

**#DetailsMatter**



## VERSATILITY MATTERS.

AIR FRY MICROWAVE OVEN WITH INVERTER COOKBOOK  
ML2-TC10SAIT(BS)





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# COOKING INDICATION

RECIPE	FUNCTION + TEMPERATURE	TIME
Broiled bananas	Conv. 425°F	7 minutes
Potato chips	Conv. 350°F	23 minutes
Balsamic bruschetta	Conv. 425°F	12 minutes
Bacon	Conv. 425°F	7 minutes
Grilled Cheese	Conv. 375°F	7 minutes
Chicken Wings	Conv. 400°F	15 minutes
Chicken Tenders	Conv. 400°F	13 minutes
Cheese burger	Conv. 400°F	18 minutes
Homemade Italian Meatballs	Conv. 400°F	12 minutes
Calzone	Conv. 400°F	15 minutes
Chocolate Chip Cookies	Conv. 375°F (preheat needed)	13 minutes
Chocolate Cake	Conv. 350°F (preheat needed)	36 minutes
Honey Sriracha Lime Chicken Wings	Conv. 400°F	13 minutes
Air-fried French Toast Sticks	Conv. 400°F	30 minutes
Philly cheese steak spring rolls	Conv. 400°F	10 minutes
Roasted green beans with prosciutto & onions	Conv. 400°F	9 minutes + 17 minutes
Beet Chips with Fresh Dill	Conv. 350°F	22 minutes
Blooming Onion	Conv. 400°F	27 minutes
Chicken Wings, Two Ways	Conv. 400°F	20 minutes
Crab Cakes	Conv. 400°F	16 minutes
Fried Pickles	Conv. 400°F	12 minutes
Italian Rice Balls	Conv. 400°F	15 minutes
Kale Chips	Conv. 375°F	8 minutes
Nachos with Shredded Chicken and Homemade Tortilla Chips	Conv. 400°F	4.5 minutes + 4 minutes
Pork and Ginger Wontons	Conv. 400°F	14 minutes
Potato Wedges with Crumbled Bacon and Blue Cheese	Conv. 425°F + 400°F	10 minutes + 29 minutes
Shrimp Diablo	Conv. 425°F	14 minutes





COOKING INDICATION

RECIPE	FUNCTION + TEMPERATURE	TIME
Spring Rolls with Sweet Chile Dipping Sauce	Conv. 400°F	10 minutes
Fish Tacos with Peach Salsa	Conv. 400°F	4.5 minutes + 13 minutes
Maple-Pecan BLT	Conv. 400°F	6 minutes + 8 minutes + 3 minutes
Cinnamon Sugar Doughnut Bites	Conv. 375°F	14 minutes
“Fried” Apples	Conv. 400°F	15 minutes
Spring Egg Cups	Conv. 375°F	18 minutes
Spanish Tortilla	Conv. 400°F + 375°F	10 minutes + 8 minutes
Crispy Chickpeas	Conv. 375°F	20 minutes
Root Veggie Chips with Rosemary & Sea Salt	Conv. 400°F	24 minutes
Bu alo Chicken Wings	Conv. 400°F	20 minutes
Chicken Nuggets	Conv. 400°F	13 minutes
Falafel	Conv. 400°F	15 minutes
Sweet & Salty Bacon Fried Rice	Conv. 400°F	10 minutes + 13 minutes
Candied Bacon	Conv. 425°F	7 minutes
“Fried” Brussels Sprouts	Conv. 375°F	12 minutes
Veggie Fries with Herbed Yogurt Dip	Conv. 400°F	15 minutes
Sweet Potato Fries with Chipotle Mayo	Conv. 425°F	15 minutes
S’mores	Conv. 375°F	4.5 minutes
Cinnamon Apples	Conv. 350°F	15 minutes
Dessert Wontons Two Ways	Conv. 400°F	14 minutes





## BROILED BANANAS

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 7 minutes

### INGREDIENTS

- 2 tablespoons dark brown sugar
- 1 teaspoon ground cinnamon
- 2 medium-sized bananas, cut in half lengthwise

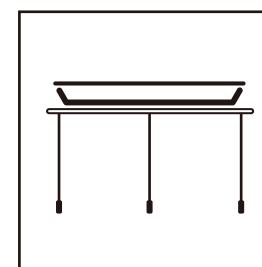
#### **Toppings:**

- Walnuts
- Chopped Whipped cream Sprinkles

### INSTRUCTIONS

1. In a small bowl, stir together brown sugar and cinnamon. Rub mixture onto bananas, then place bananas on air fry tray. Place pan on the high rack in microwave.
2. Select bake 425°F and set time to 7minutes. Press START/PAUSE to begin.
3. After 5 minutes, check bananas for doneness. Tops of bananas should be caramelized. If necessary, return pan to oven for 2 more minutes.
4. When cooking is complete, remove pan from oven and allow to cool for 5 minutes. Add desired toppings and serve immediately.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## POTATO CHIPS

**FUNCTION:** Conv. 350°F

**COOKING TIME:** 23 minutes

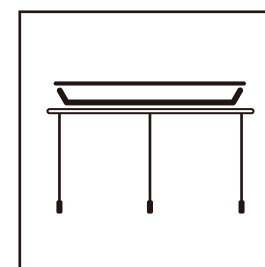
### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 potato, sliced paper thin (peel optional)
- 1/2 teaspoon salt, or to taste

### INSTRUCTIONS

1. Pour the vegetable oil into a plastic bag (a produce bag works well). Add the potato slices and shake to coat.
2. Coat a large dinner plate lightly with oil or cooking spray. Arrange potato slices in a single layer on air fry pan (with holes) with high rack.
3. Cook in the microwave 350°F for 23 minutes, or until lightly browned (if not browned, they will not become crisp). Remove chips from plate and toss with salt (or other seasonings). Let cool. Repeat process with the remaining potato slices. You will not need to keep oiling the plate.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## BALSAMIC BRUSCHETTA

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 12 minutes

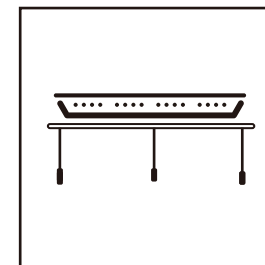
### INGREDIENTS

- 4 plum tomatoes, diced
- 1/4 cup fresh basil, diced
- 1/8 cup shredded Parmesan cheese
- 2 teaspoons minced garlic
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper (or to taste)
- 1 Loaf French bread

### INSTRUCTIONS

1. Start by adding the diced tomatoes, diced basil, shredded Parmesan cheese, garlic, vinegar, olive oil, salt and pepper to a mixing bowl. Mix well. Place in the refrigerator for about an hour.
2. Cut French bread into slices, as you slice them, place them on the air fry basket(with holes) with low rack, and when the basket is full, but not crowded, set the time for 12 minutes at 425°F . Cook until 2/3 of the time and turn over.
3. Remove the bread, which should be slightly toasted. If not, add another minute. Then remove the bread, and place on a plate, top with the tomato mixture.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





## BACON

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 7 minutes

### INGREDIENTS

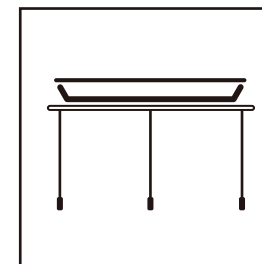
- 4 pieces of bacon strips

### INSTRUCTIONS

1. Lay the bacon in the Air fry tray in a single layer on the high rack.
2. Cook the bacon at 425°F for 7minutes (thick cut bacon) or shorter for thinner bacon. Check the bacon throughout the cooking time to make sure it isn't overcooking.

Note: After cooking and the air fryer is cool, take a damp cloth and wipe any grease that has splattered onto the inside of the air fryer, especially the burner at the top. This will keep the bacon from smoking next time.

### CONTAINER/ACCESSORY



- The air fry basket is placed on the high rack





## GRILLED CHEESE

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 7 minutes

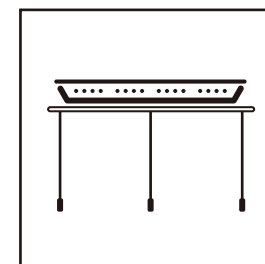
### INGREDIENTS

- Bread
- American Cheese
- Butter or Mayonnaise

### INGREDIENTS

1. Place cheese between bread slices and butter the outside of both slices of bread.
2. Place in air fry basket on the high rack and cook at 375°F for 7 minutes. Cook until 2/3 of the time and turn over.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## CHICKEN WINGS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

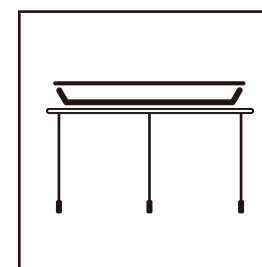
### INGREDIENTS

- 1 lb chicken wings split into flats and drumettes
- 1 tbsp olive oil
- 2 tsp garlic salt
- 1 tsp lemon pepper

### INSTRUCTIONS

1. Thoroughly pat dry chicken wings with paper towels and place in a mixing bowl.
2. Coat in 1 tbsp oil then sprinkle on 2 tsp garlic salt and 1 tsp lemon pepper. Toss to evenly coat with seasoning.
3. Place on air fry tray with high rack, spacing evenly and air fry at 400°F for 15 minutes . Cook until 2/3 of the time and turn over.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## CHICKEN TENDERS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 13 minutes

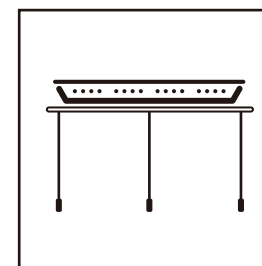
### INGREDIENTS

- 1 cup unbleached, all-purpose flour
- 2 large eggs, lightly beaten
- 1-1 1/2 cup panko breadcrumbs
- 1 to 1 1/2 pounds thinly sliced chicken breast
- 3/4 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper
- Olive oil, for spraying

### INSTRUCTIONS

1. Put the flour, eggs and panko into individual containers large enough for dipping the chicken.
2. Sprinkle the chicken with the salt and pepper completely, on both sides. Dredge each cutlet in flour and shake off the excess before dipping into eggs, and then finally coating evenly with the panko bread crumbs.
3. Put the prepared chicken cutlets in the air fryer basket and spray both sides with olive oil. Place the air fryer basket on the high rack. Bake for 8 minutes on 400°F then flip the chicken cutlets. Bake for an additional 5 minutes or until chicken is evenly browned on both sides and the internal temperature registers 165°F.
4. Serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## CHEESE BURGER

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 18 minutes

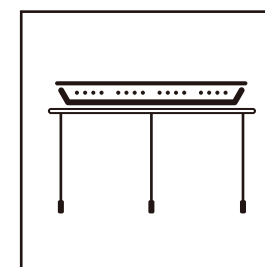
### INGREDIENTS

- 1 pound 80/20 ground chuck beef (or 4 pre-made patties)
- 1 teaspoon Worcestershire sauce
- 1 1/2 tablespoons burger seasoning of preference salt and pepper to taste
- 4 slices of cheese (any)
- 4 buns
- 4 tablespoons of ketchup
- 4 slices of tomato
- 4 lettuce leaves

### INSTRUCTIONS

1. Season the ground beef with Worcestershire sauce, burger seasoning, salt, and pepper to taste. Form 4 burger patties.
2. Place the burgers in the air fryer then on the high rack. Bake the burgers for 10 minutes on 400°F then flip the burgers. bake for an additional 6 minutes or until beef is no longer pink in center and read at least 160°F in the center.
3. Top each burger with a slice of cheese. Cook for an additional 2 minutes or until the cheese has melted.
4. Layer starting from the bottom half of the bun with lettuce, tomato, patty, cheese and ketchup.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## HOMEMADE ITALIAN MEATBALLS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 12 minutes

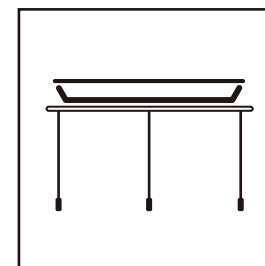
### INGREDIENTS

- ¾ pound ground beef
- 3 ounces ground pork
- ¾ teaspoon Italian seasoning
- ¼ teaspoon salt
- 1-1/2 cloves garlic, minced
- 1 egg
- ¼ cup and 2 teaspoons grated Parmesan cheese
- ¼ cup Italian seasoned breadcrumbs

### INSTRUCTIONS

1. Combine beef, pork, Italian seasoning, salt, garlic, egg, Parmesan cheese, and breadcrumbs in a large bowl. Mix well until evenly combined. Form into 12 equally-sized meatballs using an ice cream scoop and place on a baking sheet.
2. Place in the air fryer tray then place on the high rack. Bake for 12 minutes at 400°F until beef is no longer pink in center and read at least 160°F in the center.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





# CALZONE

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

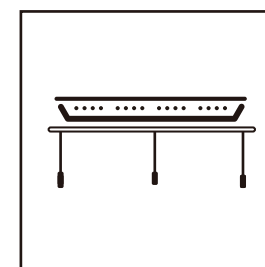
## INGREDIENTS

- All-purpose flour, for rolling out the dough -1 pound
- Pizza dough, at room temperature at least 1 hour - 1 cup
- Pizza sauce, plus more for dipping -8 ounces
- Shredded part-skim mozzarella cheese -6 ounces
- Thinly sliced pepperoni or mini pepperoni, chopped

## INSTRUCTIONS

1. On a lightly floured surface, roll out the pizza dough until 1/4-inch thick. Use a 3-inch round cutter or a large glass to cut out 8 to 10 rounds of dough. Transfer the rounds to a parchment paper-lined baking sheet. Gather up the dough scraps, then reroll and repeat cutting out rounds until you have 16.
2. Top each round with 2 teaspoons of sauce, 1 tablespoon of cheese, and 1 teaspoon of pepperoni. Working with one dough round at a time, fold in half, then pinch the edges together to seal. When each calzone is sealed, use a fork to crimp the edges closed to further seal.
3. Place the calzone in the air fryer basket then place on the low rack. Bake for 10 minutes on 400°F then dip the calzone. Bake for an additional 5 minutes or until golden brown and crisp. Serve with additional pizza sauce for dipping, if desired.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





## CHOCOLATE CHIP COOKIES

**FUNCTION:** Conv. 375°F (preheat needed)

**COOKING TIME:** 13 minutes

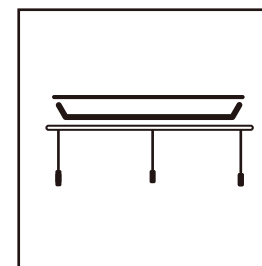
### INGREDIENTS

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 cup butter or margarine, softened
- 1 teaspoon vanilla
- 1 large egg
- 2 1/4 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon Salt
- 1 cup coarsely chopped nuts
- 1 bag (12oz.) semisweet chocolate chips

### INSTRUCTIONS

1. Preheat microwave to 375°F.
2. In large bowl beat sugars, butter, vanilla and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt, stir in nuts and chocolate chips.
3. Drop dough by rounded tablespoons about 2 inches apart, place cookies in the air fryer pan.
4. Place the air fryer tray on the low rack. Bake for 13 minutes or until light brown, Cool 1 to 2 minutes; remove from microwave, cool completely about 30 minutes. Repeat with the remaining dough. Serve warm.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the low rack





## CHOCOLATE CAKE

**FUNCTION:** Conv. 350°F(preheat needed))

**COOKING TIME:** 36 minutes

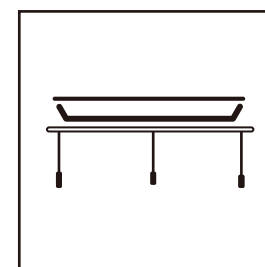
### INGREDIENTS

- 1 1/2 cup all-purpose flour
- 1 cup sugar
- 1/4 cup baking cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup vegetable oil
- 1/2 teaspoon vanilla
- 1 cup cold water

### INSTRUCTIONS

1. Preheat microwave to 350°F. Grease bottom and sides of 8- inch round cake tray with shortening, lightly flour.
2. In large bowl, mix flour, sugar, cocoa, baking soda and salt. In small bowl, stir oil and vanilla until well mixed. Vigorously stir oil mixture and water into flour mixture about 1 minute or until well blended. Immediately pour into tray.
3. Place on the low rack, bake for 36 minutes or until toothpick inserted in center comes out clean, cool rounds 10 minutes; remove from tray to wire rack. Cool completely, about 1 hour.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the low rack





## HONEY SRIRACHA LIME CHICKEN WINGS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 13 minutes

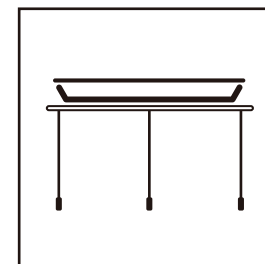
### INGREDIENTS

- 1/4 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon ground ginger
- Zest and juice of 2 limes
- 1/2 pounds fresh uncooked chicken wings

### INSTRUCTIONS

1. In a bowl, stir together all ingredients, except chicken wings.
2. Coat chicken wings with half the sauce in a large resealable plastic bag.
3. Reserve remaining sauce. Let marinate in the refrigerator for at least 1 hour and up to 24 hours.
4. Place the air fry tray on the high rack. Then arrange wings in air fry tray, making sure they are not crowding each other. Set temperature to 400°F, and set time to 13 minutes.
5. After 9 minutes, use tongs to flip the wings. Return tray to oven and cook for an additional 4 minutes, until desired level of crispiness is achieved. When cooking is complete, toss wings in reserved sauce and serve immediately.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## AIR-FRIED FRENCH TOAST STICKS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 30 minutes

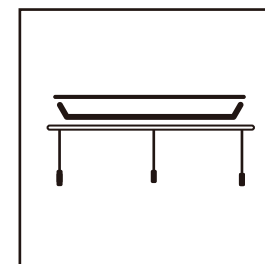
### INGREDIENTS

- 4 slices white bread, 1 inches thick, preferably stale
- 2 eggs
- ¼ cup milk
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- Nonstick cooking spray
- 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- Maple syrup, for serving
- Powdered sugar, for dusting

### INSTRUCTIONS

1. Cut each slice of bread into thirds making 16 pieces. Set aside.
2. Whisk together the eggs, milk, maple syrup, and vanilla.
3. Dip the bread sticks into the egg mixture. Place bread sticks in the airy fry tray on the low rack.
4. Cook the French toast sticks for 30 minutes at 400°F. Flip the sticks halfway through cooking.
5. Mix together the sugar and cinnamon in a bowl. Set aside.
6. Coat the French toast sticks in the cinnamon sugar mixture when done cooking.
7. Serve with maple syrup and dust with powdered sugar.

### CONTAINER/ACCESSORY



· The air fry tray is placed on the low rack





## PHILLY CHEESE STEAK SPRING ROLLS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 10 minutes

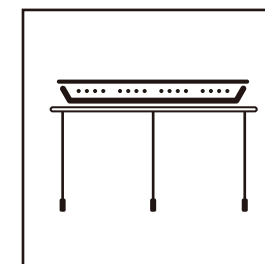
### INGREDIENTS

- 1 package (10 ounces) frozen shaved steak
- 1 package (8 ounces) frozen pepper & onion blend
- 1 tablespoon kosher salt
- 1 teaspoon ground black pepper
- 16 spring roll wrappers
- 1 egg, lightly beaten
- 4 slices American cheese, cut in quarters
- Cooking spray

### INGREDIENTS

1. Place steak, pepper & onion blend, salt, and pepper in a skillet. Sauté on medium-high heat for 10 minutes, stirring occasionally. Set aside and let cool.
2. Working in batches of 4, lay out the spring roll wrappers in diamond positions (with a corner directly facing you). Brush borders with beaten egg. Place a piece of cheese slightly off center on a wrapper. Add about 2 tablespoons steak mixture in center. Fold the left and right edges toward the center, while simultaneously rolling the wrapper from back to front. Repeat with remaining wrappers.
3. Place the spring rolls in the air fryer basket then place on the high rack. Bake for 6 minutes on 400°F then flip the spring rolls, bake for an additional 4 minutes or until golden brown and crisp.

### CONTAINER/ACCESSORY



· The air fry basket is placed on the high rack





## ROASTED GREEN BEANS WITH PROSCIUTTO & ONIONS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 9 minutes + 17 minutes

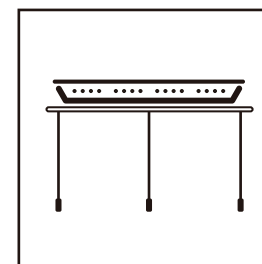
### INGREDIENTS

- 5 slices prosciutto
- 1 pound green beans, ends trimmed
- 1 small yellow onion, peeled, thinly sliced
- 1 tablespoon canola oil

### INSTRUCTIONS

1. Place prosciutto slices in the air fryer basket then place on the high rack. Bake for 5 minutes on 400°F then flip the prosciutto slices, bake for an additional 4 minutes or until golden brown and crisp. Carefully remove prosciutto from the air fryer basket and set aside.
2. In a medium bowl, toss together green beans, onion, and oil. Spread mixture on the air fryer basket, bake for 11 minutes on 400°F then stir the mixture, bake for an additional 6 minutes or until cooked.
3. When cooking is complete, remove basket from microwave. Using a spatula, transfer green beans and onions from the basket into a serving dish. Crumble prosciutto on top of roasted green beans and serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## BEET CHIPS WITH FRESH DILL

**FUNCTION:** Conv. 350°F

**COOKING TIME:** 22 minutes

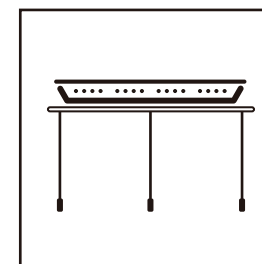
### INGREDIENTS

- 1 medium beet (about 5 ounces)
- Olive oil, for spraying
- 1/4 teaspoon kosher salt
- 1 tablespoon fresh dill
- 1/2 chopped teaspoon white wine vinegar

### INSTRUCTIONS

1. Slice beet into thin, even slices, about 1mm thick, or use the 3 millimeter setting on the slicing attachment of a Cuisinart food processor. Transfer to the reserved basket in a single layer pray with oil, sprinkle with salt and toss, Spread into a single layer.
2. Put the assembled basket on the high rack. Bake for 22 minutes on 350°F.
3. When beet chips are ready, transfer to a serving bowl. Sprinkle with chopped dill and vinegar and toss to combine.

### CONTAINER/ACCESSORY



· The air fry basket is placed on the high rack





## BLOOMING ONION

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 27 minutes

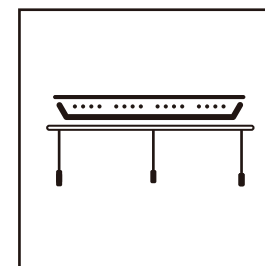
### INGREDIENTS

- 1/2 cup unbleached, all-purpose flour
- 2 large eggs, beaten well
- 1 tablespoon buttermilk
- 1/2 cup panko breadcrumbs
- 1 1/2 teaspoons seafood seasoning
- 1 large Vidalia (or sweet) onion, peeled
- Nonstick cooking spray
- Olive oil, for spraying

### INSTRUCTIONS

1. Put the flour into a bowl large enough to dip the onion. Put the eggs and buttermilk into another bowl, and the panko and seafood seasoning into a third bowl. Reserve.
2. Trim top of onion to create a flat surface. Leave root end intact. Turn onion over, so root end faces up, and rest it on its flat surface.
3. 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 1/4 inch thick. 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.
4. Dredge onion in flour, and shake off excess before dipping into the egg mixture, and then, finally coat each layer evenly with the panko mixture. place the panko-crusted onion in the air fryer basket, spray with oil.
5. Place the air fryer basket on the low rack. Bake for 27 minutes on 400°F, or until golden and crispy. Serve with the Chipotle Mayonnaise or the Herbed Yogurt Dip.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





# CHICKEN WINGS, TWO WAYS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 20 minutes

## INGREDIENTS

- Nonstick cooking spray
- Beer-Battered Chicken Wings:**
- 2 pounds chicken wings, tips removed, drumettes and flats separated
- ½ cup unbleached, all-purpose flour
- ½ cup light beer
- ¾ teaspoon kosher salt
- Plain chicken wings:**
- 2 pounds chicken wings, tips removed, drumettes and flats separated
- ¾ teaspoon kosher salt

## INSTRUCTIONS

1. If beer battering the wings: In a large bowl combine the flour and beer. Sprinkle wings with salt and put them into the bowl with the batter. Coat wings in the batter and transfer to the basket.
  2. If not beer-battering wings: Put the chicken wings into the air fry tray. Sprinkle with salt.
  3. Put the Air Fry tray on the high rack. Bake for 13 minutes on 400°F then flip the chicken wings, bake for an additional 7 minutes or until golden brown and crisp.
  4. When chicken wings are done, toss immediately in sauce or add the toppings of your choice, such as butter, garlic, fresh herbs or spices .
- Chicken wings may also be purchased already cut. They are often referred to as “party wings” or “winglets ”

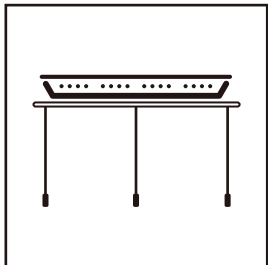
### Bu alo Sauce for Chicken Wings

- 1/4 cup hot sauce
  - 1 tablespoon coconut oil
1. Put the hot sauce and coconut oil into a large bowl. Combine.
  2. When chicken wings are ready, transfer wings to the large bowl and toss evenly. Serve immediately.

### Sesame Ginger Sauce for Chicken Wings

- Add chili flakes to this sauce for a spicy kick.
  - Makes about 1/3 cup sauce, enough to coat 20 wings
  - cup sesame oil tablespoons soy sauce tablespoons honey
  - 2-inch piece ginger, peeled and grated garlic cloves, grated
  - cup toasted sesame seeds6 green onions, thinly sliced
1. Put the sesame oil, soy sauce, honey, grated ginger and garlic into a large bowl. Whisk together. Add the sesame seeds.
  2. When chicken wings are ready, transfer them to the large bowl and toss evenly. Sprinkle with the sliced green onions. Serve immediately.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## CRAB CAKES

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 16 minutes

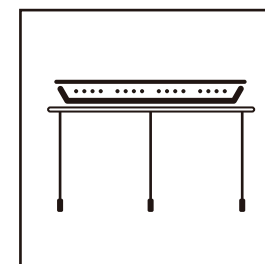
### INGREDIENTS

- 16 ounces lump crab meat
- 1 teaspoon extra virgin olive oil
- 1 medium red bell pepper, finely chopped
- 1 jalapeño, seeded and finely chopped
- 3 green onions, sliced
- 1 Garlic clove, finely chopped
- 1/4 teaspoon kosher salt
- 1 large eggs, lightly beaten
- 1 cup panko breadcrumbs, plus about 1/2 cup extra for dredging
- 1/2 cup prepared mayonnaise
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 1/2 teaspoons seafood seasoning Hot sauce (optional)
- Olive oil, for spraying
- Lemon wedges, for serving

### INSTRUCTIONS

1. Pick through crabmeat to make sure there are no shells; reserve in refrigerator.
2. Put a large skillet over medium heat and add the olive oil. Once the basket is hot and the olive oil shimmers across the basket, add the peppers, green onions and garlic, sweat for at least 5 minutes, until the vegetables soften slightly; stir in the salt.
3. Remove the vegetables from the heat and allow them to cool for a few minutes. Once cool, add the vegetables to the crab meat. Add the eggs, panko, mayonnaise, Worcestershire, Dijon and seafood seasoning and a dash or two of hot sauce if desired.
4. Gently mix all ingredients together. The best way to mix the crab mixture is with clean hands; however, you can also mix with a spoon. Mix carefully to keep the crab meat intact.
5. Using a 1/4 cup dry measuring cup, form the mixture into cakes and place them on a clean plate, separating the layers of cakes with wax paper if necessary. Cover with plastic wrap and refrigerate for 1 hour before cooking.
6. Dredge the crab cakes in remaining panko crumbs. Put the cakes into the air fryer and spray with olive oil.
7. Place on the high rack. Bake for 10 minutes on 400°F then flip the crab cakes, bake for an additional 6 minutes or until evenly browned. Serve immediately, with lemon wedges on the side.

### CONTAINER/ACCESSORY



- The air fry basket is placed on the high rack





## FRIED PICKLES

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 12 minutes

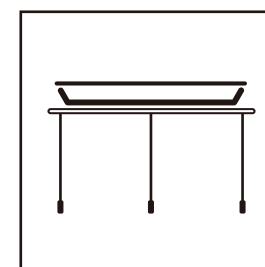
### INGREDIENTS

- 1/2 cup unbleached, all-purpose
- 2 our large eggs, beaten well
- 1/2 cup nely ground
- 1 cornmeal teaspoon kosher
- 1/2 salt teaspoon cayenne pepper
- Nonstick cooking spray
- 6 kosher dill pickles (about 10 ounces), cut into 1/4-inch discs
- Olive oil, for spraying

### INSTRUCTIONS

1. Put the our into a gallon-size bag that seals. Put the beaten eggs into a container large enough to dip the pickles. Put the cornmeal, salt and cayenne pepper into another gallon-size bag that seals, separate from the our. Reserve.
2. Blot the cut pickles on a paper towel. Put the pickles into the bag with the our. Seal and shake to evenly coat each pickle slice. Remove coated pickles from the bag, shaking o the excess our. Dip each pickle slice into the beaten eggs to evenly coat. Transfer to the bag with the cornmeal mixture. Seal bag and shake to evenly coat each pickle slice. Remove from the bag, shake o the excess and transfer to the air fryer tray in a single layer. Spray both sides of each pickle slice with oil.
3. Place the air fryer tray on the high rack. Bake for 8 minutes on 400°F then ip the Pickles. Bake for an additional 4 minutes or until browned and crispy. Let cool slightly.

### CONTAINER/ACCESSORY



- The air fry tray is placed on the high rack





## ITALIAN RICE BALLS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

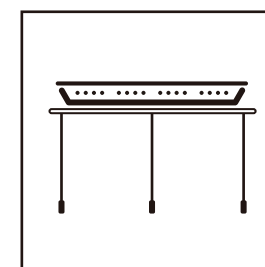
### INGREDIENTS

- 1 cup medium-grain white rice
- 2 cups water
- 1 teaspoon kosher salt
- 3 large egg, beaten well
- 1/4 tablespoons grated Pecorino Romano cheese
- 1/4 cup ricotta cheese
- 1/4 cup basil leaves, thinly sliced
- 1/4 teaspoon freshly ground black pepper
- 1 ounce mozzarella cheese, cut into 1-inch x 1/4-inch pieces
- 1/4 cup Italian-style breadcrumbs
- Olive oil, for spraying
- 1 cup prepared marinara sauce, for dipping, optional

### INSTRUCTIONS

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, about 10 minutes. Cool fully before adding the following egg and cheese mixture; cooling the rice will help prevent the egg from cooking.
2. In a small bowl, combine the egg, Pecorino, ricotta, basil and pepper. While mixing and turning the rice with a spoon, mix in the egg and cheese mixture. Spread the rice onto a parchment paper-lined baking sheet. Refrigerate to chill, at least 30 minutes.
3. Once the rice has chilled, use slightly wet hands to scoop 3 table-spoons of rice and form into a ball. Repeat with remaining rice. Stuff each ball with one piece of the mozzarella and re-form if necessary.
4. Put the bread crumbs into a small bowl. Gently toss each rice ball into the bread crumbs and transfer to the air fryer basket. Spray all sides with oil.
5. Place the air fryer basket on the high rack. Bake for 10 minutes on 400°F then flip the rice balls. Bake for an additional 5 minutes or until the rice balls is evenly golden. Serve immediately, with marinara sauce on the side if desired.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## KALE CHIPS

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 8 minutes

### INGREDIENTS

- 4 stems curly kale, tough stems removed
- Olive oil, for spraying
- 1/4 teaspoon kosher salt

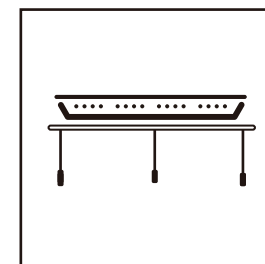
### INSTRUCTIONS

1. Put the kale leaves in the air fryer basket and spray with oil. Place the air fryer basket on the low rack. Bake for 8 minutes on 375°F until kale is bright and crispy.

NOTE: Keep an eye on the kale because it can crisp up very quickly.

2. Once the kale is ready, remove from oven and sprinkle with salt. Serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





## NACHOS WITH SHREDDED CHICKEN AND HOMEMADE TORTILLA CHIPS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 4.5 minutes + 4 minutes

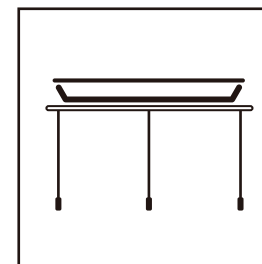
### INGREDIENTS

- 8 whole-wheat tortillas, quartered
- Olive oil, for spraying
- 1/2 teaspoon kosher salt, divided
- 1 pound chicken thighs, shredded
- 1 can (15.5 ounces) black beans, drained and rinsed
- 1 can (7.25 ounces) pitted black olives
- 1 chopped jalapeños, thinly sliced
- 2 ounces Monterey Jack cheese
- 4 shredded green onions
- 2 thinly sliced Salsa, for serving

### INSTRUCTIONS

1. Put 3 of the tortillas in the air fryer tray. Spray tortillas evenly with oil. Sprinkle with 1/4 teaspoon salt. Toss.
2. Place the air fryer tray on the high rack. Bake for 4.5 minutes on 400°F or until tortillas are crispy and browned on the edges. Remove and transfer to a bowl or plate to reserve. Repeat with the remaining tortillas.
3. When all of the tortillas are ready, remove the air fryer tray from the microwave. Line the bottom of the tray with aluminum foil. Put half of the tortilla chips onto the foil. Spread into a single layer. Top with half of the remaining ingredients, in the order listed, except for the green onions. Top with the remaining tortilla chips and remaining ingredients.
4. Put the tray with the nachos into microwave. Bake for 4 minutes until cheese is melted.
5. Remove from the oven and garnish with the sliced green onions.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





# PORK AND GINGER WONTONS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 14 minutes

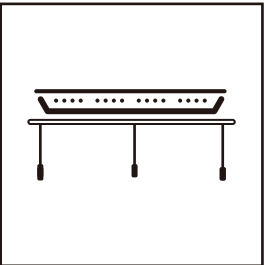
## INGREDIENTS

- ¾ pound ground pork
- 1 3-inch piece ginger, peeled
- 1 chopped large green onion
- 1 tablespoon fresh cilantro leaves
- 1 chopped tablespoon soy sauce
- Reduced 2 sodium teaspoons sesame oil
- ½ teaspoon rice vinegar
- Water and cornstarch, for assembling dumplings
- 48 wonton wrappers
- Vegetable oil, for spraying

## INSTRUCTIONS

1. In a medium mixing bowl, combine the pork, ginger, green onion, cilantro, soy sauce, sesame oil and vinegar. Mix well with hands or a spoon.
2. Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornstarch, plus a pastry brush. Sprinkle the work surface with cornstarch and arrange wonton wrappers in rows on the work surface.
3. Put 1 teaspoon of filling in the center of each wrapper. Brush the edges of each wrapper with water and then fold the wrapper in half to make a triangle, sealing in the filling and also sealing together the damp edges.
4. Pull the edges on the long side of the triangle together and seal. Continue with remaining filling and wrappers. Toss the wontons very lightly with cornstarch once they are prepared.
5. Place one half of the wontons into the air fry basket (with holes) and spray with oil. Put the basket on the low rack. Bake at 400°F for 9 minutes then flip wontons. Bake for an additional 5 minutes or cook until wontons are evenly browned. Remove and repeat with the second batch of wontons.
6. Serve wontons with a soy dipping sauce.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





## POTATO WEDGES WITH CRUMBLED BACON AND BLUE CHEESE

**FUNCTION:** Conv. 425°F + 400°F

**COOKING TIME:** 10 minutes + 29 minutes

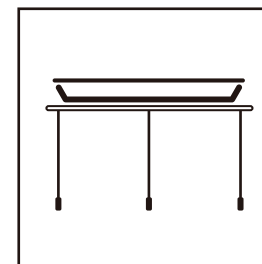
### INGREDIENTS

- 5 slices bacon
- 1 pound russet potatoes,
- scrubbed olive oil, for spraying
- ½ teaspoon kosher salt
- 3 tablespoons crumbled blue cheese

### INSTRUCTIONS

1. Put bacon slices into the air fry tray on the high rack. Bake at 425°F for 10 minutes. Cook until bacon is browned and crispy. Reserve.
2. Slice potatoes into eighths. When bacon is ready, transfer to a serving plate.
3. Put potato wedges into the air fry tray. Spray evenly with oil. Sprinkle with salt and toss. Spread into a single layer.
4. Put the air fry tray on the high rack. Bake at 400°F for 27 minutes, and cook until potatoes are golden and crispy. While potatoes are air frying, crumble bacon.
5. Once potatoes are done, sprinkle with bacon and crumbled blue cheese. Bake at 400°F for 2 minutes, or until cheese is slightly melted. Serve immediately.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## SHRIMP DIABLO

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 14 minutes

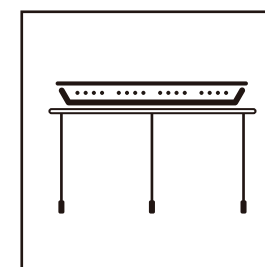
### INGREDIENTS

- 1/4 cup extra virgin olive oil
- 2 garlic cloves, smashed
- 1 1/2 to 2 teaspoons crushed red pepper
- 1 can (28 ounces) whole plum tomatoes, roughly chopped
- 2 1/4 teaspoons kosher salt, divided
- 1 pound large shrimp (about 16), peeled, cleaned and rinsed
- 1/4 cup white rice flour
- Olive oil for spraying
- Crusty bread, for dipping

### INSTRUCTIONS

1. Put the olive oil, garlic and red pepper into a medium saucepan over medium-low heat. Gently simmer until fragrant, about 5 to 10 minutes. Be careful not to have the heat too high or the garlic will burn.
2. Add the tomatoes and increase the heat so the mixture comes to a rolling simmer. Simmer until sauce is reduced by half, about 30 minutes. Once reduced, stir in 3/4 teaspoon of the salt. There should be about 2 1/2 cups of sauce.
3. Once the sauce is ready, dry the cleaned shrimp really well. Sprinkle evenly with the remaining salt. Lightly coat the shrimp with rice flour.
4. Put the floured shrimp in the air fryer basket and spray with olive oil. Place the air fryer basket on the high rack. Bake for 14 minutes on 425°F until shrimp are evenly golden and crispy.
5. Serve shrimp with some crusty bread and the warm sauce for dipping.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## SPRING ROLLS WITH SWEET CHILE DIPPING SAUCE

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 10 minutes

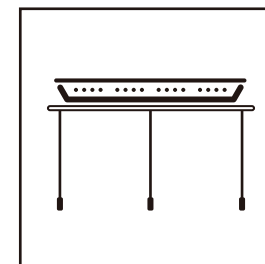
### INGREDIENTS

- 3 medium carrots (about 6 ounces), julienned
- 1 1-inch piece fresh ginger, peeled
- 3 julienned green onions, thinly sliced
- ½ small green chile, like jalapeño or serrano, finely
- 1/3 chopped cup fresh basil leaves, thinly sliced
- ½ cup fresh cilantro leaves
- 2 chopped tablespoons vegetable
- 1 oil tablespoon fish sauce
- ½ lime, juiced
- ½ teaspoon kosher salt
- Block extra-firm tofu, cut into julienne
- 28 thick strips egg roll wrappers

### INSTRUCTIONS

1. Prepare the Sweet Chile Dipping Sauce: Put chile slices and garlic into a small, heavy-bottomed pot. Heat on medium-high heat until hot and fragrant. Remove from heat and add the vinegar. Return pot to heat and cook until vinegar is mostly reduced.
2. Add water and sugar, stir. Bring mixture to a boil and cook until sugar is dissolved. Add the cornstarch mixture to the pot and stir. Boil while stirring, to thicken, at least 1 minute.
3. Remove pot from heat, add the salt and, with a hand blender or blender, blend on High until chile slices and garlic are puréed and mixture is homogeneous. Enjoy hot, or allow to cool to room temperature.  
NOTE: Dip will become thicker and more gelatinous as it cools.
4. Make the Spring Rolls: Put all of the filling ingredients, except the tofu, into a mixing bowl. Combine and reserve.
5. Place one piece tofu in the center of one wrapper, and top with about 1 tablespoon of filling. Fold the bottom of the wrapper upward, 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 air fry basket (with holes). Reserve and repeat with remaining wrappers. Spray both sides of the spring roll with oil.
6. Put the air fry basket on the high rack. Bake at 400°F for 7 minutes then flip the spring rolls. Bake for an additional 3 minutes or cook until golden brown on all sides.
7. Serve immediately with the Sweet Chile Dipping Sauce.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack



# FISH TACOS WITH PEACH SALSA

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 4.5 minutes + 13 minutes

## INGREDIENTS

### Peach Salsa:

- 2 large tomatoes
- 1 diced medium peach
- 1/2 diced small red onion
- 1/2 diced jalapeño
- 1 seeded and finely chopped small garlic clove, 1/2 finely chopped
- 3/4 cup cilantro, roughly chopped
- 1/4 teaspoon kosher salt
- 1/4 teaspoon granulated sugar
- 1/2 cup extra virgin olive oil lime, juiced

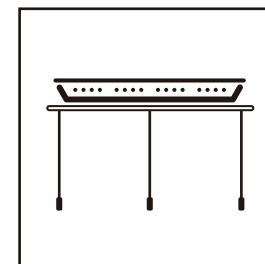
### Fish Tacos:

- 16 corn tortillas
- 1 cup unbleached, all-purpose flour
- 1 teaspoon kosher salt, plus more for serving if desired
- 2 large eggs, beaten well
- 1 pound cod, cut into 1-ounce pieces Olive oil, for spraying
- Nonstick cooking spray
- 8 radishes, cut into matchsticks
- Lime wedges, for garnish

## INSTRUCTIONS

1. Combine all of the salsa ingredients into a small bowl. Stir, and reserve until ready to serve.
2. Put 3 of the tortillas into the air fryer basket. Put the assembled basket into the high rack. Bake for 4.5 minutes on 400°F, or until tortillas are warmed through. Transfer warmed tortillas to a serving plate and cover with aluminum foil. Repeat with the remaining tortillas.
3. While tortillas are warming, add 1/2 teaspoon of salt to flour, and eggs into individual containers large enough to dip the fish pieces. Evenly sprinkle the cod pieces with the remaining salt.
4. Dredge each piece of fish in flour and shake off the excess before dipping into eggs, and then finally coating evenly with oil again.
5. Put the oiled fish into the assembled basket. Spray each piece of cod with oil on both the tops and bottoms. Put the assembled basket into the high Rack. bake for 9 minutes on 400°F then flip, bake for an additional 4 minutes or until cod is golden and crispy on all sides. Repeat with the remaining fish.
6. When cod is ready, transfer one piece of fish to one tortilla. Top with a spoonful of salsa and radishes. Repeat with remaining tacos.
7. Serve immediately with lime wedges and an extra pinch of salt if desired.

## CONTAINER/ACCESSORY



· The air fry basket is placed on the high rack





## MAPLE-PECAN BLT

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 6 minutes + 8 minutes + 3 minutes

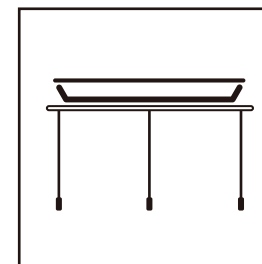
### INGREDIENTS

- 4 slices soft white bread
- 3 slices bacon
- 1/2 medium avocado
- Pinch kosher salt
- 4 green leafy lettuce leaves medium tomato, sliced
- 1 tablespoon pure maple syrup
- 1 tablespoons finely chopped pecans

### INSTRUCTIONS

1. Place the bread slices in the air fryer tray, place the air fryer tray on the high rack. Bake about 4 minutes on 400°F then flip bread slices, bake for an additional 2 minutes or until the bread slices are crisp and golden browned.
2. Place the bacon in the air fryer tray, place the air fryer tray on the high rack. Bake about 8 minutes on 400°F or until the bacon is browned and crispy. Start assembling sandwiches by mashing half of the avocado onto 2 of the toast slices. Sprinkle each with a pinch of salt. Put 2 pieces of lettuce and several slices of tomato onto the remaining 2 slices of toast.
3. When bacon is finished, remove assembled tray and transfer to a flat surface. Brush the tops of the bacon with maple syrup, then sprinkle with chopped pecans. Flip and repeat on other side.
4. Put the assembled tray, with the pecan-crusted bacon, bake for an additional 3 minutes on 400°F, or until pecans are golden.
5. When bacon is done, divide between the toast slices with the tomato and lettuce. Top the bacon with one of the avocado toast slices to form a sandwich.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack



# CINNAMON SUGAR DOUGHNUT BITES

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 14 minutes

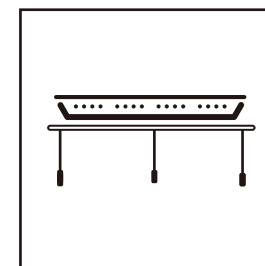
## INGREDIENTS

- 3/4 teaspoon active dry yeast
- 1/2 teaspoon plus 1 1/2 teaspoons granulated sugar, divided 1 tablespoon warm whole milk (105°F to 110°F)
- 3/4 cup bread flour, plus more for mixing (up to 1/4 cup) pinches kosher salt
- 2 pinches ground cinnamon
- 2 Pinch ground nutmeg
- 1 large egg, lightly beaten
- 2 tablespoons buttermilk
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon unsalted butter, room temperature and cubed
- Nonstick cooking spray
- Melted butter for brushing (approximately 2 tablespoons) Cinnamon sugar, for brushing (if preparing at home, combine 1/4 cup granulated sugar with 1 tablespoon ground cinnamon)

## INSTRUCTIONS

1. In a small bowl, dissolve the yeast and 1/2 teaspoon sugar in the warm milk. Let stand 5 to 10 minutes, or until mixture is foamy.
2. Put 3/4 cup of the flour, the remaining sugar, salt, cinnamon and nutmeg into a large mixing bowl. Whisk to combine. Once yeast has proofed, add it to the flour/sugar. Using a wooden spoon, stir to combine.
3. Whisk the egg, buttermilk and vanilla extract together and then slowly mix into the flour mixture. Lightly dust a clean work surface with flour and transfer dough to the surface, dusting lightly with flour. Using your hands to knead, add additional flour as necessary, 1 teaspoon at a time, to keep dough from sticking to your hands. Add the butter, 1 piece at a time, until all has been mixed into the dough. Again, continue adding flour, 1 teaspoon at a time, to keep dough from sticking to your hands. The dough should be tender and smooth, and when pulled should not break apart.
4. Form dough into a ball and put in a clean mixing bowl, cover with plastic wrap and allow to rest for 1 hour. After 1 hour, gently turn dough over and press dough down (do not punch). Cover and allow to rest for another hour.
5. Lightly coat with nonstick cooking spray. Line a separate baking sheet with parchment paper. Divide the dough into 16 pieces. Working with one piece at a time (keeping the others covered loosely with plastic wrap), form into a small ball and roll between hands to ensure that it is smooth. Put round on the lined baking sheet and cover loosely with plastic wrap Repeat with the remaining pieces of dough.
6. Once 6 doughnuts have been formed, transfer them to the Air Fryer basket and Place on the low rack. Bake for 10 minutes on 375°F then flip. Bake for an additional 4 minutes or until evenly golden. Repeat with remaining doughnuts.
7. While doughnuts are baking, melt additional butter in a small saucepan set over low heat. Put cinnamon sugar in a shallow bowl. Reserve.
8. Remove doughnuts from microwave and immediately brush with butter on all sides and then gently toss in cinnamon sugar. Serve immediately.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack





## "FRIED" APPLES

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

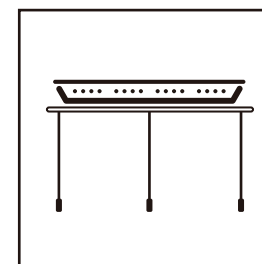
### INGREDIENTS

- 1/2 apple, cored and sliced
- 1 tablespoon unsalted butter, melted
- 1/3 cup graham cracker crumbs

### INSTRUCTIONS

1. Brush the apple slices with the butter, then coat with the graham cracker crumbs.
2. Put the coated apples into the air fryer basket and then place on the high rack.
3. Bake for 15 minutes on 400°F then flip. Bake for an additional 6 minutes until apples are nicely browned around the edges. Serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## SPRING EGG CUPS

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 18 minutes

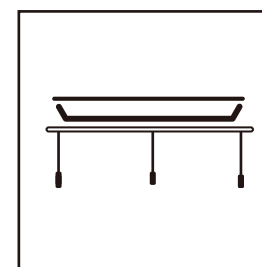
### INGREDIENTS

- 6 slices prosciutto
- 5 large eggs
- 1/4 cup half-and-half teaspoon kosher salt
- 2 freshly ground black pepper as desired
- 2 cup goat cheese, crumbled teaspoons
- Finely chopped fresh dill
- 2 to 3 asparagus spears, sliced lengthwise into thin ribbons using a peeler or mandolin

### INSTRUCTIONS

1. Press one slice of prosciutto into each muffin cup to entirely line bottom and sides, leaving some overhang. Mend any cracks.
2. In a bowl, whisk together the eggs, half-and-half, salt and pepper. Stir in crumbled goat cheese. Divide asparagus ribbons evenly among the muffin cups.
3. Fill each muffin cup with asparagus ribbons. Fill each cup two-thirds of the way with the egg mixture.
4. Place the muffin cup into the Air Fryer tray on the low rack. Bake for 16 to 18 minutes on 375°F or until egg cups are set and no longer runny. Run a knife along the edge of each cup to loosen from tray. Serve warm.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the low rack





## SPANISH TORTILLA

**FUNCTION:** Conv. 400°F+375°F

**COOKING TIME:** 10 minutes + 8 minutes

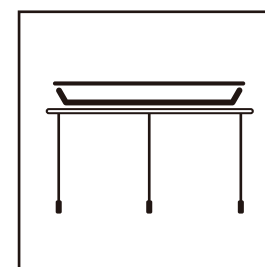
### INGREDIENTS

- Nonstick cooking spray
- ½ small onion, thinly sliced
- 1 small potato, cut into 12 thin slices
- ¾ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- Large eggs
- 5 Chopped fresh parsley to garnish (optional)

### INSTRUCTIONS

1. Divide the onion slices evenly among the muffin cups. Place 2 slices of potato in each cup and sprinkle with 1/2 teaspoon of the salt.
2. Put the 6-cup muffin tray on the high rack. Bake at 400°F for 10 minutes.
3. While the onions and potatoes are cooking, beat the eggs and add the remaining salt and pepper. Once the potatoes and onions are ready, evenly add the eggs to the muffin cups. Place the muffin tray back into the microwave, bake at 375°F for 8 minutes.
4. Remove from cups and serve immediately. Garnish with chopped parsley if desired.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## CRISPY CHICKPEAS

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 20 minutes

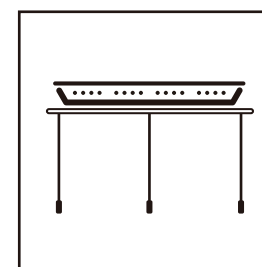
### INGREDIENTS

- 1 can (15.5 ounces) chickpeas, drained and blotted dry, about 1½ cups
- Olive oil, for spraying
- ¼ teaspoon kosher salt
- ¼ teaspoon ground cumin

### INSTRUCTIONS

1. Put the chickpeas into air fry basket (with holes) and spray liberally with oil. Sprinkle with the salt, cumin and pepper.
2. Put the basket on the high rack, bake at 375°F for 20 minutes, cooking until chickpeas are fragrant and lightly browned.
3. Serve immediately

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## ROOT VEGGIE CHIPS WITH ROSEMARY & SEA SALT

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 24 minutes

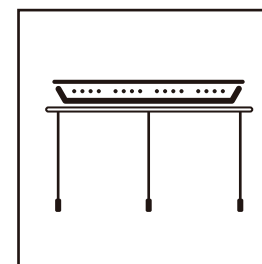
### INGREDIENTS

- 1 pounds of root vegetables (beets, turnips, potatoes, yams)
- Olive oil, for brushing
- 2 teaspoons fresh rosemary, finely chopped
- 2 teaspoons flaked sea salt

### INSTRUCTIONS

1. Using a mandolin cut vegetables into 1/4-inch slices. Pat dry with paper towels. Arrange as many slices as possible in a single layer in the Air Fryer basket, avoiding any overlap. Brush both sides of the slices with olive oil and sprinkle with rosemary and salt.
2. Place the vegetable slices into the Air Fryer basket then place on the high rack. Bake for 16 minutes on 400°F then Flip, bake for an additional 8 minutes on 400°F. Repeat with the remaining vegetable slices.
3. Serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## BUFFALO CHICKEN WINGS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 20 minutes

### INGREDIENTS

- Nonstick cooking spray
- 2 pounds chicken wings
- 3/4teaspoon kosher salt
- ¼ cup hot sauce
- 1 tablespoon coconut oil

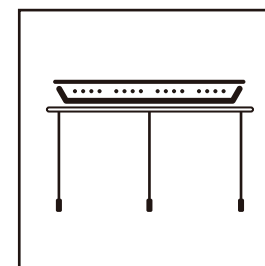
\*Many wings already come separated into flats and drumettes, but if only full wings are available, be sure to remove the tips and separate into two pieces.

### INSTRUCTIONS

1. Generously coat the air fry pan(with holes) with nonstick cooking spray. Reserve.
2. Put the chicken wings into the basket. Sprinkle with salt.
3. Put the basket on the high rack. Bake at 400°F for 13 minutes then flip, bake for an additional 7 minutes at 400°F.
4. While the wings are cooking, prepare the sauce. Put the hot sauce and coconut oil into a large bowl. Combine.
5. When chicken wings are done, toss immediately in sauce.

NOTE: Visit Cuisinart.com for more sauce recipes to serve with chicken wings.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## CHICKEN NUGGETS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 13 minutes

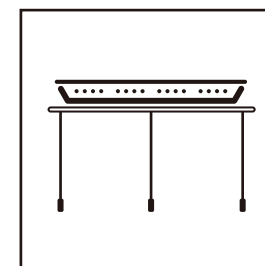
### INGREDIENTS

- 3/4 cup unbleached, all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 cups panko bread crumbs
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1 pound thinly sliced chicken breast or boneless thighs, pounded even and cut into 1 1/2-inch pieces
- Olive oil, for spraying
- Nonstick cooking spray

### INSTRUCTIONS

1. Put the flour, eggs and panko into individual containers large enough for dipping the chicken. Add a pinch each of the salt and pepper to the panko; stir to combine.
2. Sprinkle the chicken evenly on both sides with the remaining salt and pepper. Dredge each chicken piece in the flour and shake off the excess before dipping into egg, and then finally coating evenly with the panko breadcrumbs. Spray both sides liberally with olive oil.
3. Put the prepared chicken nuggets into the air fryer and place on the high rack. Bake for 9 minutes on 400°F then flip the chicken cutlets. Bake for an additional 4 minutes or until chicken nuggets is evenly browned on both sides.
4. Serve immediately.

### CONTAINER/ACCESSORY



- The air fry basket is placed on the high rack





# FALAFEL

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

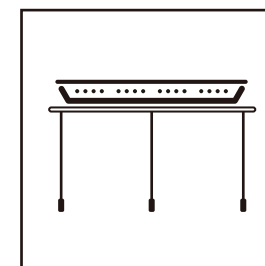
## INGREDIENTS

- 1 garlic clove
- 1 small shallot, cut into 1-inch pieces
- 1/2 cup dried chickpeas, soaked overnight, rinsed and drained
- 3/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon chili powder
- 1/5 cup packed fresh Italian parsley stems and leaves
- 1 tablespoon unbleached, all-purpose flour
- 1/4 teaspoon baking soda 1 tablespoon water
- Nonstick cooking spray
- Olive oil for spraying
- Pita for serving
- Chopped tomatoes, cucumbers, and lettuce for serving Tahini (optional)

## INSTRUCTIONS

1. Insert the chopping blade into the work bowl of a food processor. Add the garlic and shallot and pulse to chop, about 5 times. Add the chickpeas, salt, pepper, spices, parsley and flour. Pulse 6 to 8 times to coarsely grind the chickpeas. Scrape down and pulse a few more times. Remove and reserve 1/3 cup of the mixture in mixing bowl.
2. Dissolve the baking soda in the tablespoon of water. Turn the processor on, pour through feed tube with unit running to incorporate. Combine with the reserved 1/3-cup mixture in the mixing bowl and stir together to combine.
3. Using a tablespoon measure, scoop chickpea mixture and shape into 12 balls. Place the balls on a tray or plate lined with wax paper and chill in the refrigerator for 30 minutes.
4. Place the falafel to the assembled air fryer basket in a single layer. Spray evenly with oil. Place the assembled air fryer basket into the high rack. Bake for 10 minutes on 400°F then flip the falafel. Bake for an additional 5 minutes or until the falafel is evenly browned on both sides.
5. Serve falafel with sliced pita and veggies. Drizzle with tahini if desired.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## SWEET & SALTY BACON FRIED RICE

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 10 minutes + 13 minutes

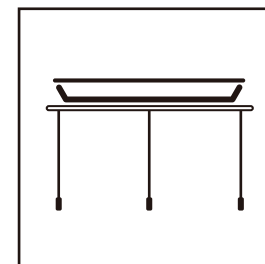
### INGREDIENTS

- 1 cup cauliflower, broken into ½-inch florets
- ½ cup thinly sliced green onions, plus more to serve
- 2 teaspoons finely chopped garlic
- 1 tablespoon grated fresh ginger
- 2 tablespoons canola oil, divided
- ½ cup frozen peas, thawed
- 2 cups cooked rice
- 2 large eggs
- 2 tablespoons soy sauce, reduced sodium
- 1 tablespoon rice wine vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon granulated sugar
- 4 slices Candied Bacon, crumbled (recipe follows)
- Your favorite Asian hot sauce and lime wedges to serve

### INSTRUCTIONS

1. Combine the cauliflower, green onions, garlic and ginger with 1 tablespoon of canola oil and spread onto the air fryer tray. Put into the high rack and bake for 6 minutes 400°F. Remove the tray and mix in the peas; return for another 3 to 4 minutes. Transfer mixture to a serving bowl.
2. Add rice to the tray and mix with the remaining tablespoon of oil. Create a well in the center of the tray. Crack the eggs into the well and scramble with a fork. Put the tray on the high rack and bake for 13 minutes 400°F, or until the eggs are set and the rice is just starting to get crispy. Break the egg up into pieces with a fork and add to the serving bowl along with the rice.
3. Combine soy sauce, rice vinegar, sesame oil and sugar and pour over rice mixture. Add candied bacon and toss thoroughly. Serve immediately with green onions, lime wedges and your favorite Asian hot sauce.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## CANDIED BACON

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 7 minutes

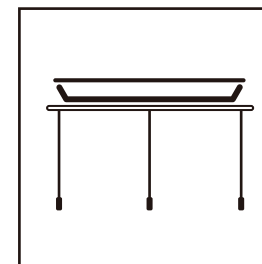
### INGREDIENTS

- Nonstick cooking spray
- 2 tablespoons light brown sugar
- 1/4 teaspoon cayenne pepper
- 12 slices thick-cut bacon

### INSTRUCTIONS

1. In a large bowl, mix together the sugar and cayenne pepper. Add the bacon slices and toss to coat.
2. Arrange the bacon slices in a single layer in the Air Fry tray. Put the air fryer tray on the high rack.
3. Bake for 7 minutes on 425°F or until the bacon is crispy. Repeat with the remaining bacon.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the high rack





## “FRIED” BRUSSELS SPROUTS

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 12 minutes

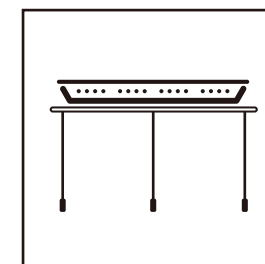
### INGREDIENTS

- Nonstick cooking spray
- 2 pound Brussels sprouts
- 3/4 teaspoon kosher salt
- Olive oil for spraying
- 2 tablespoons honey
- 2 teaspoons sriracha sauce
- 1 teaspoon fresh lime juice

### INSTRUCTIONS

1. Trim the bottom of each Brussels sprout and then cut in half lengthwise. Arrange the halved sprouts in the air fry basket(with holes) and then sprinkle with salt and lightly coat with olive oil.
2. Place the basket on the high rack, bake at 375°F for 12 minutes. Sprouts should be soft yet crispy.
3. While sprouts are cooking, stir together the honey, sriracha and lime juice in a medium-size mixing bowl. Once the Brussels sprouts are ready, toss in the sauce and serve immediately.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





# VEGGIE FRIES WITH HERBED YOGURT DIP

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 15 minutes

## INGREDIENTS

### Herbed Yogurt Dip:

- 1 garlic clove
- 1 tablespoon fresh mint leaves
- 7 ounces plain, nonfat Greek yogurt
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon kosher salt

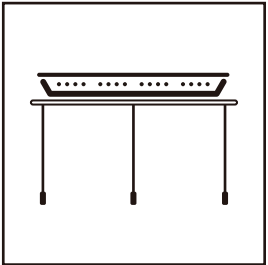
### Veggie Fries:

- ½ cup unbleached, all-purpose flour
- 2 large eggs, beaten well
- 1 cup panko breadcrumbs
- 1 tablespoon grated Pecorino Romano cheese
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 1/8 teaspoon kosher salt
- ½ medium zucchini (about 4 ounces), cut into ¼-inch thick pieces, about 3 inches long
- 6 string beans (about 2 ounces)
- ½ trimmed avocado, pitted and cut into 8 pieces
- Olive oil, for spraying
- Lemon, for serving, optional

## INSTRUCTIONS

1. Prepare the Herbed Yogurt Dip: Put garlic and mint into the work bowl of a Cuisinart® chopper/mini food processor fitted with the chopping blade. Pulse until roughly chopped. Scrape down sides; add yogurt, lemon juice and salt. Process on High until completely puréed and homogenous. Transfer to a serving bowl, cover, and refrigerate until ready to use.
2. Make the veggie fries: Put the flour, eggs and panko into individual containers large enough for dipping the veggies. Add the cheese, spices and salt to the panko and stir to combine.
3. Dredge each of the vegetables in the flour, and shake off the excess before dipping into the egg, and then finally coating evenly with the panko mixture. Once coated, transfer to the assembled basket in a single layer. Spray liberally and evenly with oil.
4. Place the veggie in the air fry basket on the high rack. Bake at 400°F for 10 minutes then flip the veggie. Bake for an additional 5 minutes or until the veggie is evenly browned on both sides.
5. When veggies sticks are done, transfer to a serving plate. Taste and adjust seasoning with more salt or a squeeze of lemon, if desired. Serve immediately with the reserved herbed dip.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## SWEET POTATO FRIES WITH CHIPOTLE MAYO

**FUNCTION:** Conv. 425°F

**COOKING TIME:** 15 minutes

### INGREDIENTS

**Chipotle Mayonnaise:**

- ½ cup mayonnaise
- 1 chipotle chile in adobo, finely
- ¼ chopped teaspoon fresh lemon juice

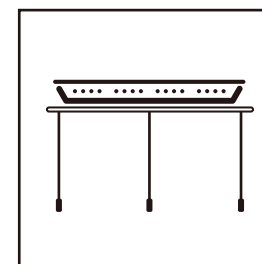
**Sweet Potato Fries:**

- 1 pound sweet potatoes (about 2 medium), cut into ¼-inch thick pieces, about 4 inches long
- ½ teaspoon kosher salt
- Olive oil, for spraying

### INSTRUCTIONS

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 homogenous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
2. Make Sweet Potato Fries: Put the cut sweet potatoes in the air fry basket (with holes). Spray with oil. Sprinkle with salt and toss. Spread into a single layer.
3. Put the basket on the high rack, bake at 425°F for 15 minutes, cooking until golden brown and crispy.
4. When sweet potatoes are ready, transfer to a serving bowl. Serve immediately with reserved Chipotle Mayonnaise on the side.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





## S'MORES

**FUNCTION:** Conv. 375°F

**COOKING TIME:** 4.5 minutes

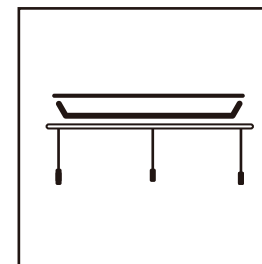
### INGREDIENTS

- 8 graham cracker sheets, each broken into two crackers
- 8 squares milk chocolate (about 2 ounces)
- 8 standard marshmallows

### INSTRUCTIONS

1. Put 4 graham cracker sheets in the air fry tray (with holes). Place a chocolate square in the center of each graham cracker and top each with two marshmallows.
2. Put the prepared tray on the low rack. Bake at 375°F for 4.5 minutes until the marshmallows are lightly toasted (start checking at 4 minutes).
3. Carefully remove from the microwave and transfer to a plate. Top with the plain graham cracker sheets.

### CONTAINER/ACCESSORY



·The air fry tray is placed on the low rack





## CINNAMON APPLES

**FUNCTION:** Conv. 350°F

**COOKING TIME:** 15 minutes

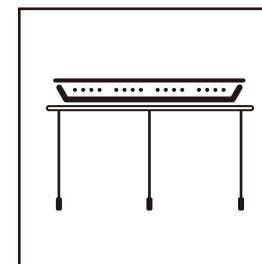
### INGREDIENTS

- 2 medium apples
- ½ teaspoon ground cinnamon

### INSTRUCTIONS

1. Peel and core apples. Cut into thin wedges, about 16 total for each apple. Toss apples well with cinnamon to thoroughly coat.
2. Place the apple slices evenly on the air fry basket (with holes) and place on the high rack. Bake at 350°F for 15 minutes. Cook apples until slightly softened and fragrant.

### CONTAINER/ACCESSORY



·The air fry basket is placed on the high rack





# DESSERT WONTONS TWO WAYS

**FUNCTION:** Conv. 400°F

**COOKING TIME:** 14 minutes

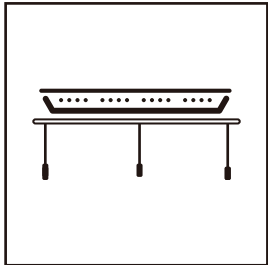
## INGREDIENTS

- Chocolate-Peanut Butter-Banana:**
- ¼ cup heavy cream
  - 4 ounces good quality semisweet chocolate, finely chopped
  - ¼ cup heavy cream
  - ½ cup creamy natural peanut butter
  - 24 ½-inch thick slices of banana, about 2 ripe bananas
- Strawberry-Nutella® Filling:**
- 1 cup sliced strawberries
  - 2 teaspoons, granulated sugar
  - 1 cup Nutella®, or alternative chocolate-hazelnut spread
  - 1 large egg 1 tablespoon water
  - 24 wonton wrappers, square
  - Nonstick cooking spray Powdered sugar for dusting

## INSTRUCTIONS

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 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 of peanut butter and 1 teaspoon of chocolate 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 using the Strawberry-Nutella® filling, mix cut strawberries with 2 teaspoons of sugar and allow to macerate for 5 to 10 minutes. Fill the center of each wonton with 2 teaspoons of Nutella® and top with 2 strawberry slices. Follow the same egg wash and shaping procedure.
4. Arrange wontons in the air fry basket spray with oil on the low rack. Bake at 400°F for 9 minutes then flip the wontons. Bake for an additional 5 minutes or until the wontons are evenly browned on both sides. Remove wontons from microwave. Serve warm, dusted with powdered sugar.

## CONTAINER/ACCESSORY



·The air fry basket is placed on the low rack