The timer will ring once when time has expired and cycle is complete; the oven will power off. To stop grilling mid-cycle, turn the ON/Oven Timer Dial to the OFF position.

Grilling Tips:

Flipping foods halfway through cooking time ensures even cooking and grill/griddle marks. Temperature should be set according to recipe. Grill recipes will be cooked at 450°F (230°C), griddle recipes will vary in temperature.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

Always unplug the oven from the electrical outlet.

Do not use abrasive cleaners, as they will damage the finish. Simply wipe the exterior with a clean, damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not directly onto the toaster oven, before cleaning.

To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use steel wool pads, etc., on interior of oven.

Oven Rack, Baking Pan, AirFryer Basket and Crumb Tray should be hand-washed in hot, sudsy water or use a nylon scouring pad or nylon brush. They are NOT dishwasher safe.

After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like new. Removing the grease will help to keep toasting consistent, cycle after cycle.

To remove crumbs, slide out the Crumb Tray and discard crumbs. Wipe clean and replace. To remove baked-on grease, soak the tray in hot, sudsy water or use nonabrasive cleaners. Never operate the oven without the Crumb Tray in place.

AIRFRYER CHART

The chart below lists recommended cooking times, temperatures, and portions for various types of foods that can be AirFried in the Cuisinart® AirFryer Toaster Oven and Grill.

If portions exceed recommendations, you can toss food occasionally while cooking to ensure the crispiest, most even results. Smaller amounts of food may require less time. For best AirFry results, use the oven light to periodically check on food.

AirFrying doesn't require oil, but a light spray can enhance browning and crispness. Use an oil sprayer to keep it extra light or pour a little oil into a bowl, add food, and toss.

GRILLING CHART

When using the Grill or Griddle, the oven should be preheated with Grill/Griddle plate in place, in the lower rack position, for 10 minutes. 450°F (230°C) is the recommended temperature for most foods. Use caution when removing or flipping foods.

Food	Max Amount	Temperature	Time
Bacon	8 slices	400°F (200°C)	8 to 10 minutes
Chicken Wings	2 pounds (907 g), about 20 wings	400°F (200°C)	20 to 25 minutes
Frozen Appetizers, (e.g. mozzarella sticks, popcorn shrimp, etc.)	1½ pounds (680 g), about 28 frozen mozzarella sticks	400°F (200°C)	5 to 7 minutes
Frozen Chicken Nuggets	1 pound (454 g), about 34 frozen chicken nuggets	400°F (200°C)	10 minutes
Frozen Fish Sticks	12 ounces (340 g), about 20 frozen fish sticks	400°F (200°C)	8 minutes
Frozen Fries	1 to 2 pounds (454 to 907 g)	450°F (230°C)	15 to 25 minutes
Frozen Steak Fries	1 to 2 pounds (454 to 907 g)	450°F (230°C)	15 to 25 minutes
Hand-Cut Fries	2 pounds (907 g), about 3 medium potatoes, cut into ¼-inch (0.6 cm) thick pieces, about 4 inches (10 cm)	400°F (200°C)	15 to 20 minutes
Hand-Cut Steak Fries	2 pounds (907 g), about 3 medium-large potatoes, cut into eighths lengthwise	400°F (200°C)	15 to 20 minutes
Shrimp	1 pound (454 g), about 16 extra-large shrimp	375°F (200°C)	8 to 10 minutes
Tortilla Chips	6, 5-inch (12.7 cm) tortillas cut into fourths	400°F (200°C)	5 to 6 minutes, toss halfway through

Food	Preparation	Temperature	Time
Burger – beef	6-ounce (170 g) patties	450°F (230°C)	4 to 5 minutes per side
Steak	1 to 2 inches (2.5 to 5 cm) thick	450°F (230°C)	1-inch (2.5 cm) steak - 4 minutes per side 1½ inch (3.75 cm) steak - 5 minutes per side 2 inch (5 cm) steak - 6 minutes per side (all recommended times are for medium rare)
Chicken Breast	Pounded to even thickness – about 1 inch (2.5 cm)	450°F (230°C)	8 to 10 minutes per side
Chicken Thigh	Spread to even thickness	450°F (230°C)	10 to 12 minutes per side
Pork Chops	½ to 1-inch (1.25 to 2.5 cm) thick	450°F (230°C)	5 to 6 minutes per side
Thick Fish Fillet or Steak	Up to 2 inches (5 cm) thick	450°F (230°C)	5 to 10 minutes per side
Thin Fish Fillet	½ to 1-inch (1.25 to 2.5 cm) thick	450°F (230°C)	5 to 6 minutes per side
Shrimp	Cleaned, then dried well	450°F (230°C)	2 to 3 minutes per side
Vegetables	Cut into even thickness	450°F (230°C)	3 to 10 minutes per side

Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.

Any other servicing should be performed by an authorized service representative.

RECIPES

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Snacks, Appetizers & Small Bites

Nachos Verde

The key to these nachos is to layer the cheese between the chips.

This way everyone gets a bit of cheese with every bite!

Makes 3 to 4 servings

- 3 to 4 cups (750 ml to 1 L) tortilla chips, divided**
 - 1½ cups (375 ml) shredded Cheddar and/or Monterey Jack, divided**
 - ½ cup (125 ml) refried beans**
 - ¼ cup (60 ml) chopped green chiles (about half of a 4.5 ounce [130 g] can)**
 - 2 tablespoons (30 ml) green salsa, plus more for serving**
 - 1 to 2 green onions, thinly sliced (white and light green parts)**
 - ½ cup (125 ml) sliced black olives (if using pre-sliced, drain well)**
 - Guacamole and sour cream, for serving**
 - Lime wedges, for serving**
1. Line the Baking Pan with foil and top with about 2 cups (500 ml) of chips (the chips should be whole and fully cover the bottom of the tray). Sprinkle ½ cup (125 ml) of the cheese on top of the chips. Add another layer of chips.
 2. Dollop the refried beans, green chiles, and salsa over the chips. Then top with the sliced green onions and olives. Top with the remaining chips and cheese.
 3. Put into the AirFryer and set to Broil at 450°F (230°C). Cook until the cheese is fully melted and just starting to brown, about 5 to 6 minutes.
 4. Serve with salsa, guacamole, sour cream and lime wedges.

Nutritional information per serving (based on 4 servings):

*Calories 339 (55% from fat) • carb. 25g • pro. 14g • fat 22 g • sat. fat 8g
chol. 45mg • sod. 830mg • calc. 310mg • fiber 4g*

Blooming Onion with chipotle Mayonnaise

Who knew this popular restaurant appetizer was so easy to make?

Makes 1 blooming onion, about 2 to 3 servings

Chipotle Mayonnaise:

- ½ cup (125 ml) mayonnaise**
- 1 chipotle chile in adobo, finely chopped**
- ¼ teaspoon (1 ml) fresh lemon juice**

Blooming Onion:

- Nonstick cooking spray**
- ½ cup (125 ml) unbleached, all-purpose flour**
- large egg, lightly beaten**
- 2 tablespoons (30 ml) buttermilk**
- ½ cup (125 ml) panko breadcrumbs**
- ½ teaspoon (2.5 ml) garlic powder**
- ¼ teaspoon (1 ml) kosher salt**
- Pinch freshly ground black pepper**
- Pinch cayenne pepper**
- 1 large, sweet onion, peeled**
- Olive oil, for spraying**

1. Prepare Chipotle Mayonnaise: Put mayonnaise, chipotle, and lemon juice in the work bowl of a mini food processor. Process on High until completely puréed and homogeneous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
2. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
3. Put the flour into a bowl large enough to dip the onion. Put the egg and buttermilk into another similar-sized bowl, and the breadcrumbs and seasonings in a third similar-sized bowl. Reserve.
4. Trim the top of the onion to create a flat surface. Leave the root end intact. Turn the onion over so the root end faces up, and rest it on its flat surface.

5. Without piercing the root, cut the onion into 4 wedges. Also without piercing the root, cut each wedge in half; repeat until wedges are about ¼ inch (0.6 cm) thick.
6. Turn the cut onion over and carefully, without breaking the pieces off the root, separate the layers; the separated onion will resemble a flower with petals.
7. Dredge the onion in the flour, and gently shake off the excess before dipping into the egg mixture, and then finally coat each layer evenly with the panko mixture. Evenly spray the coated onion with olive oil.
8. Put the prepared onion into the basket. Set to AirFry at 400°F (200°C) and cook the onion until it is crispy and golden brown in colour, about 10 minutes.

Nutritional information per serving of Blooming Onion (based on 3 servings):

*Calories 165 (18% from fat) • carb. 28 g • pro. 6 g • fat 3 g • sat. fat 1 g
chol. 72 mg • sod. 234 mg • calc. 31 mg • fiber 2 g*

*Nutritional information per serving of Chipotle Mayonnaise
(based on 1 tablespoon [15 ml]):*

*Calories 101 (99% from fat) • carb. 0 g • pro. 0 g • fat 11 g • sat. fat 2 g
chol. 10 mg • sod. 93 mg • calc. 0 mg • fiber 0 g*

Arepas

A fun snack or hors d'oeuvre. Pair with some sliced South of the Border Grilled Chicken, see page 22, or create your own fillings. Either way, don't forget to serve with plenty of guacamole and crema!

Makes 10 arepas

- 2 cups (500 ml) masarepa***
- 1 teaspoon (5 ml) kosher salt**
- 2 tablespoons (30 ml) olive oil, plus additional for brushing**
- 1¾ cups (425 ml) water**
- Fillings and toppings as desired, see below for suggestions**

1. Stir the masarepa and salt together in a bowl. Combine the olive oil and water and slowly add to the dry ingredients with a spoon. Mixture should come together in a solid, somewhat wet mass.

Continue to mix as the masarepa will continue to absorb the liquid. The final arepa dough should feel damp to the touch.

2. Using a ¼ cup (60 ml) measuring cup, scoop the dough and form by hand into a smooth disc, about 2 inches (5 cm) in diameter. Repeat with rest of dough.
3. Place the Grill/Griddle Plate onto the Baking Pan, Griddle side up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and allow to preheat for at least 10 minutes.
4. Brush the arepas on both sides liberally with oil. Once the oven is preheated, carefully place the arepas onto the hot griddle plate. Cook for about 8 minutes per side. Arepas should be crispy on the outside and cooked through on the inside.
5. To serve, slice the arepa horizontally and fill with desired fillings (some suggestions are Shredded South of the Border Grilled Chicken, beans, veggies, cheese). Serve with desired toppings (e.g., crumbled cotija cheese, chopped cilantro, pickled red onion, avocado, etc.)

* Masarepa is ground pre-cooked cornmeal that is the essential ingredient for preparing homemade arepas. It can be found in the Latin food aisle of the supermarket.

Nutritional information per serving per arepa:

*Calories 111 (32% from fat) • carb. 17g • pro. 2g • fat 44g • sat. fat 1g
chol. 0mg • sod. 231mg • calc. 32mg • fiber 1g*

Pigs in a Blanket

Everyone's favourite, baked to perfection, in the Cuisinart AirFryer!

Makes about 28 to 30 individual pieces

- 8 to 10 ounces (227 to 295 ml) prepared puff pastry (completely thawed if frozen)**
- 12 ounces (340 g) mini hot dogs (about 28 to 30)**
- Egg wash (1 large egg lightly beaten with 1 tablespoon [15 ml])**

of water)

Nonstick Cooking Spray

1. Cut the sheet of pastry into 3 long rectangular rows (about 2½ inches [6.25 cm] wide x 9 inches [22.8 cm] long). Then cut each row into triangles with approximately a 1½-inch to 2-inch (3.75 to 5 cm) base.
2. Wrap each mini hot dog by placing it on the base of the triangle and then rolling up to the point. Press the point into the base of the pastry to secure.
3. Repeat with all of the mini hot dogs. Refrigerate all for about ½ hour.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Once refrigerated, line the mini hot dogs evenly in one row on the prepared basket.
5. Place in oven in the upper rack position. Set to 400°F (200°C) and Bake for 8 to 10 minutes. Pastry should be a deep golden brown.
6. Serve immediately with desired mustard.

Nutritional information per serving (per piece):

*Calories 116 (45% from fat) • carb. 13g • pro. 4g • fat 7g • sat. fat 1g
chol. 45mg • sod. 23mg • calc. 12mg • fiber 0g*

Sesame Chicken Bites

Traditional chicken nuggets with an upgrade!

Makes 4 to 6 servings

- 1 pound (454 g) boneless, skinless chicken breast**
- ¾ cup (175 ml) buttermilk**
- 1 tablespoon (15 ml) fresh lemon juice**
- 1½ teaspoons (7.5 ml) soy sauce**
- 1½ teaspoons (7.5 ml) toasted sesame oil**
- ½ teaspoon (2.5 ml) kosher salt**
- 1 teaspoon (5 ml) hot sauce**

- 1 cup (250 ml) panko**
- 2 tablespoons (30 ml) white sesame seeds**
- 2 tablespoons (30 ml) black sesame seeds**
- ½ teaspoon (2.5 ml) sweet paprika**

Nonstick Cooking Spray

Vegetable oil, for spraying or brushing

1. Trim chicken of excess fat. Cut chicken into approximately 2-inch (5 cm) pieces.
2. Stir the buttermilk, lemon juice, soy sauce, sesame oil, salt and hot sauce together in a medium bowl. Add chicken and stir to coat. Cover, refrigerate and let marinate for at least 30 minutes and up to 8 hours.
3. Combine panko, sesame seeds, and paprika in a medium bowl.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
5. Once refrigerated, strain the chicken from the buttermilk marinade.
6. Coat each piece with panko/sesame seed mixture and place evenly on the prepared basket. Spray or brush evenly with the vegetable oil.
7. Place into oven in the upper rack position. Set to AirFry 400°F (200°C) and cook for about 15 minutes until golden and crispy. For even browning, flip chicken halfway through the cooking time.
8. Serve immediately with favourite sauce – sweet and sour or honey mustard both work well.

Nutritional information per serving (based on 6 servings):

*Calories 160 (43% from fat) • carb. 3g • pro. 17g • fat 5g • sat. fat 1g
chol. 45mg • sod. 413mg • calc. 42mg • fiber 0g*

Buffalo Chicken Wings

AirFry, the healthier option for chicken wings.

Makes about 4 to 6 servings

Nonstick cooking spray
2 pounds (907 g) chicken wings*
¾ teaspoon (3.75 ml) kosher salt

Buffalo Sauce:

¼ cup (60 ml) vinegar-based hot sauce
1 tablespoon (15 ml) unsalted melted butter

* Many wings come already separated into flats and drumettes, but if only full wings are available, be sure to remove the tips and separate at the joint.

1. Put the AirFryer Basket onto the Baking Pan and generously coat with nonstick cooking spray.
2. Put the chicken wings into the basket. Sprinkle with salt.
3. Put into the AirFryer and set to AirFry at 400°F (200°C). Cook until golden and crispy, about 20 to 25 minutes.
4. While the wings are cooking, prepare the sauce. Stir the hot sauce and butter together in a large bowl. Combine.
5. When chicken wings are done, toss immediately in sauce.

Nutritional information per flat or drumette (plain):

*Calories 94 (39% from fat) • carb. 0 g • pro. 14 g • fat 4 g • sat. fat 1 g
chol. 39 mg • sod. 127 mg • calc. 7 mg • fiber 0 g*

Nutritional information per serving of Buffalo Sauce (based on 20 servings):

*Calories 6 (100% from fat) • carb. 0 g • pro. 0 g • fat 1 g • sat. fat 1 g
chol. 0 mg • sod. 28 mg • calc. 0 mg • fiber 0 g*

Korean Barbecue Wings

The flavour of Korean barbecue lends itself well as a sauce for chicken wings. We love adding a touch of heat by tossing them with sliced chile peppers just before serving.

Makes about 4 to 6 servings

Nonstick cooking spray
2 pounds (907 g) chicken wings (cut into flats and drumettes)
½ teaspoon (2.5 ml) kosher salt

Sauce:

½ cup (125 ml) soy sauce, reduced sodium
¼ cup (60 ml) mirin
2 tablespoons (30 ml) dark brown sugar
2 tablespoons (30 ml) unseasoned rice vinegar
2 tablespoons (30 ml) dark sesame oil
2 scallions (one scallion cut into 1-inch (2.5 cm) pieces, one thinly sliced), divided
1 garlic clove, crushed
1 tablespoon (15 ml) cornstarch
2 teaspoons (10 ml) water
½ teaspoon (2.5 ml) gochugaru (Korean chile flakes)
1 small chile pepper, thinly sliced

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray
2. Place the wings, in a single layer, into the AirFry Basket. Sprinkle evenly with the salt.
3. Place into the oven. Set to AirFry at 400°F (200°C) and cook the wings until they are golden and crispy, about 25 minutes.
4. While the wings are cooking, prepare the sauce. Put the soy sauce, mirin, sugar, vinegar, sesame oil, the 1-inch (2.5 cm) pieces of scallion, and garlic clove into a small saucepan and place over medium heat.

- While sauce is heating, mix the cornstarch and water together well to create a thickened slurry. Once the sauce is boiling, whisk in the cornstarch mixture. Stir over heat until sauce thickens. Reserve.
- Once wings are nicely browned, toss with sauce, gochugaru, sliced scallion and chile pepper. Serve immediately.

Nutritional information per serving (based on 6 servings):

*Calories 389 (62% from fat) • carb. 7 g • pro. 29 g • fat 27 g • sat. fat 7 g
chol. 11 mg • sod. 990 mg • calc. 24 mg • fiber 0 g*

Five-Spice Wings

The combination of the dipping sauce with the simple preparation of these wings provides a flavor punch that's worth repeating!

Makes 4 to 6 servings

Nonstick cooking spray

- 1 teaspoon (5 ml) kosher salt**
- 1 teaspoon (5 ml) five-spice powder**
- 2 pounds (907 g) chicken wings (cut into flats and drumettes)**

Dipping Sauce:

- ¼ cup (60 ml) fish sauce**
- ¼ cup (60 ml) granulated sugar**
- 1 garlic clove, finely chopped**
- 1 small Thai chile, thinly sliced (or ½ jalapeño, seeded and thinly sliced)**
- 1 tablespoon (15 ml) fresh lime juice**
- 1 tablespoon (15 ml) chopped fresh cilantro**
- 1 tablespoon (15 ml) chopped fresh mint**
- 2 tablespoons (30 ml) thinly sliced green onions**

- Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray. Reserve.

- Sprinkle the salt and five-spice powder evenly over the chicken wings. Cook as instructed in previous wing recipes.
- While the wings are cooking, prepare the dipping sauce. Put the fish sauce, sugar, garlic and chile in a small saucepan set over medium-low heat. Cook until sugar has dissolved. Remove to cool to room temperature. Once cool, add the remaining ingredients and stir to combine. Transfer to a serving bowl and serve alongside the hot wings when ready.

Nutritional information per serving (1 teaspoon [5 ml] sauce):

*Calories 39 (78% from fat) • carb. 2g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 68mg • calc. 4mg • fiber 0g*

Italian Rice Bites

For the perfect appetizer, serve these rice balls alongside prepared marinara sauce.

Makes 8 rice balls

- 1 cup (250 ml) medium-grain white rice**
- 2 cups (500 ml) water**
- ¼ teaspoon (1 ml) kosher salt**
- 1 large egg, beaten well**
- 3 tablespoons (45 ml) grated Pecorino Romano cheese**
- ¼ cup (60 ml) ricotta cheese**
- ¼ cup (60 ml) fresh parsley, chopped**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- 1 ounce (28 g) mozzarella cheese, cut into 1-inch x ¼-inch (2.5 cm x 0.6 cm) pieces**
- Nonstick cooking spray**
- ¼ cup (60 ml) Italian-style breadcrumbs**
- Olive oil, for spraying**
- 1 cup (250 ml) prepared marinara sauce, for dipping**

1. Put the rice, water and salt into a medium saucepan. Bring to a boil, stirring occasionally. Once rice comes to a boil, cover and reduce heat to a simmer until all the water has been absorbed and the rice is tender (follow package instructions for timing). Allow to fully cool.
2. In a small bowl, combine the egg, Pecorino, ricotta, parsley and pepper. While mixing and fluffing the rice with a spoon, mix in the egg and cheese mixture. Spread the rice onto a parchment paper-lined baking sheet. Refrigerate for at least 30 minutes.
3. Once the rice has chilled, use slightly wet hands and scoop 3 tablespoons (45 ml) of rice into a ball. Repeat with remaining rice. Stuff each ball with one piece of the mozzarella and re-form if necessary.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray.
5. Put the breadcrumbs into a small bowl. Gently toss each rice ball into the breadcrumbs and transfer to the basket. Spray or brush liberally and evenly with oil.
6. Place assembled basket/pan into oven in the upper rack position. Set to AirFry at 350°F (180°C). Cook rice balls until evenly golden, about 15 to 20 minutes.
7. Serve immediately, with marinara sauce on the side.

Nutritional information per rice bite:

*Calories 269 (41% from fat) • carb. 17g • pro. 15g • fat 10g • sat. fat 2g
chol. 90mg • sod. 500mg • calc. 106mg • fiber 1g*

Coconut Shrimp

Serve with a curried mayonnaise for some fun hors d'oeuvres.

Makes about 3 to 4 small bite servings

$\frac{3}{4}$ **pound (340 g) shrimp**
 $\frac{1}{2}$ **teaspoon (2.5 ml) kosher salt**

$\frac{1}{2}$ **cup (125 ml) unbleached, all-purpose flour**
1 large egg, beaten
1 cup (250 ml) panko breadcrumbs
 $\frac{1}{2}$ **cup (125 ml) shredded coconut**
Nonstick cooking spray
Olive oil, for spraying or brushing

1. Season the shrimp evenly with salt.
2. Set up 3 containers for dredging – one with flour, one with egg and the third with the panko and coconut mixed together.
3. Dip each shrimp in the flour, shaking off any excess. Next dip in the egg and then finally coat well with the panko mixture.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Liberally spray or brush the shrimp on both sides with olive oil. Place in the oven in the upper rack position. Set to Airfry at 375°F (190°C). Cook for about 5 minutes per side, or until golden brown.
5. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 294 (56% from fat) • carb. 21g • pro. 12g • fat 19g • sat. fat 16g
chol. 71mg • sod. 657mg • calc. 39mg • fiber 5g*

Crab Cakes

This showstopper dish can be served either as an appetizer or a first course. The size of the crab cakes can always be adjusted.

Makes about 18 crab cakes (appetizer/hors d'oeuvre size)

Nonstick cooking spray
1 teaspoon (5 ml) olive oil
1 medium red bell pepper, finely diced
1 jalapeño pepper, seeded and finely diced
3 green onions, thinly sliced

- 1** **garlic clove, finely chopped**
- ¼** **teaspoon (1 ml) kosher salt**
- 16** **ounces (453 g) lump crabmeat, picked through to remove any shells**
- 2** **large eggs, lightly beaten**
- 1** **cup (250 ml) panko breadcrumbs, plus extra for dredging**
- ½** **cup (125 ml) mayonnaise**
- 1** **teaspoon (5 ml) Worcestershire sauce**
- 1** **teaspoon (5 ml) Dijon mustard**
- 1½** **teaspoons (7.5 ml) seafood/crab seasoning**
- Olive Oil for spraying/brushing**
- Lemon wedges for serving**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Put a large skillet over medium heat and add the olive oil. Once the pan is hot and the olive oil shimmers across the pan, add the peppers, onions and garlic. Sweat for about 5 minutes, until the vegetables are softened. Stir in the salt. Remove from heat and allow to cool slightly.
3. Once cool, combine the vegetables with the crabmeat in a large mixing bowl. Add the eggs, panko, mayonnaise, Worcestershire, Dijon and crab seasoning.
4. Gently mix all ingredients together. It is best to not break up the crabmeat, so it is preferable to mix together with clean hands.
5. Using a ¼ cup (60 ml) measuring cup, scoop individual cakes and lightly form with hands. Place onto a clean plate/platter. Cover with plastic and refrigerate for 1 hour before cooking.
6. Once ready to cook, pat both sides of the crab cakes into panko and arrange onto the prepared basket. Spray or brush liberally with olive oil.
7. Place into oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook for 10 minutes.

8. Serve immediately with lemon wedges on the side.

Nutritional information per serving (per crab cake):

*Calories 109 (65% from fat) • carb. 4g • pro. 5g • fat 8g • sat. fat 1g
chol. 39mg • sod. 410mg • calc. 26mg • fiber 0g*

Cajun Crispy Shrimp

Serve this fun appetizer with spiced-up rémoulade sauce!

Makes about 4 to 5 “snack” servings

- Nonstick cooking spray**
- 1** **pound (454 g) shelled and deveined large raw shrimp**
- ½** **cup (125 ml) unbleached, all-purpose flour**
- ½** **cup (125 ml) cornmeal (white or yellow)**
- 1½** **teaspoons (7.5 ml) chili powder**
- 1** **teaspoon (5 ml) thyme**
- ½** **teaspoon (2.5 ml) ground cumin**
- ½** **teaspoon (2.5 ml) garlic powder**
- ½** **teaspoon (2.5 ml) sweet paprika**
- ½** **teaspoon (2.5 ml) kosher salt**
- ¼** **teaspoon (1 ml) freshly ground black pepper**
- 1** **large egg**
- 3** **tablespoons (45 ml) whole milk**
- Nonstick cooking spray**
- Vegetable oil, for spraying or brushing**

1. Rinse and dry shrimp well.
2. Stir together the flour, cornmeal, chili powder, thyme, cumin, garlic powder, paprika, salt and pepper in a medium bowl. Beat the egg together with the milk in a separate bowl.
3. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
4. Dip each shrimp into the egg mixture and then toss in the seasoned flour to completely coat.

5. Spray or brush the shrimp liberally with oil and then place evenly on the prepared basket.
6. Place in the oven in the upper rack position. Set to AirFry at 375°F (190°C). Cook for about 5 minutes per side, or until golden brown.
7. Serve immediately.

Nutritional information per serving (based on 5 servings):

*Calories 174 (14% from fat) • carb. 11g • pro. 15g • fat 2g • sat. fat 1g
chol. 133mg • sod. 661mg • calc. 26mg • fiber 1g*

Blistered Shishito Peppers

Not sure if there is a faster or tastier appetizer around!

Makes 4 to 6 servings

- 12 ounces (340 g) shishito peppers**
- 1 tablespoon (15 ml) olive oil**
- ½ teaspoon (2.5 ml) kosher salt**
- Nonstick cooking spray**

1. Toss the peppers together with the oil and salt.
2. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray.
3. Put the peppers into the prepared basket and place in oven in the upper rack position. Set to Airfry on 400°F (200°C). Cook for about 8 to 10 minutes, tossing once in the middle of the cooking time. Peppers should be soft and blistered.
4. Serve immediately.

Nutritional information per serving (based on 6 servings):

*Calories 35 (59% from fat) • carb. 3g • pro. 1g • fat 3g • sat. fat 0g
chol. 0mg • sod. 185mg • calc. 8mg • fiber 2g*

AirFried Vegetable Wontons

A fun and tasty hors d'oeuvre to try at your next party.

Makes 24 wontons

Filling:

- 1½ teaspoons (7.5 ml) vegetable oil**
- 1 shallot, finely chopped**
- ½ jalapeño, seeded and finely chopped**
- 1 small carrot, finely chopped**
- ½ small celery stalk, finely chopped**
- 1 garlic clove, finely chopped**
- 1 medium white mushroom, finely chopped**
- ¼ small red bell pepper, finely chopped**
- 1 ½-inch (1.25 cm) piece ginger, finely chopped**
- 2 teaspoons (10 ml) soy sauce**
- 2 teaspoons (10 ml) sesame oil**
- 1 tablespoon (15 ml) rice vinegar**

Wontons:

- 1 large egg**
- 1 tablespoon (15 ml) water**
- 24 wonton wrappers**
- Nonstick cooking spray**
- Vegetable oil, for spraying or brushing**

1. Prepare the filling. Add the 1½ teaspoons (7.5 ml) of vegetable oil to a large sauté pan and place over medium heat. Add the shallot, jalapeño, carrot and celery and sauté for about 3 minutes, until vegetables soften slightly. Add the garlic, mushroom, and bell pepper and continue to cook for an additional 4 to 5 minutes until soft and lightly browned.
2. Stir in the ginger, soy sauce, sesame oil, and rice vinegar and cook for an additional minute. Taste and adjust seasoning according to preference.
3. Allow to cool before assembling wontons.

4. Mix the egg with 1 tablespoon (15 ml) of water in a small bowl. Lay out wonton wrappers, starting with 12 (keeping the remaining 12 covered with a damp towel). Working quickly, put about ½ tablespoon (7.5 ml) of filling into the center of each wrapper. Use your finger to paint the edges of each wrapper with the egg wash. Shape each wonton by pinching the opposing corners of each square together. Repeat with remaining 12 wrappers.
5. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray.
6. Arrange wontons into the prepared basket. Spray or brush evenly with oil. Place into oven in the upper rack position. Set to AirFry at 350°F (180°C) for 8 minutes, until golden brown.
7. Serve wontons with a soy dipping sauce.

Nutritional information per wonton:

*Calories 35 (55% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
chol. 1mg • sod. 67mg • calc. 9mg • fiber 0g*

Fajita-Style Quesadillas

The griddle plate makes it easy to create restaurant-quality quesadillas in your AirFryer.

Makes 2 quesadillas

- 1 shallot, thinly sliced**
- 1 small red pepper (about 8 ounces [227 g]), cut into lengthwise strips**
- 1 small jalapeño, seeded and sliced thinly lengthwise**
- 1 teaspoon (5 ml) olive oil**
- Pinch kosher salt**
- 4 eight-inch (20 cm) flour tortillas**
- ½ cup (125 ml) shredded Monterey Jack cheese**
- Oil for brushing**

1. Place the Grill/Griddle Plate onto the Baking Pan, with the Griddle side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
2. Toss the shallot, pepper and jalapeño together with the olive oil and salt.
3. Once preheated, add the vegetables to the griddle plate. Cook until soft and lightly browned, about 6 to 8 minutes. Remove and reserve. Carefully wipe off the griddle plate.
4. Assemble the quesadillas by laying out 2 of the tortillas. Brush the exterior sides with oil. Divide the cheese evenly between the 2 and then top evenly with the griddled vegetables.
5. Cook one quesadilla at a time on the hot griddle. Cook for about 3 minutes and then remove from the oven to flip. Cook on the second side for about 1 to 2 minutes. Repeat with second quesadilla.
6. Cut each into wedges and serve.

Note: If a softer quesadilla is preferred, lower the oven to 375°F (190°C) once the vegetables have been cooked. Quesadillas will take slightly longer at the lower temperature, about 4 to 5 minutes on the first side and 2 minutes on the second.

Nutritional information per serving (based on 8 servings):

*Calories 118 (42% from fat) • carb. 16g • pro. 3g • fat 4g • sat. fat 2g
chol. 6mg • sod. 142mg • calc. 56mg • fiber 1g*

Loaded Sweet Potato Wedges

A southwestern twist for the sweet potato offers a good flavour balance between savory and sweet.

Make about 3 to 4 servings

- Nonstick cooking spray**
- 1 large sweet potato or yam, about 12 to 13 ounces (340 to**

368 g)

Olive oil, for spraying or brushing

½ cup (125 ml) black beans, drained

3 tablespoons (45 ml) chopped green chiles

½ cup (125 ml) shredded sharp Cheddar cheese

1 green onion, cut into ¼-inch (0.6 cm) slices

½ ripe avocado, diced

Cilantro, chopped

Sour cream, for garnish and serving

1. Place the AirFryer Basket onto the Baking Pan lined with foil and coat with nonstick spray. Reserve.
2. Cut the sweet potato in half in the middle to create 2 equal parts. Then cut each half into ¼-inch (0.6 cm) wedges, similar to a steak fry cut. Place the wedges onto the prepared basket. Spray or brush liberally with olive oil. Put into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook for about 12 minutes, until golden and cooked through.
3. Once the potatoes are cooked, transfer from the AirFryer Basket to the lined Baking Pan. Evenly layer with the black beans, green chiles and Cheddar. Return to the oven and set to Broil at 450°F (230°C). Cook for about 5 minutes, until the cheese is melted and bubbling.
4. Sprinkle with the sliced green onions, diced avocado and chopped cilantro. Serve immediately with sour cream on the side.

Nutritional information per serving (based on 4 servings):

*Calories 212 (30% from fat) • carb. 31g • pro. 7g • fat 7g • sat. fat 3g
chol. 15mg • sod. 181mg • calc. 137mg • fiber 6g*

Eggplant Fries

Eggplant “fries” up beautifully in the Cuisinart® AirFryer – minimal oil is required for crispy perfection.

Makes 4 to 6 servings

Nonstick cooking spray

¼ cup (60 ml) unbleached, all-purpose flour

1 large egg, lightly beaten

½ cup (125 ml) breadcrumbs

1 baby eggplant (about ½ pound [227 g]),
cut into 4 in. x ¼ in. fries (10 x 0.6 cm)

Olive oil, for spraying or brushing

½ teaspoon (2.5 ml) kosher salt

½ cup (125 ml) shredded mozzarella

1 cup (250 ml) marinara sauce

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Put the flour, beaten egg, and breadcrumbs each in separate shallow containers for dipping.
3. Dredge each piece of eggplant, first into the flour, then the egg, and finally the breadcrumbs. After dredging in each ingredient, pat the eggplant to remove any excess before adding to the next ingredient.
4. Arrange the breaded eggplant fries in a single layer in the AirFry Basket. Spray or brush liberally with olive oil and season evenly with salt.
5. Place in the oven in the upper rack position. Set to AirFry at 400°F (200°C) and AirFry until golden brown, about 8 to 10 minutes. Flip and AirFry the opposite side for an additional 5 to 6 minutes. Remove and reserve. Repeat with any remaining eggplant fries.
6. Arrange all fries into the basket and spread evenly with the shredded mozzarella. Return to the oven and set to Broil at 450°F (230°C) for about 3 to 5 minutes, until cheese is melted and bubbly.
7. Serve immediately with warmed marinara sauce.

Nutritional information per serving (based on 4 servings):

*Calories 339 (55% from fat) • carb. 25g • pro. 14g • fat 22 g • sat. fat 8g
chol. 45mg • sod. 830mg • calc. 310mg • fiber 4g*

Nutritional information per serving (based on 6 servings):
Calories 137 (36% from fat) • carb. 17g • pro. 5g • fat 6g • sat. fat 2g
chol. 41mg • sod. 488mg • calc. 83mg • fiber 2g

Spring Rolls

Make your favourite takeout dish at home without deep-frying – these appetizers are packed with fresh ingredients and great flavour.

Makes 28 spring rolls

- 6** **Nonstick cooking spray**
- 6** **green cabbage leaves (about 10 ounces [295 ml]),**
- shredded or finely sliced**
- 3** **medium carrots (about 6 ounces [170 g]), julienned**
- 1** **1-inch (2.5 cm) piece fresh ginger, peeled and julienned**
- 3** **green onions, thinly sliced**
- $\frac{1}{2}$ **small green chile, like jalapeño or serrano, finely chopped**
- $\frac{1}{3}$ **cup (75 ml) fresh basil leaves, thinly sliced**
- $\frac{1}{2}$ **cup (125 ml) fresh cilantro, chopped**
- $1\frac{1}{2}$ **tablespoons (25 ml) fish sauce**
- $\frac{1}{2}$ **lime, juiced**
- $\frac{1}{2}$ **block extra-firm tofu, cut into 28 thick julienne strips**
- Egg roll wrappers**
- Vegetable oil, for brushing**
- Sweet chili sauce, for serving**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Put all of the filling ingredients, except the tofu, into a mixing bowl. Combine and reserve.
3. Place one piece of tofu in the center of one egg roll wrapper, and top with about 1 tablespoon (15 ml) of filling. Fold the bottom of the wrapper up, over the filling. Fold the right side over and then the left, and roll up to secure the spring roll. Brush the edge with

water to seal. Transfer to prepared basket. Reserve and repeat with remaining wrappers. Spray or brush liberally and evenly with oil.

4. Place into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook until golden brown, about 10 minutes.
5. Serve immediately with a sweet chili sauce.

Nutritional information per spring roll:
Calories 45 (43% from fat) • carb. 5g • pro. 2g • fat 2g • sat. fat 0g
chol. 7mg • sod. 95mg • calc. 15mg • fiber 1g

Main Dishes

Chicken Tenders

These homemade tenders are a favourite for all ages.

Makes about 6 servings

- Nonstick cooking spray**
- 1 to 1½** **pounds (454 to 680 g) thinly sliced chicken breast**
- 1** **cup (250 ml) unbleached, all-purpose flour**
- 2** **large eggs, lightly beaten**
- 1** **cup (250 ml) panko breadcrumbs**
- $\frac{3}{4}$ **teaspoon (3.75 ml) kosher salt**
- $\frac{3}{4}$ **teaspoon (3.75 ml) freshly ground pepper**
- Olive oil, for spraying or brushing**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Cut the thin chicken breasts into strips, about 4 in. x 1 in. (10 to 2.5 cm) each.
3. Put the flour, eggs and panko into individual containers large enough for dipping the chicken.

4. Sprinkle the chicken with the salt and pepper completely on both sides. Dredge each strip in flour and shake off the excess before dipping into egg, and then finally coating evenly with the panko breadcrumbs.
5. Put the prepared strips in the basket and spray or brush liberally with olive oil. Put the assembled tray into the upper rack position. Set oven to AirFry at 400°F (200°C), cooking chicken until evenly browned and the internal temperature of the chicken registers 165°F (74°C), about 10 to 15 minutes. For even cooking, flip the tenders with 5 minutes of cooking time remaining.
6. Serve immediately.

Nutritional information per serving (based on 6 servings):

*Calories 204 (30% from fat) • carb. 15g • pro. 20g • fat 7g • sat. fat 1g
chol. 110mg • sod. 393mg • calc. 14mg • fiber 1g*

Grilled Beef Burgers

With nice grilled char on the outside and juicy on the inside, you can enjoy a perfect burger any time of year.

Makes 4 six-ounce (170 g) burgers

24 ounces (680 g) ground chuck (80/20)
1 teaspoon (5 ml) kosher salt

½ teaspoon (2.5 ml) freshly ground black pepper
½ teaspoon (2.5 ml) garlic powder

1. Season the beef evenly with the salt, pepper and garlic powder. Form into 4 equal patties.
2. Place the Grill/Griddle Plate onto the Baking Pan with the Grill side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
3. Once preheated, carefully place the burgers evenly on the grill plate. Cook for 4 minutes on the first side, flip and then cook for an

additional 3 minutes. For cheeseburgers, add sliced cheese once the burgers are flipped.

4. Allow to rest for about 5 minutes before serving. Serve immediately on burger buns (lightly toast in oven if preferred) with desired toppings.

Nutritional information per burger:

*Calories 434 (59% from fat) • carb. 0g • pro. 43g • fat 27g • sat. fat 10g
chol. 153mg • sod. 704mg • calc. 40mg • fiber 0g*

Steak Frites

This classic bistro meal is so easy to make at home. Try it with our Salsa Verde, see following recipe.

Makes about 4 servings

2 strip steaks, about 1 inch to 1½ inches (2.5 to 3.75 cm) thick
½ teaspoon (2.5 ml) freshly ground black pepper
1½ teaspoons (7.5 ml) kosher salt, divided
1 pound ([454 g] about 3 medium) russet potatoes
Nonstick cooking spray
Olive oil, for spraying

1. Season the steaks evenly, on both sides with the black pepper and ½ teaspoon (2.5 ml) of the salt.
2. Place the Grill/Griddle Plate onto the Baking Pan, lined with foil, with the Grill side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
3. Once preheated, carefully add the steaks to the grill plate. Cook until medium rare, for 5 to 6 minutes per side, depending on thickness.
4. While steaks are cooking, cut potatoes into ¼-inch-thick (0.6 cm) pieces, about 4 inches (10 cm) long. Pat dry completely.

5. Once steaks are cooked, remove and let rest on a cutting board. Carefully replace the Grill/Griddle plate with the AirFryer Basket, coated with nonstick cooking spray.
6. Put the dried potatoes into the basket. Spray or brush liberally with olive oil. Sprinkle with remaining teaspoon of salt and toss. Spread into a single layer.
7. Put the assembled pan into the upper rack position. Set to AirFry at 400°F (200°C) for 15 minutes, cooking until desired crispiness is achieved.
8. To serve: slice the rested steak and divide evenly with the hot fries. Serve with dipping sauce, such as salsa verde if desired.

Nutritional information per serving (based on 4 servings):

*Calories 309 (26% from fat) • carb. 21g • pro. 35g • fat 9g • sat. fat 3g
chol. 92mg • sod. 958mg • calc. 40mg • fiber 2g*

Salsa Verde

This multipurpose sauce works on steak, chicken, fish and veggies. It is so good you will want to use it on everything!

Makes about ¼ cup (60 ml)

- 1 small garlic clove**
- 1 small jalapeño, stem and seeds discarded**
- 1 cup (250 ml) fresh parsley leaves**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) fresh lemon juice**
- ¼ cup (60 ml) olive oil**

1. Finely chop both the garlic and jalapeño together in a food processor using the large chopping blade. Add the parsley, salt and lemon juice to the work bowl. Pulse to roughly chop.
2. With the motor running, slowly add the olive oil through the small feed tube until all ingredients are incorporated. Taste and adjust seasoning according to preference.

Nutritional information per tablespoon (15 ml):

*Calories 128 (94% from fat) • carb. 1g • pro. 1g • fat 14g • sat. fat 2g
chol. 0mg • sod. 156mg • calc. 23mg • fiber 1g*

South of the Border Grilled Chicken

This multipurpose chicken makes the perfect filling for tacos or enchiladas and is also delicious as a salad or grain bowl topper.

Makes about 6 to 8 servings

- 2 pounds (907 g) boneless, skinless chicken thighs**
- 1 teaspoon (5 ml) ancho chili powder**
- 1 teaspoon (5 ml) ground cumin**
- 1 teaspoon (5 ml) kosher salt**
- 1 small onion, cut into quarters**
- 2 crushed garlic cloves**
- 1 jalapeño pepper, quartered**
- 1 small handful fresh cilantro sprigs**
- ½ lime**

1. Prepare the chicken by seasoning with the chili powder, cumin and salt. Put into a nonreactive mixing bowl with the quartered onion, crushed garlic cloves, jalapeño, and cilantro. Stir ingredients together. Cover and refrigerate for about 4 to 6 hours (up to overnight).
2. Once marinated, place the Grill/Griddle Plate onto the Baking Pan, with the Grill side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
3. Once preheated, add the chicken thighs onto the grill plate in a single layer. Cook for about 10 minutes per side.
4. Remove chicken and thinly slice. Squeeze with lime.

Nutritional information per serving (based on 8 servings):
Calories 145 (29% from fat) • carb. 2g • pro. 23g • fat 5g • sat. fat 1g
chol. 94mg • sod. 372mg • calc. 22mg • fiber 1g

Grilled Spring Chicken with Asparagus

The versatility of the grill allows for easy weeknight dinners.

Makes 2 to 4 servings

- 2 boneless, skinless chicken breasts, about 1½ pounds (680 g)**
- ½ cup (125 ml) plus 1 teaspoon (5 ml) extra virgin olive oil, divided**
- ¼ cup (60 ml) fresh lemon juice**
- 1 tablespoon (15 ml) kosher salt plus additional for light seasoning**
- ½ teaspoon (2.5 ml) paprika**
- 3 fresh thyme sprigs**
- 1 pound (454 g) asparagus, hard ends trimmed**
- 6 green onions, trimmed**

1. Put the chicken in a nonreactive mixing bowl or container. Stir together ½ cup (125 ml) of the olive oil, lemon juice, teaspoon salt, paprika and thyme. Pour over chicken and let rest in the refrigerator for 1 hour.
2. When ready to cook, place the Grill/Griddle Plate onto the Baking Pan with the Grill side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
3. Once preheated, add the chicken to the grill and cook for 10 minutes. Flip the chicken and continue cooking for an additional 5 minutes. The internal temperature should reach 165°F (74°C).
4. While the chicken is cooking, toss the asparagus and green onions with a pinch of salt and remaining olive oil.

5. Once chicken is finished cooking, remove from the oven and allow to rest. Add the vegetables to the grill plate and continue to cook for about 8 to 10 minutes. Vegetables should be browned and cooked through.
6. Cut the chicken into slices and serve alongside the vegetables.

Nutritional information per serving (based on 4 servings):
Calories 363 (46% from fat) • carb. 11g • pro. 39g • fat 19g • sat. fat 3g
chol. 109mg • sod. 873mg • calc. 61mg • fiber 3g

Mediterranean Halibut with Baby Potatoes

The fish and potatoes stand up well to the briny flavours of the artichokes and olives—be sure to serve with fresh lemon on the side. The halibut in this recipe can easily be exchanged for any hearty fish like cod or salmon.

Makes 4 servings

- Nonstick cooking spray**
- 12 ounces (340 g) baby potatoes**
- 1 tablespoon (15 ml) plus 1 teaspoon (5 ml) olive oil**
- 1 teaspoon (5 ml) kosher salt plus extra for light seasoning, divided**
- 2 garlic cloves, crushed and divided**
- 1½ pounds (680 g) halibut, cut into 4 individual portions**
- 1 jar (9 to 10 ounces [255 to 283 g]) artichoke hearts, cut into quarters**
- ½ cup (125 ml) green olives, pitted and roughly chopped**
- 1 teaspoon (5 ml) lemon zest**
- ¼ cup (60 ml) chopped fresh parsley**
- Lemon wedges**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.

2. Toss the baby potatoes with 1 tablespoon olive oil, ½ teaspoon salt and 1 crushed garlic clove. Arrange on ½ of the prepared basket and place into the oven in the upper (200°C) rack position. Set to AirFry at 350°F (180°C). Cook for about 15 minutes.
3. While the potatoes are cooking, sprinkle the halibut with a pinch of salt. Reserve. Toss the artichoke hearts, olives, lemon zest, ½ teaspoon (2.5 ml) salt, remaining teaspoon of olive oil and garlic clove.
4. After 15 minutes, remove the basket from the oven and add the fish on the opposite side as the potatoes, top with the artichoke mixture and return to the oven. Set to 400°F (200°C) and continue to cook for an additional 10 minutes until the fish is cooked through.
5. When all is finished cooking, divide the potatoes and fish among 4 plates. Top with chopped parsley and serve with lemon wedges.

Nutritional information per serving (based on 4 servings):

*Calories 295 (25% from fat) • carb. 17g • pro. 2g • fat 4g • sat. fat 1g
chol. 0mg • sod. 231mg • calc. 32mg • fiber 1g*

Fish Tacos

Get a taste of Baja and the beach with these fish tacos – guilt free!

Makes 6 tacos

- Nonstick cooking spray**
- 12 ounces (340 g) cod, cut into ½-inch (1.25 cm), 1-ounce (28 g) strips**
- 1 teaspoon (5 ml) kosher salt, divided**
- ½ lime**
- ½ cup (125 ml) unbleached, all-purpose flour**
- 1 egg, lightly beaten**
- 1 cup (250 ml) panko breadcrumbs**
- Olive oil, for spraying or brushing**
- 6 corn tortillas**
- Shredded cabbage**

Cilantro, roughly chopped
Avocado
Lime wedges
Crema or sour cream

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Season cod with ½ teaspoon (2.5 ml) of the salt and a squeeze of lime.
3. Set up 3 containers for dredging – one with flour, one with egg and the third with the panko and remaining ½ teaspoon (2.5 ml) of salt. Dip the cod first into the flour, shaking off any excess. Next dip in the egg and then finally, coat well with the panko.
4. Spray or brush both sides of cod liberally with olive oil and place into the fry basket. Place into the oven. Set to AirFry at 400°F (200°C). Cook for about 9 minutes, flip fish pieces and cook for an additional 3 to 5 minutes, until evenly crispy.
5. Reserve cooked fish and then heat tortillas for about 2 to 3 minutes at 300°F (150°C), until soft and pliable. Serve tacos, each with 2 pieces of fish. Garnish as desired with shredded cabbage, cilantro, avocado, fresh lime and crema or sour cream.

Nutritional information per serving per taco:

*Calories 149 (22% from fat) • carb. 21g • pro. 13g • fat 1g • sat. fat 0g
chol. 24mg • sod. 447mg • calc. 55mg • fiber 2g*

Cauliflower Steaks

The hot griddle provides even heating, browning cauliflower steaks to beautiful crispiness in just 20 minutes. The griddled cauliflower pairs beautifully with the Salsa Verde, recipe on page 22.

Makes 4 servings

- 1 cauliflower head, about 1¾ pounds (795 g)**
- 1 tablespoon (15 ml) olive oil**

½ teaspoon (2.5 ml) kosher salt

1. Place the Grill/Griddle Plate onto the Baking Pan, lined with foil, with the Griddle side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
2. Cut cauliflower into even slices, about ¾ inch to 1 inch (1.9 to 2.5 cm) thick. Brush liberally with olive oil on both sides and sprinkle with salt.
3. Once preheated, carefully and evenly place the cauliflower slices onto the griddle plate. Cook for 10 minutes on each side.
4. Serve with desired sauce or enjoy on its own.

Nutritional information per serving (based on 4 servings):

*Calories 80 (40% from fat) • carb. 10g • pro. 4g • fat 4g • sat. fat 1g
chol. 0mg • sod. 355mg • calc. 44mg • fiber 4g*

Falafel

AirFrying lightens this Middle Eastern dish without compromising on crunch or flavour. Don't forget this recipe requires the chickpeas to be soaked overnight.

Makes 12 falafel

1 garlic clove
1 small shallot, halved
**½ cup (125 ml) dried chickpeas, previously soaked overnight,
rinsed and drained**
¾ teaspoon (3.75 ml) kosher salt
⅛ teaspoon (0.5 ml) freshly ground black pepper
¾ teaspoon (3.75 ml) ground cumin
¼ teaspoon (1 ml) ground coriander
⅛ teaspoon (0.5 ml) chili powder
⅓ cup (75 ml) packed fresh Italian parsley leaves
1 tablespoon (15 ml) unbleached, all-purpose flour

¼ teaspoon (1 ml) baking soda
1 tablespoon (15 ml) water

Nonstick cooking spray

Olive oil for brushing or spraying

**Pita bread, chopped tomatoes and cucumbers and tahini
for serving**

1. Insert the chopping blade into the work bowl of a food processor. Add the garlic and shallot and pulse to chop, about 8 pulses. Add the chickpeas, salt and spices with the flour. Pulse 6 to 8 times to coarsely grind the chickpeas. Scrape the work bowl and then continue to pulse to completely incorporate all ingredients. Remove and reserve ⅓ cup (75 ml) of the mixture.
2. Dissolve the baking soda in the water. With the processor running, add the liquid through the feed tube and continue running until incorporated. Remove mixture and stir together with the reserved ⅓ cup (75 ml).
3. Using a tablespoon (15 ml), scoop the chickpea mixture and shape into 12 balls. Place the balls on a tray lined with waxed paper. Cover and refrigerate for 30 minutes to set.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray.
5. Once falafel has chilled, place evenly into the prepared basket. Spray or brush liberally with oil.
6. Place into the oven in the upper rack position. Set to AirFry at 350°F (180°C). Cook for 10 minutes until evenly browned.
7. Serve falafel with pita bread and chopped tomatoes and cucumbers. Drizzle with tahini.

Nutritional information per falafel:

*Calories 45 (33% from fat) • carb. 6g • pro. 2g • fat 4g • sat. fat 0g
chol. 0mg • sod. 178mg • calc. 13mg • fiber 2g*

Fresh Margherita Pizza

The sky's the limit for topping an AirFry pizza. We chose to keep this one simple with fresh tomatoes and basil – classic and delicious.

Makes 1 pizza, about 8 servings

- Nonstick cooking spray**
- 1** **tablespoon (15 ml) extra virgin olive oil, divided**
- 12** **ounces (340 g) pizza dough, room temperature**
- 10** **ounces (295 g) grape tomatoes, about 1 pint, halved**
- 1** **small garlic clove, crushed**
- ¼** **teaspoon (1 ml) kosher salt**
- 3** **ounces (85 g) mozzarella, shredded**
- 1** **tablespoon (15 ml) grated Parmesan**
- 2 to 3** **fresh basil leaves, torn**

1. Spray the Baking Pan with nonstick cooking spray and then brush with a layer of olive oil. Roll or stretch the pizza dough to fit the pan. Brush the pizza dough about 1 teaspoon (5 ml) of olive oil and place into the oven. Set to Convection Bake at 450°F (230°C) and bake for about 8 to 10 minutes, until the top is golden brown.
2. While the pizza is baking, toss the halved grape tomatoes together with the remaining oil, crushed garlic clove and salt.
3. Remove the pizza from the oven and top with the cheese and grape tomatoes evenly in the center, leaving an even border for the crust.
4. Return to the oven and bake for an additional 5 to 7 minutes, until brown and bubbly.
5. Scatter with the fresh basil and serve immediately.

Nutritional information per serving:

*Calories 174 (30% from fat) • carb. 24g • pro. 6g • fat 6g • sat. fat 2g
chol. 9mg • sod. 412mg • calc. 66mg • fiber 1g*

Crunchy Sesame Tuna

This tuna works well over fresh salad greens tossed with the Asian-Style Frizzled Green Beans, page 29.

Makes 2 to 3 servings

- Nonstick cooking spray**
- ¼** **cup (60 ml) panko breadcrumbs**
- 1** **tablespoon (15 ml) plus 1 teaspoon (5 ml) vegetable oil**
- ½** **pound (227 g) sushi-grade tuna (1¼ inches [3 cm] thick)**
- ½** **teaspoon (2.5 cm) kosher salt**
- 1** **teaspoon (5 ml) sesame seeds**
- Soy sauce and dark sesame oil for drizzling**

1. Line the Baking Pan with foil and spray with nonstick cooking spray.
2. Toss the panko with 1 tablespoon (15 ml) of oil and spread evenly onto the prepared baking pan.
3. Place in oven in the upper rack position. Set to AirFry at 350°F (180°C) for about 5 minutes. Remove from oven and toss together, reserve.
4. Discard the foil and place the Grill/Griddle Plate onto the Baking Pan, Griddle side up and return to the oven in the lower rack position. Set to Grill at 450°F (230°C) and allow to preheat for at least 10 minutes.
5. While preheating, season the tuna with the salt evenly on both sides and lightly coat both sides with the sesame seeds.
6. Once preheated, place the tuna onto the griddle. Cook until medium rare, for about 3 minutes per side.
7. Remove from oven and cut into ¼-inch (0.6 cm) slices across the grain of the fish. Serve drizzled with some soy sauce and sesame oil if desired and sprinkled liberally with the reserved panko crunchies.

Nutritional information per serving (based on 3 servings):

*Calories 180 (50% from fat) • carb. 4g • pro. 18g • fat 10g • sat. fat 2g
chol. 29mg • sod. 43mg • calc. 6mg • fiber 0g*

Sausage and Peppers

An easy, any night of the week meal.

Makes about 4 servings

- 1 pound (454 g) fresh Italian chicken sausages**
 - 1 red onion, cut into thin wedges with the root intact**
 - 1 large red pepper, halved and seeded, sliced lengthwise**
 - 1 teaspoon (5 ml) olive oil**
 - ¼ teaspoon (1 ml) kosher salt**
 - Pinch smoked paprika**
 - Pinch freshly ground black pepper**
1. Place the Grill/Griddle Plate onto the Baking Pan, with the Griddle side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
 2. Once preheated, add the sausages to the griddle plate. Cook for about 10 minutes per side, until the sausage are completely cooked through. Remove and reserve.
 3. While the sausages are cooking, toss the onion and red pepper with the olive oil, salt, smoked paprika and pepper.
 4. When sausages are cooked and resting, add the onion/pepper mix to the griddle. Cook until soft and lightly brown, about 7 to 10 minutes. Toss once during cooking time for even results.
 5. Slice the sausages, toss with the cooked vegetables and serve.

Nutritional information per serving:

*Calories 168 (49% from fat) • carb. 4g • pro. 13g • fat 9g • sat. fat 0g
chol. 45mg • sod. 629mg • calc. 26mg • fiber 2g*

Side Dishes

Grilled Watermelon Salad

Sweet and salty marry well in this refreshing summertime salad.

Makes 4 servings

- 2 small to medium shallots (about 1½ ounces [43 g] each), thinly sliced**
 - 1 tablespoon (15 ml) plus ½ teaspoon (2.5 ml) olive oil, divided**
 - Pinch kosher salt**
 - 2 pounds (907 g) watermelon, cut into 1-inch-thick (2.5 cm) slices with the rind attached**
 - 6 to 8 large mint leaves, sliced**
 - 2 cups (500 ml) baby arugula**
 - 1 ounce (28 g) feta cheese, crumbled**
 - 1 teaspoon (5 ml) balsamic vinegar**
1. Place the Grill/Griddle Plate onto the Baking Pan, with the Grill side facing up. Place into the oven in the lower rack position. Set to Grill at 450°F (230°C) and preheat for at least 10 minutes.
 2. While the Grill is preheating, toss the sliced shallots with ½ teaspoon (2.5 ml) olive oil and pinch of salt. Brush both sides of the watermelon slices with 1 teaspoon (5 ml) of the olive oil.
 3. Once preheated, add the shallots to the grill plate and cook until golden and frizzled, for about 3 to 4 minutes. Remove and reserve.
 4. Add the watermelon to the grill and cook about 4 to 5 minutes per side. Watermelon should still be cold and crunchy on the inside. Remove the watermelon from the oven and cut into 1½-inch (3.75 cm) chunks toss with the sliced mint leaves.
 5. Arrange a platter with the baby arugula. Top with the warm watermelon chunks and grilled shallots. Evenly scatter the crumbled feta on top. Drizzle with the vinegar and remaining 2 teaspoons (10 ml) olive oil. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 128 (39% from fat) • carb. 18g • pro. 3g • fat 6g • sat. fat 2g
chol. 6mg • sod. 85mg • calc. 69mg • fiber 1g*

Hasselback Potatoes

We are not sure which is better, the impressive presentation or the maximum crunch that this fun potato side dish provides.

Makes 4 servings

- Nonstick cooking spray**
 - 4 russet potatoes (about 6 to 8 ounces [170 to 227 g] each)**
 - 2 teaspoons (10 ml) olive oil**
 - ¾ teaspoon (3.75 ml) kosher salt**
 - 2 tablespoons (30 ml) unsalted butter, melted**
 - 1 small garlic clove, finely chopped**
1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray. Reserve.
 2. Carefully cut each potato, by creating thin, evenly spaced (about 1/8-inch [0.3 cm] apart) slices along the wider, flat surface of the potato. Slice about ¾ of the way down the potato without slicing completely through. Drizzle with the oil and sprinkle the salt evenly into the cuts of the potatoes.
 3. Place potatoes onto the prepared basket and place into the oven in the upper rack position. Set to AirFry at 375°F (190°C). After about 40 minutes the slices will begin to open up.
 4. While the potatoes are cooking, combine the melted butter together with the chopped garlic. After the potatoes have been cooking for about 30 to 40 minutes, remove from oven and evenly brush the garlic butter into all of the open crevices of the potato.
 5. Return to the oven and increase the temperature to 400°F (200°C). Continue to cook until potatoes become super crisp and browned, about an additional 20 to 30 minutes.

6. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 239 (29% from fat) • carb. 39g • pro. 5g • fat 8 • sat. fat 4g
chol. 15mg • sod. 453mg • calc. 29mg • fiber 3g*

Sweet Potato Fries

These tasty fries are a more nutritious alternative to regular French fries.

Makes 2 to 3 Servings

- Nonstick cooking spray**
 - 1 pound (454 g) sweet potatoes (about 2 medium), cut into ¼-inch-thick (0.6 cm) pieces, about 4 inches (10 cm) long**
 - Olive oil, for spraying/brushing**
 - ½ teaspoon (2.5 ml) kosher salt**
1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray.
 2. Put the cut sweet potatoes into the prepared basket. Spray or brush liberally with oil. Sprinkle with salt and toss. Spread into a single, even layer.
 3. Place into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook for 15 minutes until golden brown and crispy.
 4. Serve immediately. These pair really well with the Chipotle Mayonnaise on page 10!

Nutritional information per serving: (based on 3 servings):

*Calories 149 (11% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g
chol. 0mg • sod. 434mg • calc. 57mg • fiber 5g*

Beer-Battered Onion Rings

The super crispy exterior of these onion rings contrasts nicely with the melt in your mouth interior, leaving you wanting more!

Makes 4 servings

- Nonstick cooking spray**
- 1 medium-large onion (about 10 to 13 ounces)**
- 1/2 cup (125 ml) plus 2 tablespoons (30 ml) white rice flour**
- 1/2 cup (125 ml) plus 2 tablespoons (30 ml) tapioca starch (corn starch may be substituted)**
- 1/2 teaspoon (2.5 ml) kosher salt**
- 4 ounces (113 g) beer or sparkling water**
- Olive oil, for brushing or spraying**
1. Place the AirFryer Basket onto a foil-lined Baking Pan and coat Basket well with nonstick cooking spray.
 2. Cut onion, crosswise, into 1/4-inch (0.6 cm) slices.
 3. Stir the white rice flour, tapioca starch and salt together in a mixing bowl. Stir in the beer or sparkling water with a whisk until smooth. Dip the onion slices into the batter and then place evenly spaced onto the prepared basket. Once all onions are dipped and placed, put into the freezer for about 30 minutes for the batter to set up.
 4. Once set, brush or spray the onions on both sides liberally with olive oil. Remove and discard the foil with any dripped batter. Evenly replace the onions back onto the basket and place into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook for 20 to 25 minutes until evenly golden and crispy.
 5. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 200 (17% from fat) • carb. 38g • pro. 2g • fat 4g • sat. fat 1g
chol. 0mg • sod. 271mg • calc. 22mg • fiber 2g*

Asian-Style Frizzled Green Beans

Simple and tasty!

This side dish will easily become your go-to weeknight veggie.

Makes 2 to 3 servings

- Nonstick cooking spray**
- 12 ounces (340 g) green beans, trimmed**
- 1 teaspoon (5 ml) vegetable oil**
- 1/4 teaspoon (1 ml) plus pinch kosher salt, divided**
- 1 garlic clove, crushed**
- 1 teaspoon (5 ml) soy sauce**
- 1/2 teaspoon (2.5 ml) rice vinegar**
- 1/2 teaspoon (2.5 ml) granulated sugar**
- Crushed red chile pepper (optional for heat)**
1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray. Reserve.
 2. Toss the green beans with the oil, 1/4 teaspoon (1 ml) of salt and crushed garlic clove in a mixing bowl and spread evenly onto the prepared basket. Place into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Cook for 10 minutes.
 3. While the green beans are cooking, stir together the soy sauce, rice vinegar and sugar together in the mixing bowl. After 10 minutes, remove the green beans from the oven and toss together with the soy mixture in the mixing bowl. Spread again in the basket and return to the oven for an additional 5 minutes.
 4. Toss the beans with a pinch of salt and the crushed red chile pepper if desired. Serve immediately.

Nutritional information per serving (based on 3 servings):

*Calories 54 (26% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g
chol. 0mg • sod. 259mg • calc. 44mg • fiber 3g*

Sweets

Cinnamon Rolls

It is a good thing these cinnamon rolls only take about 25 minutes to bake. The delicious aroma will have the taste testers lining up at the oven.

Makes 8 rolls

Dough:

- 2¼ teaspoons (11 ml) yeast, active dry**
- 5 tablespoons (75 ml) granulated sugar, divided**
- ¼ cup (60 ml) plus 2 tablespoons (30 ml) warm water (105°F to 110°F [40°C to 43°C])**
- 2 large eggs, room temperature**
- ¼ cup (60 ml) sour cream, room temperature**
- 3 cups (750 ml) unbleached, all-purpose flour**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ cup ([60 ml] ½ stick) unsalted butter, room temperature and cubed**
- 3 tablespoons (45 ml) unsalted butter, melted**
- Nonstick cooking spray**

Swirl:

- ⅓ cup (75 ml) brown sugar, firmly packed**
- 3 tablespoons (45 ml) granulated sugar**
- 2 teaspoons (10 ml) ground cinnamon**

Icing:

- 1 cup (250 ml) confectioners' sugar, sifted**
- 4 tablespoons (60 ml) unsalted butter**
- 1 tablespoon (15 ml) pure vanilla extract**

1. In a 2 cup (500 ml) liquid measuring cup, dissolve the yeast with 2 tablespoons (30 ml) sugar in the warm water. Let stand until foamy.

2. Once foamy, add the eggs and sour cream. Whisk well together.
3. Put the flour, salt and remaining sugar into the work bowl of a food processor fitted with the dough blade or metal chopping blade. Secure the lid and process for 5 seconds to sift the dry ingredients.
4. With machine running, slowly pour the yeast mixture through the feed tube until all ingredients are combined. Next, add the butter, a little at a time so that each piece is incorporated before adding the next.
5. Process until dough is smooth, about 30 seconds. Dough should be sticky and smooth. Remove from the work bowl and place in a separate mixing bowl and cover with plastic wrap. Allow to rest for about 15 to 20 minutes.
6. While dough is resting. Stir together the brown sugar, granulated sugar and cinnamon to make the Swirl.
7. Transfer the rested dough to a lightly floured surface and punch down to deflate.
8. Lightly coat a 9-inch (23 cm) round pan with nonstick cooking spray.
9. Roll the dough into a rectangle, about 14 inches (35 cm) wide and ½ inch (1.25 cm) thick. Brush with the melted butter, leaving a 1-inch (2.5 cm) border on all but one long side.
10. Sprinkle evenly with the cinnamon sugar mixture. Roll the dough up like a jelly roll, from one long side the other (toward the unbuttered edge). Lightly pinch the long side together to seal.
11. Cut into 8 even slices with a serrated knife. Arrange into prepared pan. Cover with plastic and let rise for 35 to 40 minutes.
12. When ready to bake, set to Bake at 325°F (160°C). Allow to preheat for at least 5 minutes.
13. Bake for about 20 to 25 minutes until puffed with golden tops and hollow sounding when tapped.

14. While baking, prepare the icing by combining the confectioners' sugar, butter and vanilla together, either in the food processor or with a hand mixer. Icing should be completely smooth.
15. Let rolls cool for about 15 minutes before spreading with the icing.

Nutritional information per roll:

*Calories 349 (45% from fat) • carb. 43g • pro. 5g • fat 18g • sat. fat 11g
chol. 77mg • sod. 156mg • calc. 22mg • fiber 1g*

Crunchy Granola

Granola is an easy and healthier alternative to packaged cereals. Accompany this fragrant granola with a scoop of your favourite yogurt or fruit.

Makes about 4 cups (1 L)

- 1½ cups (375 ml) rolled oats (not quick-cooking)**
- ¾ cup (175 ml) raw nuts (pecans or pistachios work very well)**
- ½ cup (125 ml) unsweetened shredded or flaked coconut**
- ¼ cup (60 ml) sunflower seeds**
- ¼ cup (60 ml) hulled pumpkin seeds (pepitas)**
- ¼ cup (60 ml) coconut oil, melted**
- ¼ cup (60 ml) pure maple syrup**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) ground cinnamon**
- Pinch ground nutmeg**
- ½ cup (125 ml) dried fruit (chopped if larger than berry-sized)**

1. Line the Baking Pan with foil; reserve.
2. In a large mixing bowl combine all ingredients except for the dried fruit. Spread evenly on the prepared Baking Pan. Place pan in oven in the upper rack position. Set to Bake at 325°F (160°C). Bake for 25 to 30 minutes, or until nicely toasted, stirring halfway through.

3. Add the dried fruit and stir to combine. Allow to cool completely on Baking Pan. Transfer to an airtight container to store for up to 3 weeks.

Nutritional information per serving (½ cup [125 ml]):

*Calories 290 (54% from fat) • carb. 29g • pro. 6g • fat 18g • sat. fat 5g
chol. 0mg • sod. 138mg • calc. 19mg • fiber 4g*

Cinnamon Apples

Either for a snack or guilt-free dessert, these apples are delicious anytime.

Makes 4 servings

Nonstick cooking spray

2 medium apples

½ teaspoon (2.5 ml) ground cinnamon

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Peel and core apples. Cut into thin wedges, about 16 total for each apple. Toss apples well with cinnamon to thoroughly coat.
2. Place evenly onto the prepared basket and place into oven in the upper rack position. Set to AirFry at 350°F (180°C). Cook for 15 minutes. Apples are ready when slightly softened and fragrant.

Nutritional information per serving (based on 4 servings):

*Calories 48 (3% from fat) • carb. 13g • pro. 0g • fat 0g • sat. fat 0g
chol. 0mg • sod. 1mg • calc. 8mg • fiber 2g*

Churros (Spanish “Fried” Dough)

AirFrying lends an airy crunchiness to this traditionally fried treat.

Makes about 12 churros, 6 servings

- Nonstick cooking spray**
- $\frac{2}{3}$ cup (150 ml) water**
- 5 tablespoons (75 ml) unsalted butter, cold, divided**
- $\frac{1}{2}$ teaspoon (2.5 ml) vanilla extract**
- $\frac{1}{4}$ cup (60 ml) sugar, plus 1 tablespoon (15 ml)**
- Pinch of kosher salt**
- $\frac{1}{2}$ cup (125 ml) all-purpose flour**
- 1 large egg, at room temperature**
- Powdered sugar for dusting, optional**
- 1 tablespoon (15 ml) cinnamon**
- Nonstick cooking spray**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick cooking spray. Reserve.
2. In a medium saucepan over medium-high heat, combine the water, 3 tablespoons (45 ml) butter, vanilla, 1 tablespoon (15 ml) sugar, and salt, until the butter has melted, the sugar has dissolved, and the mixture has come to a boil. Remove from heat and stir in the flour with a wooden spoon. When all the flour has been incorporated, the mixture should have a paste-like consistency. Allow to cool for 5 minutes.
3. When the flour mixture has cooled, use a hand mixer to beat in the egg on low speed. The mixture may separate initially, but will come together again after 2 to 3 minutes of mixing. When smooth, transfer the dough to a piping bag fitted with a large open star tip. Alternatively, you can fill a large plastic food storage bag and snip off a bottom corner.
4. Pipe 4- to 5-inch-long (10 to 13 cm) churros directly in the prepared basket. Use a knife to cut the dough from the tip. The basket should fit about 12 churros in a single layer, but churros can be piped and baked in 2 batches if necessary. Dust the churros with powdered sugar, this will promote a golden brown and crisp exterior.
5. Place into the oven in the upper rack position. Set to AirFry at 400°F (200°C). Bake for 8 minutes. Churros are done when golden brown all over.

6. While churros are baking, melt the remaining 2 tablespoons (30 ml) of the cold butter. Reserve. Combine $\frac{1}{4}$ cup (60 ml) of the sugar and the cinnamon in a shallow bowl. Reserve.
7. Remove from oven and carefully release the churros from the basket, brush all over with melted butter, and dredge in cinnamon sugar mixture.
8. Serve immediately.

Nutritional Information per serving (about 2 Churros):
 Calories 168 (55% from fat) • carb. 17g • pro. 2g • fat 10g • sat. fat 6g
 chol. 56mg • sod. 35mg • calc. 59mg • fiber 1g

Bittersweet Espresso Brownies

These fudge-like brownies hit the spot
when you need that chocolate fix!

Makes 16 brownies

- Nonstick cooking spray**
- $\frac{3}{4}$ cup (175 ml) unsalted butter, cubed**
- 4 ounces (113 g) unsweetened chocolate, chopped**
- 4 ounces (113 g) bittersweet chocolate, chopped**
- 2 tablespoons (30 ml) cocoa powder**
- 2 teaspoons (30 ml) espresso powder**
- 3 large eggs**
- $1\frac{1}{2}$ cups (375 ml) granulated sugar**
- 2 teaspoons (10 ml) pure vanilla extract**
- $\frac{1}{2}$ cup (125 ml) unbleached, all-purpose flour**
- $\frac{3}{4}$ teaspoon (3.75 ml) table salt**

1. Lightly coat a 9-inch (23 cm) square baking pan with nonstick cooking spray; line with parchment paper. Reserve.
2. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once both are almost completely melted,

stir in the cocoa powder and espresso powder. Set aside to cool to room temperature. Reserve.

3. Using a hand or stand mixer, beat eggs to break up and then gradually add the sugar. Mix until light and thickened, about 1 to 2 minutes. Add vanilla; beat until well combined.
4. Stir the flour and salt into the cooled chocolate mixture; mix until just incorporated. Fold the chocolate mixture into the egg mixture and stir until the mixture is no longer streaky.
5. Pour into prepared pan. Set the oven to Bake at 325°F (160°C). Preheat oven for at least 5 minutes.
6. Bake for about 20 to 25 minutes, or until edges are just dry.
7. Allow to cool completely before cutting and serving.

Nutritional information per brownie:

*Calories 249 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 9g
chol. 57mg • sod. 87mg • calc. 12mg • fiber 2g*

Dessert Wontons – Two Ways

We strongly suggest you prepare both – they are equally delicious!

Makes 24 wontons

Chocolate-Peanut-Butter-Banana Filling:

- ¼ cup (60 ml) heavy cream**
- 4 ounces (113 g) good quality semisweet chocolate, finely chopped**
- ½ cup (125 ml) creamy natural peanut butter**
- 24 ½-inch-thick (1.25 cm) slices of banana, about 2 ripe bananas**

Strawberry Nutella® Filling:

- 1 cup (250 ml) sliced strawberries**
- 2 teaspoons (10 ml) granulated sugar**
- 1 cup (250 ml) Nutella®, or alternative chocolate-hazelnut spread**

Wontons:

- 24 wonton wrappers, square**
- 1 egg**
- 1 tablespoon (15 ml) water**
- Nonstick cooking spray**
- Vegetable oil, for spraying or brushing**
- powdered sugar, for dusting**

1. For the chocolate-peanut-butter-banana filling, start out by heating heavy cream over medium-low heat until steaming. Remove from heat, add chocolate and let stand for about 3 minutes. Using a heatproof spatula or whisk, stir until smooth and shiny. Allow to cool slightly.
2. Meanwhile, in a small bowl, mix the egg with 1 tablespoon (15 ml) of water. Lay out wonton wrappers, starting with 12 (keeping the remaining 12 covered with a damp towel). Working quickly, put one slice of banana into the center of each wrapper, topped with 1 teaspoon (5 ml) of peanut butter and 1 teaspoon (5 ml) of ganache. Use your finger to paint the edges of each wrapper with the egg wash. Shape each wonton by pinching the opposing corners of each square together. Repeat with remaining 12 wrappers.
3. If making the Strawberry Nutella® Filling. Mix cut strawberries with 2 teaspoons (10 ml) of sugar and allow to macerate for 5-10 minutes. Fill the center of each wonton with 2 teaspoons (10 ml) of Nutella® and top with 2 strawberry slices. Follow the same egg wash and shaping procedure as above.
4. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray.
5. Arrange wontons into the prepared basket. Spray or brush evenly with oil. Place into oven in the upper rack position. Set to AirFry at 350°F (180°C) for 8 minutes, until golden brown. Remove wontons from basket. Serve warm dusted with powdered sugar.

Nutritional information per Chocolate-Peanut Butter-Banana wonton:
Calories 91 (47% from fat) • carb. 11g • pro. 3g • fat 5g • sat. fat 2g
chol. 5mg • sod. 51mg • calc. 6mg • fiber 1g

Nutritional information per Strawberry-Nutella® wonton:
Calories 51 (34% from fat) • carb. 8g • pro. 1g • fat 2g • sat. fat 1g
chol. 2mg • sod. 49mg • calc. 106mg • fiber 0g

S'mores

Who needs a campfire?! Now s'mores can be enjoyed anytime!

Makes 4 servings

Nonstick cooking spray

- 8 graham cracker sheets, broken into 2-cracker squares**
- 8 squares milk chocolate (about 2 ounces [57 g])**
- 8 standard-size marshmallows**

1. Place the AirFryer Basket onto the Baking Pan and coat with nonstick spray. Reserve.
2. Put the graham cracker squares evenly spaced on the prepared basket. Top each with a chocolate square and then a marshmallow.
3. Place in the oven in the upper rack position. Set to AirFry at 350°F (180°C). Cook until the marshmallows are lightly toasted, about 5 minutes (start checking at 4 minutes).
4. Carefully remove from the oven and transfer to a serving plate. Top each with the remaining crackers and enjoy!

Nutritional information per serving (based on 4 servings):
Calories 120 (25% from fat) • carb. 22g • pro. 2g • fat 3g • sat. fat 1g

chol. 0mg • sod. 79mg • calc. 13mg • fiber 0g

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Toll-free phone number:

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Woodbridge, Ont. L4H 0L2

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