

7.8QT AIR FRYER 39006

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your purchase!* 

(We hope you love our new air fryer as much as we do.)



CONTACT OUR CHEFS

Our helpful, in-house chefs are ready to assist
you with any questions you might have!

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On behalf of all of us at KOIOS

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Breakfast



Strawberry Cream Scones

YIELDS 6 SCONES

PREP TIME: 10 minutes

COOK TIME: 12 minutes

2 cups all-purpose flour
¼ cup granulated sugar
2 teaspoons baking powder
teaspoon salt
6 tablespoons butter, cold, cut into pieces
½ cup fresh strawberries, chopped
½ cup heavy cream
2 large eggs
2 teaspoons vanilla extract
1 teaspoon water

- 1 **SIFT** together the flour, sugar, baking powder, and salt in a large bowl.
- 2 **CUT** the butter into the flour using a pastry blender or your hands until the mixture resembles coarse crumbs.
- 3 **MIX** the strawberries into the flour mixture. Set aside.
- 4 **WHISK** together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
- 5 **FOLD** the cream mixture into the flour mixture until it combines, then roll it out to a 1½-inch thickness.
- 6 **USE** a round cookie cutter to cut the scones.
- 7 **BRUSH** the scones with an egg wash made from 1 egg and the water. Set aside.
- 8 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 9 **LINE** the preheated air fryer baskets with parchment paper.
- 10 **PLACE** the scones on top of the parchment paper and cook for 12 minutes at 350°F, until golden brown.



Ginger Blueberry Scones

YIELDS 6 SCONES

PREP TIME: 10 minutes

COOK TIME: 12 minutes

2 cups all-purpose flour
 ¼ cup granulated sugar
 2 teaspoons baking powder
 1 teaspoon salt
 6 tablespoons butter, cold, cut into 6 pieces
 ½ cup fresh blueberries
 2 teaspoons fresh ginger, finely grated
 ½ cup heavy cream
 2 large eggs
 2 teaspoons vanilla extract
 1 teaspoon water

- 1 **SIFT** together the flour, sugar, baking powder, and salt in a large bowl.
- 2 **CUT** the butter into the flour using a pastry blender or by hand until the mixture resembles coarse crumbs.
- 3 **MIX** the blueberries and ginger into the flour mixture. Set aside.
- 4 **WHISK** together the heavy cream, 1 egg, and the vanilla extract in a separate bowl.
- 5 **FOLD** the cream mixture into the flour until it combines.
- 6 **FORM** the dough into a round shape with 1½-inch thickness and cut it into eighths.
- 7 **BRUSH** the scones with an egg wash made from 1 egg and the water. Set aside.
- 8 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 9 **LINE** the preheated air fryer baskets with parchment paper and place the scones on top.
- 10 **COOK** for 12 minutes at 350°F, until golden brown.



Baked Potted Egg

YIELDS 3 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 14 minutes

Nonstick cooking spray
3 eggs
6 slices smoked streaky bacon,
diced
2 cups baby spinach, washed
 $\frac{1}{2}$ cup heavy cream
3 tablespoons Parmesan cheese,
grated
Salt & pepper, to taste

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 2 **SPRAY** three 3-inch ramekins with nonstick cooking spray.
- 3 **ADD** 1 egg to each greased ramekin.
- 4 **COOK** the bacon in a pan until crispy, about 5 minutes.
- 5 **ADD** the spinach and cook until wilted, about 2 minutes.
- 6 **MIX** in the heavy cream and Parmesan cheese. Cook for 2 to 3 minutes.
- 7 **POUR** the cream mixture on top of the eggs.
- 8 **PLACE** the ramekins into the preheated air fryer and cook for 4 minutes at 350°F, until the egg white is fully set.
- 9 **SEASON** to taste with salt and pepper.



French Toast Sticks

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

4 slices white bread, 1½ 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

- 1 **CUT** each slice of bread into thirds making 12 pieces. Set aside.
- 2 **WHISK** together the eggs, milk, maple syrup, and vanilla.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause. Allow to heat up.
- 4 **DIP** the bread sticks into the egg mixture and arrange into the preheated air fryer. Spray the French toast sticks liberally with cooking spray.
- 5 **COOK** the French toast sticks for 10 minutes at 350°F. Flip the sticks halfway through cooking.
- 6 **MIX** together the sugar and cinnamon in a bowl. Set aside.
- 7 **COAT** the French toast sticks in the cinnamon sugar mixture when done cooking.
- 8 **SERVE** with maple syrup and dust with powdered sugar.



Muffin Breakfast Sandwich

YIELDS 1 SERVING

PREP TIME: 2 minutes

COOK TIME: 10 minutes

Nonstick cooking spray
1 slice white cheddar cheese
1 slice Canadian bacon
1 English muffin, split
1 tablespoon hot water
1 large egg
Salt & pepper, to taste

- 1 **SPRAY** the inside of a 3-ounce ramekin with cooking spray and place into the KOIOS Air Fryer.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 3 **ADD** the cheese and Canadian bacon to 1 half of the English muffin.
- 4 **PLACE** both halves of the muffin into the preheated air fryer.
- 5 **POUR** the hot water and egg into the heated ramekin and season with salt and pepper.
- 6 **SELECT** Bread, adjust to 10 minutes, and press Start/Pause.
- 7 **TAKE** the English muffins out after 7 minutes, leaving the egg for the full time.
- 8 **ASSEMBLE** your sandwich by placing the cooked egg on top of the English muffin and serve.



Coffee Streusel Muffins

YIELDS 6 MUFFINS

PREP TIME:10 minutes

COOK TIME:12 minutes

CRUMB TOPPING

1 tablespoon white sugar
 1½ tablespoons light brown sugar
 ¼ teaspoon cinnamon
 ¼ teaspoon salt
 1 tablespoon unsalted butter,
 melted
 3 tablespoons all-purpose flour

MUFFINS

¾ cup all-purpose flour
 ¼ cup light brown sugar
 1 teaspoon baking powder
 1 teaspoon baking soda
 ½ teaspoon cinnamon
 ¼ teaspoon salt
 ½ cup sour cream
 3 tablespoons unsalted butter,
 melted
 1 egg
 1 teaspoon vanilla
 Nonstick cooking spray

- 1 **MIX** all the crumb topping ingredients together until it forms coarse crumbs. Set aside.
- 2 **COMBINE** together the flour, brown sugar, baking powder, baking soda, cinnamon, and salt in a large bowl.
- 3 **WHISK** the sour cream, butter, egg, and vanilla together in a separate bowl until well combined.
- 4 **MIX** the wet ingredients into the dry until well combined.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 6 **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- 7 **SPRINKLE** the top of the muffins with the crumb topping
- 8 **PLACE** the muffin cups into the preheated air fryer. You may need to work in batches.
- 9 **COOK** the muffins at 350°F for 12 minutes.



Stuffed French Toast

YIELDS 1 SERVING

PREP TIME: 4 minutes

COOK TIME: 10 minutes

1 slice brioche bread, 2½ inches thick, preferably stale
4 ounces cream cheese
2 eggs
2 tablespoons milk
2 tablespoons heavy cream
3 tablespoons sugar
1 teaspoon cinnamon
½ teaspoon vanilla extract
Nonstick cooking spray
Pistachios, chopped, for topping
Maple syrup, for serving

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 2 **CUT** a slit in the middle of the brioche slice.
- 3 **STUFF** the inside of the slit with cream cheese. Set aside.
- 4 **WHISK** together the eggs, milk, heavy cream, sugar, cinnamon, and vanilla extract.
- 5 **SOAK** the stuffed French toast in egg mixture for 10 seconds on each side.
- 6 **SPRAY** each side of the French toast with cooking spray.
- 7 **PLACE** the French toast in the preheated air fryer and cook for 10 minutes at 350°F.
- 8 **REMOVE** the French toast carefully with a spatula when done cooking.
- 9 **SERVE** topped with chopped pistachios and maple syrup.



BBQ Bacon

YIELDS 2 SERVINGS

PREP TIME: 2 minutes

COOK TIME: 8 minutes

1 tablespoon dark brown sugar
2 teaspoons chili powder
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
4 slices bacon, halved

- 1 **MIX** together the seasonings until well combined.
- 2 **DREDGE** the bacon in the seasoning until fully coated. Set aside.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 4 **PLACE** the bacon into the preheated air fryer.
- 5 **SELECT** Bacon and press Start/Pause.



Breakfast Pizza

YIELDS 1 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 8 minutes

2 teaspoons olive oil
1 pre-made pizza dough (7 inches)
1 ounce low-moisture mozzarella cheese
2 slices smoked ham
1 egg
2 garlic cloves, minced
1½ tablespoons cilantro, chopped

- 1 **BRUSH** olive oil on top of the premade pizza dough.
- 2 **ADD** mozzarella cheese and smoked ham onto the dough.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 4 **PLACE** the pizza into the preheated air fryer and cook for 8 minutes at 350°F.
- 5 **REMOVE** baskets after 5 minutes and crack the egg on top of the pizza.
- 6 **REPLACE** baskets into the air fryer and finish cooking. Garnish with chopped cilantro and serve.

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Entrées



Santa Maria Ribeye

YIELDS 2 SERVINGS

PREP TIME: 11 minutes

COOK TIME: 6 minutes

$\frac{3}{4}$ teaspoon kosher salt
 $\frac{3}{4}$ teaspoon finely ground black pepper
 $\frac{3}{4}$ teaspoon garlic powder
 $\frac{3}{4}$ teaspoon onion powder
 $\frac{3}{4}$ teaspoon dried oregano
A pinch dried rosemary
A pinch cayenne pepper
A pinch dried sage
1 ribeye (16 ounces), boneless
1 tablespoon olive oil

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **MIX** together the seasonings and sprinkle over the steak evenly.
- 3 **DRIZZLE** olive oil onto the steak.
- 4 **PLACE** the steak in the preheated air fryer.
- 5 **SELECT** Steak and press Start/Pause.
- 6 **REMOVE** the steak from the air fryer when done cooking. Allow to rest for 10 minutes before slicing and serving.



New York Steak with Chimichurri

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 6 minutes

CHIMICHURRI SAUCE

¼ cup extra-virgin olive oil
¾ cup fresh basil
¾ cup cilantro
¾ cup parsley
4 anchovy fillets
1 small shallot
2 garlic cloves, peeled
1 lemon, juiced
A pinch crushed red pepper

STEAK

2 teaspoons vegetable oil
1 New York strip steak (16 ounces)
Salt & pepper, to taste

- 1 **COMBINE** all of the chimichurri sauce ingredients in a blender, and blend until your desired consistency is reached.
- 2 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 3 **RUB** vegetable oil onto the steak and season with salt and pepper.
- 4 **PLACE** the steak into the preheated air fryer. Select Steak, adjust time to 6 minutes (this will come out medium rare), and press Start/Pause.
- 5 **ALLOW** the steak to rest for 5 minutes when done. Then slice, top with chimichurri sauce, and serve.



Steak Sandwich

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 6 minutes

1 ribeye (16 ounces), boneless

1 tablespoon olive oil

1 teaspoon salt

½ teaspoon black pepper

½ cup sour cream

3 tablespoons prepared white
horseradish, drained

2 teaspoons chives, freshly chopped

1 small shallot, minced

½ teaspoon lemon juice

Salt & pepper, to taste

Toasted sesame seed buns, for
serving

Baby arugula, for serving

Shallots, sliced, for serving

1 PREHEAT the KOIOS Air Fryer and press Start/Pause.

2 COAT your steak with olive oil and season with the salt and pepper.

3 PLACE the steak into the preheated air fryer.

4 SELECT Steak and press Start/Pause.

5 MIX together the sour cream, horseradish, chives, shallots, and lemon juice in a small bowl.

6 SEASON the horseradish cream with salt and pepper to taste.

7 REMOVE the meat from the air fryer when done cooking, and let rest for 5 to 10 minutes before slicing.

8 ASSEMBLE a sandwich by adding some of the horseradish

cream to the bottom bun along with the baby arugula, sliced shallots, and the sliced steak.



Balsamic Mustard Flank Steak

YIELDS 2 SERVINGS

PREP TIME: 2 hours 10 minutes

COOK TIME: 6 minutes

¼ cup olive oil

¼ cup balsamic vinegar

2 tablespoons Dijon mustard

16 ounces flank steak

Salt & pepper, to taste

4 basil leaves, sliced

- 1 **COMBINE** olive oil, balsamic vinegar, and mustard. Whisk together to make a marinade.
- 2 **PLACE** steak directly into the marinade. Cover with plastic wrap and marinate in the fridge for 2 hours or overnight.
- 3 **REMOVE** from fridge and let it come to room temperature.
- 4 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 5 **PLACE** steak into the preheated air fryer, select Steak, and press Start/Pause.
- 6 **SLICE** at an angle to cut through the toughness of the muscle. Season with salt and pepper, then garnish with basil and serve.



Italian Meatballs

YIELDS 1 SERVINGS

PREP TIME: 15 minutes

COOK TIME: 8 minutes

½ pound ground beef (75/25)
¼ cup panko breadcrumbs
¼ cup milk
1 egg
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons dried oregano
1 tablespoon dried parsley
Salt & pepper, to taste
3 tablespoons Parmesan cheese,
grated, plus more for serving
Nonstick cooking spray
Marinara sauce, for serving

- 1 **COMBINE** the ground beef, breadcrumbs, milk, egg, spices, salt, pepper, and Parmesan and mix well.
- 2 **ROLL** the meat mixture into medium-sized balls. Set aside in the fridge for 10 minutes.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **REMOVE** meatballs from the fridge and add to the preheated air fryer baskets. Spray the meatballs with cooking spray and cook at 400°F for 8 minutes.
- 5 **SERVE** with marinara sauce and more grated Parmesan.



Mediterranean Lamb Meatballs

YIELDS 3 SERVINGS

PREP TIME: 35 minutes

COOK TIME: 10 minutes

1 pound ground lamb
3 garlic cloves, minced
¾ teaspoon salt
¼ teaspoon black pepper
1½ tablespoons mint, freshly
chopped
1 teaspoon ground cumin
½ teaspoon hot sauce
½ teaspoon chili powder
1 scallion, minced
2 tablespoons parsley, finely
chopped
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
2 teaspoons olive oil

- 1 **MIX** together the lamb, garlic, salt, pepper, mint, cumin, hot sauce, chili powder, scallion, parsley, lemon juice, and lemon zest until well combined.
- 2 **FORM** the lamb into 9 balls and chill in the fridge for 30 minutes.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **COAT** the meatballs in olive oil and place in the preheated air fryer.
- 5 **SELECT** Steak, adjust time to 10 minutes, and press Start/Pause.



Japanese Meatballs

YIELDS 4 SERVINGS

PREP TIME: 15 minutes

COOK TIME: 10 minutes

1 pound ground beef
1 tablespoon sesame oil
1 tablespoon Awase miso paste
10 fresh mint leaves, finely chopped
4 scallions, finely chopped
1 teaspoon salt
½ teaspoon black pepper
3 tablespoons soy sauce
3 tablespoons mirin
1 tablespoon sake
1 tablespoon water
½ teaspoon brown sugar

- 1 MIX** together the ground beef, sesame oil, miso paste, mint leaves, scallions, salt, and pepper until everything is well incorporated.
- 2 ADD** a small amount of sesame oil to your hands and form mixture into 2-inch meatballs. You should have about 8 meatballs.
- 3 ALLOW** the meatballs to set in the fridge for 10 minutes.
- 4 CREATE** the glaze for the meatballs by mixing together the soy sauce, mirin, sake, water, and brown sugar. Set aside.
- 5 PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 6 ARRANGE** the chilled meatballs in the preheated air fryer.
- 7 SELECT** Steak, adjust time to 10 minutes, and press Start/Pause.
- 8 LIBERALLY BRUSH** the meatballs with the glaze every 2 minutes.



Roasted Garlic & Herb Chicken

YIELDS 3 SERVINGS

PREP TIME: 35 minutes

COOK TIME: 20 minutes

3 chicken thighs, bone-in, skin on
3 chicken legs, skin on
2 tablespoons olive oil
2 tablespoons garlic powder
1 teaspoon salt
½ teaspoon black pepper
½ teaspoon dried thyme
½ teaspoon dried rosemary
½ teaspoon dried tarragon

- 1 **COAT** the chicken thighs and legs in olive oil and all seasonings. Allow to marinate for 30 minutes.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 3 **PLACE** the chicken into the preheated air fryer.
- 4 **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.



Barbeque Chicken

YIELDS 4 SERVINGS

PREP TIME: 30 minutes

COOK TIME: 20 minutes

½ tablespoon smoked paprika
½ tablespoon garlic powder
½ tablespoon onion powder
½ tablespoon chili powder
½ tablespoon brown sugar
1 tablespoon kosher salt
1 teaspoon cumin
½ teaspoon cayenne pepper
½ teaspoon black pepper
½ teaspoon white pepper
1 pound chicken legs, skin on
½ pound chicken wings
Barbecue sauce, for basting & serving

- 1 **COMBINE** all the seasonings together in a small bowl.
- 2 **SPRINKLE** the seasoning over the chicken and allow to marinate for 30 minutes.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 4 **PLACE** the wings in the preheated air fryer.
- 5 **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.
- 6 **BRUSH** the chicken with some barbecue sauce every 5 minutes.
- 7 **REMOVE** the chicken from the air fryer when done cooking.
- 8 **SERVE** with some more barbecue sauce on the side.



Garlic Lemon Chicken Legs

YIELDS 3 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 20 minutes

2 tablespoons olive oil
1 lemon, juiced & zested
1 tablespoon garlic powder
2 teaspoons paprika
1 ½ teaspoons salt
1 teaspoon dried oregano
½ teaspoon black pepper
½ teaspoon brown sugar
6 chicken legs, skin on

- 1 **MIX** together the olive oil, lemon juice, lemon zest, garlic powder, paprika, salt, oregano, black pepper, and brown sugar in a small bowl.
- 2 **COVER** the chicken legs in the marinade and let sit for 30 minutes.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 4 **PLACE** the chicken thighs in the preheated air fryer.
- 5 **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.



Mustard-Roasted Chicken Thighs

YIELDS 4 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 20 minutes

2 tablespoons Dijon mustard
1 tablespoon maple syrup
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon paprika
¼ teaspoon salt
¼ teaspoon black pepper
4 chicken thighs, bone-in, skin on

- 1 **MIX** together the mustard, maple syrup, onion powder, garlic powder, paprika, salt, and black pepper in a small bowl.
- 2 **COAT** the chicken thighs in the mustard glaze and set aside.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 4 **PLACE** the chicken thighs in the preheated air fryer and top with any left over glaze.
- 5 **SELECT** Chicken, adjust time to 20 minutes, and press Start/Pause.



Chicken Tikka Drumsticks

YIELDS 2 SERVINGS

PREP TIME: 1 hour

COOK TIME: 20 minutes

$\frac{1}{3}$ cup coconut milk
1½ tablespoons tomato paste
1 teaspoon garam masala
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon cardamom
1 teaspoon garlic powder
1 tablespoon ginger, grated
1 teaspoon salt
4 chicken drumsticks

- 1 **COMBINE** everything except chicken into a bowl and mix.
- 2 **SOAK** chicken legs in the coconut marinade and toss until legs are well covered. Marinate for up to 1 hour.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 4 **REMOVE** the chicken legs from the fridge and put them into the preheated air fryer.
- 5 **COOK** at 350°F for 20 minutes.
- 6 **SERVE** with steamed basmati rice.



Honey Lemon Chicken

YIELDS 2 SERVINGS

PREP TIME: 1 hour

COOK TIME: 15 minutes

3 tablespoons honey, plus more for drizzle

1 tablespoon soy sauce

1 lemon, juiced

2 garlic cloves, minced

4 chicken thighs, bone-in, skin on

Salt, to taste

Lemon slices, for garnish

- 1 COMBINE** honey, soy sauce, lemon juice, and garlic in a bowl and mix. Soak chicken thighs and marinate for up to 1 hour.
- 2 PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 3 PLACE** chicken thighs into the preheated air fryer.
- 4 SELECT** Chicken, adjust time to 15 minutes, and press Start/Pause.
- 5 REMOVE** the baskets from the air fryer when 5 minutes remain on the timer. Baste the chicken with more marinade and return baskets to finish cooking.
- 6 SEASON** with salt, drizzle some honey, and garnish with lemon slices.



Five-Spice Sticky Chicken

YIELDS 2 SERVINGS

PREP TIME: 2 hours 5 minutes

COOK TIME: 12 minutes

3 tablespoons hoisin sauce

1 tablespoon oyster sauce

3 garlic cloves, finely grated

2 teaspoons Chinese Five-Spice Powder

4 tablespoons honey, divided

2 tablespoons dark soy sauce, divided

4 chicken thighs, boneless, skin on

1 COMBINE the hoisin, oyster sauce, garlic, Chinese Five-Spice Powder, 2 tablespoons honey, and 1 tablespoon dark soy sauce in a large bowl. Add the chicken thighs and mix until well coated. Marinate for at least 2 hours.

2 PREHEAT the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.

3 PLACE chicken thighs into the preheated air fryer baskets.

4 SELECT Chicken, adjust time to 12 minutes, and press Start/Pause.

5 MIX the remaining honey and soy sauce together in a small bowl.

6 BRUSH top of chicken with the honey-soy sauce after 8 minutes of cooking, then return to the air fryer and finish cooking for 4 minutes.

7 SERVE with steamed Chinese broccoli and rice.



"Fried" Chicken

YIELDS 2 SERVINGS

PREP TIME: 2 hours

COOK TIME: 25 minutes

2 chicken legs
2 chicken thighs, bone-in, skin on
1 cup buttermilk
1½ cups all-purpose flour
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
½ teaspoon black or white pepper
1 teaspoon salt
2 tablespoons oil
Nonstick cooking spray

- 1 **COMBINE** chicken legs, thighs, and buttermilk in a ziplock bag. Marinate for 1-1½ hours.
- 2 **MIX** flour, spices, and salt in a bowl.
- 3 **TAKE** chicken legs and thighs straight from the bag and dredge in flour. Make sure chicken is completely covered. Then place on a cooling rack for 15 minutes.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 5 **DAB** a kitchen brush into the oil and gently brush onto the chicken legs and thighs on each side.
- 6 **PLACE** the legs and thighs into the preheated air fryer.
- 7 **SELECT** Chicken and press Start/Pause.
- 8 **FLIP** the chicken halfway through cooking and spray with cooking spray.
- 9 **ALLOW** to cool for 5 minutes when done cooking, then serve.



Chicken Parmesan

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 12 minutes

½ cup Italian style breadcrumbs
¼ cup Parmesan cheese, grated
2 chicken breasts (1 pound),
boneless, skinless
½ cup all-purpose flour
2 eggs, beaten
Nonstick cooking spray
2 slices mozzarella cheese
Marinara sauce, for serving
2 sprigs parsley, freshly chopped,
for garnish

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 360°F, and press Start/Pause.
- 2 **MIX** the breadcrumbs and Parmesan cheese in a bowl.
- 3 **DREDGE** each chicken breast in the flour, then dip in the beaten eggs, and then roll in breadcrumb mixture.
- 4 **SPRAY** the top of the chicken breasts and the inside of preheated air fryer with cooking spray and place chicken breasts in the baskets.
- 5 **COOK** the chicken breasts at 360°F for 12 minutes.
- 6 **PLACE** 1 slice of mozzarella cheese onto each breast when 2 minutes remain on the timer.
- 7 **SERVE** with marinara sauce and garnish with freshly chopped parsley.



North Carolina Style Pork Chops

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

2 pork chops, boneless
2 teaspoons vegetable oil
2 tablespoons dark brown sugar,
packed
2 teaspoons Hungarian paprika
1 teaspoon ground mustard
1 teaspoon freshly ground black
pepper
1 teaspoon onion powder
1 teaspoon garlic powder
Salt & pepper, to taste

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **COAT** the pork chops with oil.
- 3 **COMBINE** all the spices and liberally season the pork chops, almost as if it were breading.
- 4 **PLACE** the pork chops into the preheated air fryer.
- 5 **SELECT** Steak, adjust to 10 minutes, and press Start/Pause.
- 6 **REMOVE** the pork chops when done cooking, allow to rest for 5 minutes, then serve.



Pork Katsu

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 14 minutes

2 pork chops (6 ounces), boneless
½ cup panko breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
¼ teaspoon white pepper
½ cup all-purpose flour
2 eggs, beaten
Nonstick cooking spray

- 1 **PLACE** pork chops into a ziplock bag or cover with plastic wrap.
- 2 **POUND** the pork with a rolling pin or meat hammer until it has a ½ inch thickness.
- 3 **COMBINE** the breadcrumbs and seasonings in a bowl. Set aside.
- 4 **DREDGE** each pork chop in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 360°F, and press Start/Pause.
- 6 **SPRAY** both sides of the pork with cooking spray and place into the preheated air fryer.
- 7 **COOK** the pork chops at 360°F for 14 minutes.
- 8 **REMOVE** from air fryer when done cooking, and allow to rest for 5 minutes.
- 9 **SLICE** into pieces and serve.



Prosciutto-Wrapped Pork Roulade

YIELDS 4 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 9 minutes

6 pieces prosciutto, thinly sliced
1 pork tenderloin (1 pound), cut in half, butterflied & pounded flat
1 teaspoon salt
½ teaspoon black pepper
8 ounces fresh spinach leaves, divided
4 slices mozzarella cheese, divided
¾ cup sun-dried tomatoes, divided
2 teaspoons olive oil, divided

- 1 **LAY OUT** 3 pieces of prosciutto on parchment, slightly overlapping one another. Place 1 pork half on the prosciutto. Repeat with the other half.
- 2 **SEASON** the inside of the pork roulades with salt and pepper.
- 3 **LAYER** half the amounts of spinach, cheese, and sun-dried tomatoes atop the pork tenderloin, leaving a ½-inch border on all sides.
- 4 **ROLL** the tenderloin around the filling tightly and tie together with kitchen string to keep closed.
- 5 **REPEAT** the process for the other pork tenderloin. Place the roulades in the fridge.
- 6 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 7 **BRUSH** 1 teaspoon of olive oil onto each wrapped tenderloin and place the wrapped pork in the preheated air fryer.
- 8 **SELECT** Steak, adjust time to 9 minutes, and press Start/Pause.
- 9 **ALLOW** roulades to rest for 10 minutes before slicing.



Cajun-Blackened Catfish

YIELDS 2 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 7 minutes

2¼ teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground dried thyme
1 teaspoon ground black pepper
¼ teaspoon cayenne pepper
¼ teaspoon dried basil
¼ teaspoon dried oregano
2 catfish fillets (6 ounces)
Nonstick cooking spray

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 2 **MIX** all of the seasonings together in a bowl.
- 3 **COAT** the fish liberally on each side with the seasoning mix.
- 4 **SPRAY** each side of the fish with cooking spray and place into the preheated air fryer.
- 5 **SELECT** Seafood and press Start/Pause.
- 6 **REMOVE** carefully when done cooking and serve over grits.



Chipotle Tuna Melt

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 8 minutes

1 can (5 ounces) tuna

3 tablespoons La Costeña Chipotle
Sauce

4 slices white bread

2 slices pepper jack cheese

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 2 **MIX** the tuna and chipotle sauce until combined.
- 3 **SPREAD** half of the chipotle tuna mixture onto each of 2 bread slices.
- 4 **ADD** a slice of pepper jack cheese onto each and top with the remaining 2 bread slices, making 2 sandwiches.
- 5 **PLACE** the sandwiches into the preheated air fryer.
- 6 **SELECT** Bread, adjust time to 8 minutes, and press Start/Pause.
- 7 **CUT** diagonally and serve.



Cornmeal-Crusted Fish Tacos

YIELDS 4 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 7 minutes

1 pound tilapia, cut into $1\frac{1}{4}$ -inch thick strips

$\frac{1}{2}$ cup yellow cornmeal

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon chili powder

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

Nonstick cooking spray

Corn tortillas, for serving

Tartar sauce, for serving

Lime wedges, for serving

- 1 **CUT** the tilapia into $1\frac{1}{4}$ - inch thick strips.
- 2 **MIX** the cornmeal and seasonings together in a shallow dish.
- 3 **COAT** the fish strips with the seasoned cornmeal. Set aside in the fridge.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **SPRAY** the coated fish liberally with cooking spray and place them in the preheated air fryer.
- 6 **SELECT** Seafood, adjust time to 7 minutes, and press Start/Pause.
- 7 **FLIP** the fish halfway through cooking.
- 8 **SERVE** the fish on corn tortillas with tartar sauce and a squeeze of lime.



Teriyaki-Glazed Salmon

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 8 minutes

TERIYAKI SAUCE

½ cup soy sauce

¼ cup sugar

¼ teaspoon grated ginger

1 garlic clove, crushed

¼ cup orange juice

SALMON

2 salmon fillets (5 ounces)

1 tablespoon vegetable oil

Salt & white pepper, to taste

- 1 **COMBINE** all teriyaki sauce ingredients in a small sauce pot.
- 2 **BRING** the sauce to a boil, reduce by half, then let cool.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 4 **COAT** the salmon with oil and season with salt and white pepper.
- 5 **PLACE** the salmon into the preheated air fryer, skin-side down. Select Seafood, adjust to 8 minutes, and press Start/Pause.
- 6 **REMOVE** the salmon from the air fryer when finished. Let the salmon rest for 5 minutes, then glaze with teriyaki sauce.
- 7 **SERVE** over a bed of white rice or with grilled vegetables.



Lemon Butter Salmon

YIELDS 2 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 8 minutes

2 salmon fillets (6 ounces)

Salt & pepper, to taste

Nonstick cooking spray

2 tablespoons butter

2 tablespoons fresh lemon juice

1 garlic clove, grated

½ teaspoon Worcestershire sauce

- 1 **SEASON** the salmon to taste with salt and pepper.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 3 **SPRAY** the preheated air fryer baskets with cooking spray and place the fish inside.
- 4 **SELECT** Seafood and press Start/Pause.
- 5 **COMBINE** the butter, lemon juice, garlic, and Worcestershire sauce in a small sauce pan and melt on low heat, about 1 minute.
- 6 **SERVE** the salmon fillets with rice and top with the lemon butter sauce.



Cajun-Style Shrimp

YIELDS 2/3 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 5 minutes

1½ teaspoons salt
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1 teaspoon chili powder
½ teaspoon onion powder
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
¼ teaspoon dried thyme
1 pound large shrimp, peeled & deveined

1½ tablespoons olive oil
Lime wedges, for serving

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 370°F, and press Start/Pause.
- 2 **COMBINE** all the seasonings together in a large bowl. Set aside
- 3 **TOSS** the shrimp with olive oil until the shrimp is evenly coated.
- 4 **SPRINKLE** the seasoning mix onto the shrimp and toss until well coated.
- 5 **PLACE** the shrimp into the preheated air fryer.
- 6 **SELECT** Shrimp, adjust time to 5 minutes, and press Start/Pause.
- 7 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 8 **SERVE** with lime wedges.



Crab Cakes

YIELDS 4 CRAB CAKES

PREP TIME: 35 minutes

COOK TIME: 8 minutes

RÉMOULADE

¼ cup mayonnaise
1 teaspoon capers, washed & drained
½ tablespoon sweet pickles, minced
½ tablespoon red onion, finely diced
½ tablespoon lemon juice
½ teaspoon Dijon mustard
Salt & pepper, to taste

CRAB CAKES

1 large egg, beaten
1 ¼ tablespoons mayonnaise
¾ teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
¼ teaspoon salt
A pinch white pepper
A pinch cayenne pepper
¼ cup celery, finely diced
¼ cup red bell pepper, finely diced
2 tablespoons fresh parsley, finely chopped
½ pound lump crab meat
¼ cup panko breadcrumbs
Nonstick cooking spray

- 1 **MIX** together rémoulade ingredients until everything is well incorporated. Set aside.
- 2 **WHISK** together the egg, mayonnaise, mustard, Worcestershire, Old Bay, salt, white pepper, cayenne pepper, celery, bell pepper, and parsley.
- 3 **GENTLY FLAKE** the crab meat into the egg mixture and fold together until well mixed.
- 4 **SPRINKLE** the breadcrumbs over the crab mixture and fold gently until breadcrumbs are well incorporated.
- 5 **FORM** the crab mixture into 4 cake patties and chill in the fridge for 30 minutes.
- 6 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 7 **LINE** the preheated cooking baskets with a sheet of parchment paper. Spray the crab cakes with cooking spray and lay them gently onto the paper.
- 8 **COOK** the crab cakes at 400°F for 8 minutes until golden brown.
- 9 **FLIP** the crab cakes halfway through cooking.
- 10 **SERVE** with the rémoulade.



Crispy Tofu

YIELDS 2 SERVINGS

PREP TIME: 15 minutes

COOK TIME: 18 minutes

8 ounces firm tofu, cut into 1-inch cubes
2 tablespoons soy sauce
2 teaspoons rice vinegar
2 teaspoons sesame oil
3 tablespoons cornstarch

- 1 **TOSS** the tofu, soy sauce, rice vinegar, and sesame oil together in a shallow bowl. Allow to marinate for 10 minutes.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 370°F, and press Start/Pause.
- 3 **DRAIN** the tofu of the marinade and then toss the tofu in cornstarch until evenly coated.
- 4 **PLACE** the tofu into the preheated air fryer.
- 5 **SELECT** Shrimp, adjust the time to 18 minutes, and press Start/Pause.
- 6 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).



Eggplant Schnitzel

YIELDS 2 SERVINGS

PREP TIME: 8 minutes

COOK TIME: 8 minutes

1 egg, beaten
 1 tablespoon milk
 1 cup Italian style breadcrumbs
 ½ teaspoon salt
 ¼ teaspoon black pepper
 1 Japanese eggplant, cut into
 ½-inch thick slices
 ½ cup all-purpose flour
 Olive oil, for brushing

- 1 **WHISK** together the egg and milk in a shallow dish. Combine the panko breadcrumbs, salt, and pepper in a separate dish.
- 2 **CUT** the eggplant into ½-inch thick slices.
- 3 **COAT** the eggplant slices with flour, then dip in egg, and roll in breadcrumbs. Dip in egg and breadcrumbs again.
- 4 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 5 **BRUSH** each side of the eggplant slices with olive oil.
- 6 **PLACE** the breaded eggplant into the preheated air fryer in a single layer and cook at 400°F for 8 minutes. You may need to work in batches.
- 7 **FLIP** the eggplant halfway through cooking.



Grilled Cheese

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 8 minutes

3 tablespoons butter, melted
4 slices white bread
½ cup sharp cheddar cheese,
shredded, divided

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 2 **BRUSH** butter on each side of the bread slices.
- 3 **SPLIT** the cheese evenly on 2 slices of bread and top with remaining slices to make 2 sandwiches.
- 4 **PLACE** the grilled cheese sandwiches in the preheated air fryer.
- 5 **SELECT** Bread and press Start/Pause.
- 6 **CUT** diagonally and serve.



Cajun Chicken Tenders

YIELDS 2 SERVINGS

PREP TIME: 5 hours 15 minutes

COOK TIME: 10 minutes

1 pound chicken tenderloins

1½ cups buttermilk

1 tablespoon Louisiana hot sauce

1½ cups all-purpose flour

2½ teaspoons salt

1½ teaspoons black pepper

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons paprika

1½ teaspoons ground mustard

1 teaspoon cayenne pepper

1½ tablespoons cornstarch

Nonstick cooking spray

- 1 **MARINATE** chicken tenders in buttermilk and hot sauce for 4 hours or overnight.
- 2 **ADD** all the remaining ingredients in a large bowl and mix well.
- 3 **DREDGE** the marinated chicken tenders in the breading mixture and shake off any excess.
- 4 **MIX** 1/3 of the marinade into the seasoned flour and mix well. This will create little flakes.
- 5 **ALLOW** the chicken to sit out for an hour until the coating gets tacky and dredge the tenders back in the flour. Set aside.
- 6 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 7 **SPRAY** a liberal coating of cooking spray on each side of the chicken tenders and place in the preheated air fryer.
- 8 **COOK** the tenders at 400°F for 10 minutes, until golden brown and crispy.



Stromboli

YIELDS 4SERVINGS

PREP TIME: 35 minutes

COOK TIME:20 minutes

10-12 ounce pizza dough,
refrigerated
All-purpose flour, for dusting
8 slices ham, cooked
3 slices provolone cheese
3 slices mozzarella cheese
½ cup roasted red bell peppers,
chopped
1 teaspoon Italian seasoning
1 egg, beaten
1 tablespoon milk
¼ teaspoon salt
¼ teaspoon dried oregano
¼ teaspoon garlic powder
¼ teaspoon black pepper

- 1 **ALLOW** the dough to rest at room temperature for 30 minutes.
- 2 **DUST** the dough with flour and roll the dough out to ¼-inch thickness.
- 3 **LAYER** the ham, cheeses, peppers, and Italian seasoning on half of the dough. Fold over to seal.
- 4 **MIX** the egg and milk together. Brush the top of the dough with egg wash.
- 5 **SPRINKLE** salt, oregano, garlic powder, and pepper over the top. Set aside.
- 6 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 7 **PLACE** the stromboli into the preheated air fryer.
- 8 **COOK** at 350°F for 20 minutes. Flip the stromboli every 5 minutes during cooking.



Crispy “Fried” Fish Nuggets

YIELDS 4 SERVINGS

PREP TIME: 6 minutes

COOK TIME: 6 minutes

1 pound whitefish, or other mild fish, cut into 1½ x ½-inch long strips

¼ cup all-purpose flour

1 tablespoon Old Bay seasoning

2 eggs, beaten

2 cups panko breadcrumbs

Nonstick cooking spray

Tartar sauce, for servings

- 1 **CUT** fish into 1½ x ½-inch long strips.
- 2 **MIX** together the flour and Old Bay seasoning in a bowl.
- 3 **COAT** each piece of fish with the seasoned flour, then dip in beaten eggs, and roll in breadcrumbs.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **SPRAY** the coated fish on both sides with cooking spray and place into the preheated air fryer.
- 6 **SELECT** Frozen Foods, adjust time to 6 minutes, and press Start/Pause.
- 7 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 8 **SERVE** with tartar sauce.



Fiesta Mini Pizzas

YIELDS 1 SERVING

PREP TIME: 3 minutes

COOK TIME: 10 minutes

1 pre-made pizza crust (7 inches)
Olive oil, for brushing
4 tablespoons salsa
3 ounces Mexican cheese blend,
shredded
2 tablespoons frozen corn, thawed
2 tablespoons cooked black beans
1 tablespoon frozen peas, thawed

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 2 **BRUSH** the top of the pizza crust with olive oil.
- 3 **PLACE** the pizza crust in the preheated air fryer, and cook for 10 minutes at 320°F.
- 4 **ADD** the salsa, cheese, corn, black beans, and peas 5 minutes before cooking is finished.



Pepperoni Mini Pizzas

YIELDS 1 SERVING

PREP TIME: 3 minutes

COOK TIME: 10 minutes

1 pre-made pizza crust (7 inches)

Olive oil, for brushing

3-4 tablespoons marinara sauce

5-6 slices pepperoni

3 ounces mozzarella cheese,
shredded

1 tablespoon Parmesan cheese

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 2 **BRUSH** the top of the pizza crust with olive oil.
- 3 **PLACE** the pizza crust in the preheated air fryer, and cook for 10 minutes at 320°F.
- 4 **ADD** the marinara sauce, pepperoni slices, mozzarella, and Parmesan 5 minutes before cooking is finished.



Cheeseburger Sliders

YIELDS 4 SERVINGS

PREP TIME: 1 hour 5 minutes

COOK TIME: 8 minutes

1 pound ground beef (80/20)
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 small onion, grated
1 egg, beaten
2 tablespoons olive oil
4 slices cheddar cheese
Slider buns, for serving

- 1 **MIX** together the ground beef, salt, black pepper, Worcestershire sauce, Dijon mustard, grated onion, and egg until well combined.
- 2 **FORM** the beef into 4 even patties and chill in the fridge for 1 hour.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **RUB** the patties with olive oil and place the burgers into the preheated air.
- 5 **SELECT** Steak, adjust the time to 8 minutes, and press Start/Pause.
- 6 **FLIP** the burgers halfway through cooking to ensure even browning.
- 7 **ADD** the slices of cheddar cheese to each of the burgers with 1 minute of cooking left.
- 8 **SERVE** on mini slider buns.



Turkey Burgers with Asian Slaw

YIELDS 4 SERVINGS

PREP TIME: 35 minutes

COOK TIME: 10 minutes

ASIAN SLAW

2½ cups cabbage, shredded
¼ small red onion, thinly sliced
½ carrot, grated
2 green onions, thinly sliced
2 tablespoons cilantro, chopped
2 tablespoons rice wine vinegar
2 tablespoons soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
1 tablespoon mayonnaise
Salt & pepper, to taste

PATTY

1 pound ground turkey (85/15)
2 garlic cloves, minced
1-inch piece ginger, grated
2 green onions, chopped
2 tablespoons hoisin
1 tablespoon soy sauce
2 teaspoons sambal oelek
½ teaspoon salt
¼ teaspoon black pepper
1 cup panko breadcrumbs

ASIAN SLAW

- 1 **MIX** together the cabbage, onion, carrots, green onions, and cilantro in a large bowl.
- 2 **WHISK** together the vinegar, soy sauce, brown sugar, sesame oil, mayonnaise, salt, and pepper in a small bowl.
- 3 **TOSS** the vegetables with the vinegar dressing and let the Asian slaw marinate for 30 minutes.

PATTY

- 1 **MIX** all of the patty ingredients together in a large bowl until combined.
- 2 **FORM** the turkey mixture into 4 patties and set in the fridge to cool.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **PLACE** the turkey patties in the preheated air fryer.
- 5 **COOK** for 10 minutes at 400°F.
- 6 **SERVE** on buns with Asian slaw.

Appetizers



Prosciutto-Wrapped Asparagus

YIELDS 3 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

12 spears asparagus
2 teaspoons olive oil
Salt & pepper, to taste
12 slices prosciutto

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 2 **CUT** off the woody ends of the asparagus spears and discard.
- 3 **DRIZZLE AND COAT** the asparagus spears with oil. Season with salt and pepper.
- 4 **WRAP** 1 slice of prosciutto around each asparagus spear, top to bottom, and place into the preheated air fryer.
- 5 **SELECT** Vegetables, set time for 10 minutes, and press Start/Pause.



Dry Rubbed Chicken Wings

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 30 minutes

1 tablespoon granulated garlic
1 chicken bouillon cube, reduced sodium
1 tablespoon salt-free garlic and herb seasoning blend
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon smoked paprika
1 teaspoon cayenne pepper
1 teaspoon Old Bay seasoning, less sodium
1 teaspoon onion powder
½ teaspoon dried oregano
1 pound chicken wings
Nonstick cooking spray
Ranch, for serving

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 2 **COMBINE** seasonings in a bowl and mix well.
- 3 **SEASON** the chicken wings with half of the seasoning blend and spray liberally with cooking spray.
- 4 **PLACE** the chicken wings into the preheated air fryer.
- 5 **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
- 6 **SHAKE** the baskets halfway through cooking.
- 7 **TRANSFER** the wings into a bowl and sprinkle with the other half of the seasoning until they are well coated.
- 8 **SERVE** with a side of ranch.



Mongolian Chicken Wings

YIELDS 2 SERVINGS

PREP TIME: 15 minutes

COOK TIME: 25 minutes

1½ pounds chicken wings
1½ tablespoons vegetable oil
Salt & pepper, to taste
¼ cup low-sodium soy sauce
¼ cup honey
2 tablespoons rice wine vinegar
1 tablespoon Sriracha
3 garlic cloves, minced
1 tablespoon fresh ginger, grated
1 green onion, chopped, for garnish

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 2 **TOSS** chicken wings, oil, salt, and pepper together until well coated.
- 3 **PLACE** coated chicken wings into the preheated air fryer.
- 4 **SELECT** Chicken and press Start/Pause.
- 5 **COMBINE** soy sauce, honey, rice wine vinegar, Sriracha, garlic, and ginger in a saucepan.
- 6 **BRING** to a simmer until the flavors meld and the glaze reduces slightly, about 10 minutes.
- 7 **TRANSFER** wings, after 20 minutes, into a large bowl and toss with the glaze.
- 8 **RETURN** wings to the air fryer baskets and finish cooking for the remaining 5 minutes.
- 9 **GARNISH** with green onions and serve.



Honey-Sriracha Wings

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 30 minutes

½ teaspoon smoked paprika
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons cornstarch
1 pound chicken wings
Nonstick cooking spray
¼ cup honey
¼ cup Sriracha
1 tablespoon rice wine vinegar
¼ teaspoon sesame oil

- 1 **MIX** together the smoked paprika, garlic powder, onion powder, salt, black pepper, and cornstarch.
- 2 **TOSS** the wings in the seasoned cornstarch until all the wings are evenly coated.
- 3 **SPRAY** the wings with cooking spray and mix around until all the wings are coated with oil. Set aside.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 5 **PLACE** the wings in the preheated air fryer.
- 6 **SELECT** Chicken, adjust time to 30 minutes, and press Start/Pause.
- 7 **SHAKE** the baskets halfway through cooking.
- 8 **WHISK** together the honey, Sriracha, rice wine vinegar, and sesame oil in a large bowl.
- 9 **TOSS** the cooked wings in the sauce until they are well coated and serve.



Garlic Parmesan Chicken Wings

YIELDS 3 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 25 minutes

2 tablespoons cornstarch
4 tablespoons Parmesan, grated
1 tablespoon garlic powder
Salt & pepper, to taste
1½ pounds chicken wings
Nonstick cooking spray

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 2 **COMBINE** the cornstarch, Parmesan, garlic powder, salt, and pepper in a bowl.
- 3 **TOSS** the chicken wings into the seasoning and dredge until the wings are well coated.
- 4 **SPRAY** the air fryer baskets with cooking spray and add the wings, spraying the top of the chicken wings as well.
- 5 **SELECT** Chicken and press Start/Pause. Make sure to shake the baskets halfway through cooking.
- 6 **SPRINKLE** with the leftover Parmesan mix and serve.



Jerk Chicken Wings

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 25 minutes

2 teaspoons ground thyme
2 teaspoons dried rosemary
2 teaspoons allspice
2 teaspoons ground ginger
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon cinnamon
1 teaspoon paprika
1 teaspoon chili powder
½ teaspoon nutmeg
¼ teaspoon salt
¼ cup vegetable oil
1-2 pounds chicken wings
1 lime, juiced

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 2 **COMBINE** all spices and oil together in a bowl to make a marinade.
- 3 **TOSS** the chicken wings in the marinade until wings are well coated.
- 4 **PLACE** the chicken wings into the preheated air fryer.
- 5 **SELECT** Chicken and press Start/Pause.
- 6 **SHAKE** the baskets halfway through cooking.
- 7 **REMOVE** the wings and place on a serving platter.
- 8 **SQUEEZE** fresh lime juice over wings and serve.



Homemade Tortilla Chips

YIELDS 2 SERVINGS

PREP TIME: 2 minutes

COOK TIME: 8 minutes

3 corn tortillas (6-inch), cut into 8 pieces each

1 tablespoon olive oil

½ teaspoon salt

Salsa, for serving

- 1 **CUT** the tortillas in half, then each half into quarters, making a total of 8 pieces per tortilla.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 3 **TOSS** the tortillas in the olive oil and salt until all the chips are well coated.
- 4 **PLACE** the tortilla chips in the preheated air fryer and cook for 8 minutes at 300°F.
- 5 **SHAKE** the baskets halfway through cooking.
- 6 **SERVE** with salsa.



Pigs in a Blanket

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

½ sheet puff pastry, thawed
16 cocktail-size smoked link
sausages
1 tablespoon milk

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **CUT** the puff pastry into 2 1/2 X 1 1/2 – inch strips.
- 3 **PLACE** a cocktail sausage on one end of the puff pastry and wrap the dough around the sausage, sealing the dough together with some water.
- 4 **BRUSH** the upside (seam-side down) of the wrapped sausages with milk and place in the preheated air fryer.
- 5 **COOK** at 400°F for 10 minutes, or until golden brown.



Sausage-Stuffed Mushrooms

YIELDS 3 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 23 minutes

6 extra-large crimini mushrooms

3 tablespoons olive oil, divided

¼ large onion, diced

1 garlic clove, minced

4 ounces sweet Italian sausage, casing removed

2 tablespoons Italian style breadcrumbs

½ cup mozzarella cheese, shredded, plus more for topping

¼ cup Parmesan cheese, grated

1 tablespoon parsley, freshly chopped

Salt & pepper, to taste

- 1 **REMOVE** the mushroom stems from the caps. Mince the stems and set aside.
- 2 **SPOON** out the insides of the mushroom caps to create more room for the stuffing. Set aside.
- 3 **HEAT** a pan on medium-high heat and allow to heat up.
- 4 **ADD** 1 tablespoon olive oil, minced mushrooms stems, and diced onions. Cook for 5 minutes.
- 5 **ADD** the garlic and cook for 1 minute.
- 6 **ADD** in the Italian sausage and cook until brown, about 5 minutes. Set aside.
- 7 **MIX** the sausage with the breadcrumbs, mozzarella, Parmesan, and parsley.
- 8 **SEASON** to taste with salt and pepper.
- 9 **STUFF** the mushrooms until full and top with more mozzarella cheese.
- 10 **DRIZZLE** the rest of the oil on the mushrooms.
- 11 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and allow to heat up.
- 12 **PLACE** the stuffed mushrooms into the preheated air fryer.
- 13 **COOK** the mushrooms at 320°F for 12 minutes until cheese is golden brown and bubbly.



“Fried” Mozzarella Bites

YIELDS 3 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 8 minutes

6 pieces string cheese
 2 tablespoons all-purpose flour
 1 teaspoon cornstarch
 ½ teaspoon salt
 ¼ teaspoon black pepper
 2 eggs, beaten
 1 tablespoon milk
 1 cup panko breadcrumbs
 1 teaspoon dried parsley flakes
 Nonstick cooking spray
 Marinara sauce or ranch, for serving

- 1 **CUT** the string cheese into thirds, making 18 pieces.
- 2 **MIX** together the flour, cornstarch, salt, and pepper in a bowl. Whisk together the eggs and milk in a separate bowl. Combine the panko breadcrumbs and parsley flakes in an additional bowl.
- 3 **COAT** each piece of cheese with flour, then dip in egg, and then roll in breadcrumbs. Dip in egg and breadcrumbs again.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **SET** the mozzarella bites in the freezer while the air fryer is preheating.
- 6 **PLACE** the coated mozzarella bites into the preheated air fryer and spray liberally with cooking spray.
- 7 **SELECT** Frozen Foods, set time for 8 minutes, and press Start/Pause.
- 8 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 9 **SERVE** with a side of your favorite marinara sauce, or even better, ranch.



“Fried” Pickles

YIELDS 4 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 8 minutes

4 large dill pickles
½ cup all-purpose flour
2 eggs, beaten
½ cup breadcrumbs
1 teaspoon paprika
teaspoon cayenne pepper
Nonstick cooking spray
Salt & pepper, to taste

- 1 **DRY** the dill pickles very well with a clean kitchen towel and cut into spears.
- 2 **SET UP** a dredging station using 3 shallow bowls. Fill the first shallow dish with flour. Beat the egg in the second dish. Then combine the breadcrumbs and spices until well incorporated in the last dish.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 360°F, and press Start/Pause.
- 4 **COAT** the pickles by dredging them first in the flour, then the egg, and then the breadcrumbs, pressing the crumbs on gently with your hands. Set the coated pickles on a tray and spray them on all sides with cooking spray.
- 5 **ADD** the pickles to the preheated air fryer and cook at 360°F for 10 minutes, turning them over halfway through cooking and spraying lightly again, if necessary.
- 6 **SERVE** with your favorite dipping sauce.



Bacon-Wrapped Stuffed Jalapeños

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 16 minutes

6 medium jalapeños, halved
lengthwise & deseeded
¼ pound ground pork
2 ounces cheddar cheese
Salt & pepper, to taste
6 strips bacon, halved

- 1 **CUT** the jalapeños in half, lengthwise, and remove all seeds. Set aside.
- 2 **COMBINE** ground pork, cheddar, salt, and pepper in a bowl and mix until well combined.
- 3 **SPOON** about 1 tablespoon of pork mixture into each jalapeño half.
- 4 **PUT** the jalapeño halves back together and wrap each jalapeño with bacon.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 6 **PLACE** the bacon-wrapped jalapeños into the preheated air fryer.
- 7 **SELECT** Bacon, adjust time to 16 minutes, and press Start/Pause.
- 8 **SERVE** with your favorite dipping sauce.



Bacon-Wrapped Shrimp

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 16 minutes

16 jumbo shrimp, peeled & deveined
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon onion powder
¼ teaspoon ground black pepper
8 strips bacon, sliced lengthwise

- 1 **PLACE** the jumbo shrimp in a bowl and season with spices.
- 2 **WRAP** the bacon around the shrimp, starting at the top and finishing at the tail, and secure them with toothpicks.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 4 **ADD** half the shrimp to the preheated air fryer.
- 5 **SELECT** Bacon and press Start/Pause. When cooking finishes, set aside.
- 6 **REPEAT** with the other batch of shrimp.
- 7 **DRAIN** any excess grease on a paper towel and serve.



Coconut Shrimp

YIELDS 3 SERVINGS

PREP TIME: 8 minutes

COOK TIME: 8 minutes

¼ cup all-purpose flour
 1 teaspoon salt, divided
 ½ teaspoon black pepper, divided
 ½ teaspoon garlic powder, divided
 ½ teaspoon paprika, divided
 2 large eggs, beaten
 1 tablespoon milk
 ¼ cup panko breadcrumbs
 ½ cup unsweetened flaked coconut
 ½ pound large shrimp, peeled (tails left on) & deveined
 Nonstick cooking spray

- 1 **MIX** together the flour and half of the seasonings and spices in one bowl. Whisk together the eggs and milk in a separate bowl.
- 2 **COMBINE** the panko breadcrumbs, coconut, and the other half of the seasonings and spices in an additional bowl.
- 3 **COAT** each shrimp with flour, then dip in egg, and then roll in breadcrumbs and coconut. Dip in egg and crumbs again. Set aside.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **ADD** the shrimp evenly into the preheated air fryer and spray with nonstick cooking spray.
- 6 **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
- 7 **FLIP** the shrimp halfway through cooking (the Shake Reminder function will let you know when!).



Scotch Egg

YIELDS 4 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

10 ounces ground pork sausage
 ½ teaspoon garlic powder
 ½ teaspoon onion powder
 ½ teaspoon dried sage
 ½ teaspoon salt
 ¼ teaspoon black pepper
 4 eggs, medium boiled, peeled
 ½ cup all-purpose flour
 1 egg, beaten
 ¾ cup Italian style breadcrumbs
 Nonstick cooking spray

- 1 **MIX** together the sausage, garlic powder, onion powder, sage, salt, and pepper. Divide into four balls.
- 2 **WRAP** the sausage around each of the peeled medium boiled eggs until the egg is fully covered.
- 3 **COAT** each sausage-covered egg with flour, then dip in beaten egg, and roll in breadcrumbs. Dip in the egg and breadcrumbs again.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **SPRAY** the scotch eggs liberally with cooking spray.
- 6 **PLACE** the scotch eggs in the preheated air fryer.
- 7 **SELECT** Frozen Foods, adjust time to 15 minutes, and press Start/Pause. Make sure to flip the eggs halfway through cooking (the Shake Reminder function will let you know when!).



Garlic & Herb Chicken Skewers

YIELDS 2 SERVINGS

PREP TIME: 1 hour 5 minutes

COOK TIME: 10 minutes

3 tablespoons olive oil
3 garlic cloves, grated
1 teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon salt
¼ teaspoon black pepper
1 lemon, juiced
1 pound chicken thighs, boneless,
skinless, cut into 1½-inch pieces
2 wooden skewers, halved

- 1 **MIX** together the olive oil, garlic, oregano, thyme, salt, black pepper, and lemon juice together in a large bowl.
- 2 **ADD** the chicken to the marinade and marinate for 1 hour.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 4 **CUT** the marinated chicken into 1½-inch pieces and skewer them onto the halved skewers.
- 5 **PLACE** the skewers in the preheated air fryer.
- 6 **SELECT** Chicken, set time for 10 minutes, and press Start/Pause.



Yogurt Chicken Skewers

YIELDS 2 SERVINGS

PREP TIME: 4 hours 10 minutes

COOK TIME: 10 minutes

½ cup plain whole milk Greek yogurt
1 tablespoon olive oil
1 teaspoon paprika
¼ teaspoon cumin
½ teaspoon crushed red pepper
1 lemon, juiced & zested
1 teaspoon salt
¼ teaspoon freshly ground black pepper
4 garlic cloves, minced
1 pound chicken thighs, boneless, skinless, cut into 1½-inch pieces
2 wooden skewers, halved
Nonstick cooking spray

- 1 **MIX** together the yogurt, olive oil, paprika, cumin, red pepper, lemon juice, lemon zest, salt, pepper, and garlic in a large bowl.
- 2 **ADD** the chicken to the marinade and marinate in the fridge for at least 4 hours.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **CUT** the marinated chicken thighs into 1½-inch pieces and skewer them onto the halved skewers.
- 5 **PLACE** skewers into the preheated air fryer and spray with cooking spray.
- 6 **COOK** at 400°F for 10 minutes.



Korean-Style Beef Skewers

YIELDS 2 SERVINGS

PREP TIME: 1 hour 5 minutes

COOK TIME: 6 minutes

1 tablespoon ssamjang
1 tablespoon gochujang
1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon rice wine vinegar
1 pound beef flap meat, cut into
1½-inch pieces
2 wooden skewers, halved

- 1 **MIX** the ssamjang, gochujang, soy sauce, sesame oil, honey, and vinegar in a bowl.
- 2 **TOSS** the cut beef into the marinade and marinate for 1 hour.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **SKEWER** the pieces of beef onto the halved skewers and place the skewers into the preheated air fryer.
- 5 **SELECT** Steak and press Start/Pause.



Teriyaki Pork Skewers

YIELDS 2SERVINGS

PREP TIME: 35 minutes

COOK TIME: 8 minutes

1 tablespoon cornstarch
 ½ cup water
 ¼ cup soy sauce
 ¼ cup light brown sugar, lightly packed
 1 garlic clove, minced
 ½ teaspoon grated ginger
 Black pepper, to taste
 1 pound pork loin chop, cut into 1½-inch cubes
 2 wood skewers, halved
 Nonstick cooking spray
 Salt & pepper, to taste

- 1 **WHISK** the cornstarch and water together.
- 2 **COMBINE** the cornstarch slurry, soy sauce, brown sugar, garlic, and ginger in a small saucepan. Cook the sauce on high heat until it boils and thickens, about 5 minutes.
- 3 **SEASON** the sauce to taste with black pepper and allow to cool.
- 4 **SKEWER** the pork evenly between the wooden skewers.
- 5 **MARINATE** the skewered pork in some of the teriyaki sauce for 30 minutes.
- 6 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 7 **PLACE** the skewers in the preheated air fryer and spray with cooking spray.
- 8 **SELECT** Steak, adjust to 8 minutes, and press Start/Pause.
- 9 **BRUSH** the skewers with the teriyaki sauce every 2 minutes during cooking.
- 10 **SEASON** to taste with salt and pepper, and serve.



Lamb Shawarma Skewers

YIELDS 2 SERVINGS

PREP TIME: 12 minutes

COOK TIME: 8 minutes

¾ pound ground lamb
1 teaspoon cumin
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon cinnamon
½ teaspoon turmeric
½ teaspoon fennel seeds
½ teaspoon ground coriander seed
½ teaspoon salt
4 bamboo skewers (9 inches)

- 1 **COMBINE** all ingredients in a bowl and mix well.
- 2 **SKEWER** 3 ounces of meat onto each stick, then place in the fridge for 10 minutes.
- 3 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 4 **PLACE** skewers into the preheated air fryer, select Steak, adjust time to 8 minutes, and press Start/Pause.
- 5 **SERVE** with lemon yogurt dressing or by itself.



Refreshments



Air-fried General Tso's Chicken Yield Serves 4 (serving size: about 3/4 cup) Active Time: 20 Mins

Total Time: 35 Mins

Ingredients

- 1 large egg
- 1 pound boneless, skinless chicken thighs, patted dry and cut into 1 to 1 1/4-inch chunks
- 1/3 cup plus 2 tsp. cornstarch, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 7 tablespoons lower-sodium chicken broth
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons ketchup
- 2 teaspoons sugar
- 2 teaspoons unseasoned rice vinegar
- 1 1/2 tablespoons canola oil
- 3 to 4 chiles de árbol, chopped and seeds discarded
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon finely chopped garlic
- 2 tablespoons thinly sliced green onion, divided
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon toasted sesame seeds

How to Make It

Step 1

Beat egg in a large bowl, add chicken, and coat well. In another bowl, combine 1/3 cup cornstarch with salt and pepper. Transfer chicken with a fork to cornstarch mixture, and stir with a spatula to coat every piece.

Step 2

Transfer chicken to air-fryer oven racks (or fryer basket, in batches), leaving a little space between pieces. Preheat air-fryer at 400°F for 3 minutes. Add the battered chicken; cook for 12 to 16 minutes, giving things a shake midway. Let dry 3 to 5 minutes. If chicken is still damp on one side, cook for 1 to 2 minutes more.

Step 3

Whisk together remaining 2 teaspoons cornstarch with broth, soy sauce, ketchup, sugar, and rice vinegar. Heat canola oil and chiles in a large skillet over medium heat. When gently sizzling, add the ginger and garlic; cook until fragrant, about 30 seconds.

Step 4

Re-whisk cornstarch mixture; stir into mixture in skillet. Increase heat to medium-high. When sauce begins to bubble, add chicken. Stir to coat; cook until sauce thickens and nicely clings to chicken, about 1 1/2 minutes. Turn off heat; stir in 1 tablespoon green onion and sesame oil. Transfer to a serving plate, and top with sesame seeds and remaining 1 tablespoon green onion.



Yield: serves 8 (1 slice)

Air Fryer Banana Bread Active

Time: 15 Mins

Total Time: 45 Mins

Ingredients

- 3/4 cup (3 oz.) white-whole wheat flour
- 1 teaspoon cinnamon
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon Baking soda
- 2 medium (12 oz. total) ripe bananas, mashed (about 3/4 cup)
- 2 large eggs, lightly beaten
- 1/2 cup granulated sugar
- 1/3 cup plain nonfat yogurt
- 2 tablespoons vegetable oil
- 1 teaspoon Vanilla extract
- 2 tablespoons (3/4 oz.) toasted walnuts, roughly chopped
- Cooking spray

How to Make It

Step1

Line the bottom of a 6-inch round cake pan with parchment paper; lightly coat pan with cooking spray. Whisk together flour, cinnamon, salt and baking soda in a medium bowl; set aside.

Step2

In separate medium bowl, whisk together mashed bananas, eggs, sugar, yogurt, oil and vanilla. Gently stir wet ingredients into flour mixture until well combined. Pour batter into prepared pan and sprinkle with walnuts.

Step3

Heat a 5.3-qt air fryer to 310°F and then place pan in air fryer and cook until browned and a wooden pick inserted in the middle comes out clean, 30 to 35 minutes, turning pan halfway through cook time. Transfer bread to a wire rack to cool in pan for 15 minutes before turning out and slicing.



Yield: Serves 4 (serving size: 4 avocado fries, 2 tbsp. sauce)

AvocadoFries

Active Time: 15 Mins

Total Time: 30 Mins

Ingredients

- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 1 1/2 teaspoons black pepper
- 2 large eggs
- 1 tablespoon water
- 1/2 cup panko (Japanese-style bread crumbs)
- 2 avocados, cut into 8 wedges each
- Cooking spray
- 1/4 teaspoon kosher salt
- 1/4 cup no-salt-added ketchup
- 2 tablespoons canola mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon Sriracha chili sauce

How to Make It

Step1

Stir together flour and pepper in a shallow dish. Lightly beat eggs and water in a second shallow dish. Place panko in a third shallow dish. Dredge avocado wedges in flour, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko, pressing to adhere. Coat avocado wedges well with cooking spray.

Step2

Place avocado wedges in air fryer basket, and cook at 400°F until golden, 7 to 8 minutes, turning avocado wedges over halfway through cooking. Remove from air fryer; sprinkle with salt.

Step3

While avocado wedges cook, whisk together ketchup, mayonnaise, vinegar, and Sriracha in a small bowl. To serve, place 4 avocado fries on each plate with 2 tablespoons sauce.



Yield: Serves 12 (2 meatballs)

Italian-Style Meatballs Active

Time: 10 Mins

Total Time: 45 Mins

Ingredients

- 2 tablespoons olive oil
- 1 medium shallot, minced (about 2 Tbsp.)
- 3 cloves garlic, minced (about 1 Tbsp.)
- 1/4 cup whole-wheat panko crumbs
- 2 tablespoons whole milk
- 2/3 pound lean ground beef
- 1/3 pound bulk turkey sausage
- 1 large egg, lightly beaten
- 1/4 cup finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt

How to Make It

Step1

Preheat air-fryer to 400°F. Heat oil in a medium nonstick pan over medium-high heat. Add shallot and cook until softened, 1 to 2 minutes. Add garlic and cook just until fragrant, 1 minute. Remove from heat.

Step2

In a large bowl, combine panko and milk. Let stand 5 minutes.

Step3

Add cooked shallot and garlic to panko mixture, along with beef, turkey sausage egg, parsley, rosemary, thyme, mustard, and salt. Stir to gently combine.

Step4

Gently shape mixture into 1 1/2-inch balls. Place shaped balls in a single-layer in air-fryer basket. Cook half the meatballs at 400°F until lightly browned and cooked-through, 10 to 11 minutes. Remove and keep warm. Repeat with remaining meatballs.

Step5

Serve warm meatballs with toothpicks as an appetizer or serve over pasta, rice, or spiralized zoodles for a main dish.



Pork Chops With Brussels Sprouts

Yield: Serves 1 (serving size: 1 pork chop, 1 cup brussels sprouts)

Active Time: 25 Mins

Total Time: 25 Mins

Ingredients

- 8 ounces bone-in center-cut pork chop
- Cooking spray
- 1/8 teaspoon kosher salt
- 1/2 teaspoon black pepper, divided
- 1 teaspoon olive oil
- 1 teaspoon pure maple syrup
- 1 teaspoon Dijon mustard
- 6 ounces Brussels sprouts, quartered

How to Make It

Step1

Lightly coat pork chop with cooking spray; sprinkle with salt and 1/4 teaspoon of the pepper. Whisk together oil, syrup, mustard, and remaining 1/4 teaspoon pepper in a medium bowl; add Brussels sprouts; toss to coat.

Step2

Place pork chop on 1 side of air fryer basket, and coated Brussels sprouts on other side. Heat air fryer to 400°F, and cook until golden brown and pork is cooked to desired temperature, about 10 minutes for medium or 13 minutes for well-done.



Pork Chops With Brussels Sprouts

Yield: Serves 1 (serving size: 1 pork chop, 1 cup brussels sprouts)

Active Time: 25 Mins

Total Time: 25 Mins

Ingredients

- 8 ounces bone-in center-cut pork chop
- Cooking spray
- 1/8 teaspoon kosher salt
- 1/2 teaspoon black pepper, divided
- 1 teaspoon olive oil
- 1 teaspoon pure maple syrup
- 1 teaspoon Dijon mustard
- 6 ounces Brussels sprouts, quartered

How to Make It

Step1

Lightly coat pork chop with cooking spray; sprinkle with salt and 1/4 teaspoon of the pepper. Whisk together oil, syrup, mustard, and remaining 1/4 teaspoon pepper in a medium bowl; add Brussels sprouts; toss to coat.

Step2

Place pork chop on 1 side of air fryer basket, and coated Brussels sprouts on other side. Heat air fryer to 400°F, and cook until golden brown and pork is cooked to desired temperature, about 10 minutes for medium or 13 minutes for well-done.



Churros With Chocolate Sauce

Yield: Serves 12 (serving size: 2 churros, 2 tsp. chocolate sauce)

Active Time: 30 Mins

Total Time: 25 Mins

Ingredients

- 1/2 cup water
- 1/4 teaspoon kosher salt
- 1/4 cup , plus 2 Tbsp. unsalted butter, divided
- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 2 large eggs
- 1/3 cup granulated sugar
- 2 teaspoons ground cinnamon
- 4 ounces bittersweet baking chocolate, finely chopped
- 3 tablespoons heavy cream
- 2 tablespoons vanilla kefir

How to Make It

Step1

Bring water, salt, and 1/4 cup of the butter to a boil in a small saucepan over medium-high. Reduce heat to medium-low; add flour, and stir vigorously with a wooden spoon until dough is smooth, about 30 seconds. Continue cooking, stirring constantly, until dough begins to pull away from sides of pan and a film forms on bottom of pan, 2 to 3 minutes.

Transfer dough to a medium bowl. Stir constantly until slightly cooled, about 1 minute. Add eggs, 1 at a time, stirring constantly until completely smooth after each addition. Transfer mixture to a piping bag fitted with a medium star tip. Chill 30 minutes.

Step2

Pipe 6 (3-inch long) pieces in single layer in air fryer basket. Cook at 380°F until golden, about 10 minutes. Repeat with remaining dough.

Step3

Stir together sugar and cinnamon in a medium bowl. Brush cooked churros with remaining 2 tablespoons melted butter, and roll in sugar mixture to coat.

Step4

Place chocolate and cream in a small microwavable bowl. Microwave on HIGH until melted and smooth, about 30 seconds, stirring after 15 seconds. Stir in kefir. Serve churros with chocolate sauce.



Loaded Baked Potatoes

Yield: Serves 2 (serving size: 4 potatoes)

Active Time: 10 Mins

Total Time: 25 Mins

Ingredients

- 11 ounces baby Yukon Gold potatoes (about 8 [2-inch] potatoes)
- 1 teaspoon olive oil
- 2 center-cut bacon slices
- 1 1/2 tablespoons chopped fresh chives
- 1/2 ounce finely shredded reduced-fat Cheddar cheese (about 2 Tbsp.)
- 2 tablespoons reduced-fat sour cream
- 1/8 teaspoon kosher salt

How to Make It

Step 1

Toss potatoes with oil to coat. Place potatoes in air fryer basket, and cook at 350°F until fork tender, 25 minutes, stirring potatoes occasionally.

Step 2

Meanwhile, cook bacon in a medium skillet over medium until crispy, about 7 minutes. Remove bacon from pan; crumble. Place potatoes on a serving platter; lightly crush potatoes to split. Drizzle with bacon drippings. Top with chives, cheese, sour cream, salt, and crumbled bacon.



Air Fryer Empanadas

Yield: Serves 2 (serving size: 4 empanadas)

Active Time: 30 Mins

Total Time: 45 Mins

Ingredients

- 1 tablespoon olive oil
- 3 ounces (85/15) lean ground beef
- 1/4 cup finely chopped white onion
- 3 ounces finely chopped cremini mushrooms
- 2 teaspoons finely chopped garlic
- 6 pitted green olives, chopped
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/2 cup chopped tomatoes
- 8 square gyoza wrappers
- 1 large egg, lightly beaten

How to Make It

Step1

Heat oil in a medium skillet over medium-high. Add beef and onion; cook, stirring to crumble, until starting to brown, 3 minutes. Add mushrooms; cook, stirring occasionally, until mushrooms are starting to brown, 6 minutes. Add garlic, olives, paprika, cumin, and cinnamon; cook until mushrooms are very tender and have released most of their liquid, 3 minutes. Stir in tomatoes, and cook 1 minute, stirring occasionally. Transfer filling to a bowl, and let cool 5 minutes.

Step2

Arrange 4 gyoza wrappers on work surface. Place about 1 1/2 tablespoons filling in center of each wrapper. Brush edges of wrappers with egg; fold wrappers over, pinching edges to seal. Repeat process with remaining wrappers and filling.

Step3

Place 4 empanadas in single layer in air fryer basket, and cook at 400°F until nicely browned, 7 minutes. Repeat with remaining empanadas.



Homemade French Fries

YIELDS 4 SERVINGS

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, cut into
3 x 1/2-inch strips
1 liter cold water, for soaking
potatoes
2 tablespoons oil
1 teaspoon garlic powder
1 teaspoon paprika
Salt & pepper, to taste
Ketchup or ranch, for serving

- 1 **CUT** the potatoes into 3 x 1/2-inch strips and soak in the water for 15 minutes.
- 2 **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
- 3 **ADD** oil and spices to the potatoes, tossing until they are coated evenly.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 5 **ADD** the potatoes to the preheated air fryer.
- 6 **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 7 **REMOVE** the baskets from the air fryer when done cooking, and season the fries with salt and pepper.
- 8 **SERVE** with ketchup or ranch.



Sweet Potato Fries

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

2 large sweet potatoes, cut into
½-inch thick strips

2 tablespoons oil

2 teaspoons salt

½ teaspoon black pepper

½ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon onion powder

- 1 **CUT** the sweet potatoes into ½-inch thick strips.
- 2 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 3 **ADD** the cut sweet potatoes to a large bowl and toss with the oil until the sweet potatoes are all coated evenly.
- 4 **SPRINKLE** in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
- 5 **PLACE** fries in the preheated baskets and cook for 10 minutes at 400°F. Make sure to shake the baskets halfway through cooking.



Cajun French Fries

YIELDS 4 SERVINGS

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, peeled & cut into
3 x ½-inch strips
1 liter cold water
2 tablespoons oil
1 tablespoon Cajun seasoning
¼ teaspoon cayenne pepper
Ketchup or ranch, for serving

- 1 **CUT** the potatoes into 3 x ½-inch strips and soak them in the water for 15 minutes.
- 2 **DRAIN** them, rinse with cold water, and pat dry with paper towels.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 4 **ADD** oil to the potato slices, and toss until they are coated evenly.
- 5 **ADD** the potatoes to the preheated air fryer.
- 6 **SELECT** French Fries, change the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 7 **REMOVE** the baskets from the air fryer when done cooking, and season the fries with the Cajun seasoning and cayenne pepper.
- 8 **SERVE** with ketchup or ranch.



Zucchini Fries

YIELDS 4 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 8 minutes

2 medium zucchini, cut into ¾-inch thick strips
 ½ cup all-purpose flour
 2 teaspoons salt
 ½ teaspoon black pepper
 2 eggs, beaten
 1 tablespoon milk
 ¾ cup Italian seasoned panko breadcrumbs
 ¼ cup Parmesan cheese, grated
 Nonstick cooking spray
 Ranch, for serving

- 1 **CUT** the zucchini into ¾-inch thick strips.
- 2 **MIX** together the flour, salt, and pepper in a dish. Whisk together the eggs and milk in a separate dish. Combine the breadcrumbs and Parmesan cheese in another dish.
- 3 **COAT** each piece of zucchini with flour, then dip in egg, and roll in breadcrumbs. Set aside.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 5 **PLACE** the coated zucchini evenly into the preheated air fryer and spray with nonstick cooking spray.
- 6 **SELECT** Frozen Foods, adjust time to 8 minutes, and press Start/Pause.
- 7 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 8 **SERVE** with a side of ranch.



Avocado Fries

YIELDS 2 SERVINGS

PREP TIME: 15 minutes

COOK TIME: 10 minutes

2 avocados, cut into 1-inch thick wedges

1 cup panko breadcrumbs

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon smoked paprika

¼ teaspoon cayenne

Salt & pepper, to taste

½ cup all-purpose flour

2 eggs, beaten

Nonstick cooking spray

Ketchup or ranch, for serving

- 1 **CUT** the avocados into 1-inch thick wedges.
- 2 **COMBINE** the breadcrumbs, garlic powder, onion powder, smoked paprika, cayenne, salt, and pepper in a bowl.
- 3 **DREDGE** each avocado wedge in the flour, then dip in the beaten eggs, and roll in the breadcrumb mixture.
- 4 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 5 **PLACE** avocado fries into the preheated air fryer baskets, spray with cooking spray, and cook at 400°F for 10 minutes.
- 6 **FLIP** the avocado fries halfway through cooking time and spray with more cooking spray.
- 7 **SERVE** with ketchup or ranch for dipping.



Greek Fries

YIELDS 4 SERVINGS

PREP TIME: 30 minutes

COOK TIME: 28 minutes

2 russet potatoes, cut into
3 x ½-inch strips
1 liter cold water, for soaking
potatoes
2 tablespoons oil
1 teaspoon garlic powder
1 teaspoon paprika
2 ounces feta cheese, crumbled
1 tablespoon flat leaf parsley,
chopped
1 tablespoon fresh oregano
Salt & pepper, to taste
Lemon wedges, for serving

- 1 **CUT** the potatoes into 3 x ½-inch strips and soak in the water for 15 minutes.
- 2 **DRAIN** the potatoes, rinse with cold water, and pat dry with paper towels.
- 3 **ADD** the oil, garlic powder, and paprika to the potatoes, tossing until they are coated evenly.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 5 **ADD** the potatoes to the preheated air fryer.
- 6 **SELECT** French Fries, adjust the time to 28 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 7 **REMOVE** the baskets from the air fryer when done cooking, and top the fries with feta cheese, parsley, oregano, salt, and pepper.
- 8 **SERVE** with lemon wedges.



Potato Wedges

YIELDS 4 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 20 minutes

2 large russet potatoes, rinsed &
cut into 4-inch long wedges

1½ tablespoons olive oil

1 teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon salt

¼ teaspoon black pepper

1 tablespoon Parmesan cheese,
grated

Ketchup or ranch, for serving

- 1 **CUT** the potatoes into 4-inch long wedges.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 3 **COAT** the potatoes in olive oil and toss with the seasonings and Parmesan cheese until well coated.
- 4 **ADD** the potatoes to the preheated air fryer.
- 5 **SELECT** French Fries, set time to 20 minutes, and press Start/Pause.
- 6 **SHAKE** the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 7 **SERVE** with ketchup or ranch.



Potato Chips

YIELDS 4 SERVINGS

PREP TIME: 40 minutes

COOK TIME: 25 minutes

2 liters water
1 tablespoon salt
2 large russet potatoes, thinly sliced
1 tablespoon olive oil
Salt & pepper, to taste

- 1 **MIX** together the water and salt in a large bowl until all the salt dissolves.
- 2 **THINLY SLICE** the potatoes. Using a mandolin is highly recommended (use a 1.5 mm blade).
- 3 **SOAK** the potatoes in the salt water for 30 minutes.
- 4 **DRAIN** the potatoes and pat them dry.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 330°F, and press Start/Pause.
- 6 **COAT** the potato slices with olive oil.
- 7 **LAYER** the oil-coated potatoes in the preheated air fryer.
- 8 **COOK** the potatoes at 330°F for 25 minutes. Make sure to shake the baskets halfway through cooking.
- 9 **SEASON** the potatoes with salt and pepper when done cooking.



Onion Rings

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 small white onion, cut into ½-inch thick rounds & separated into rings
 1 cup panko breadcrumbs
 1 teaspoon smoked paprika
 1 teaspoon salt
 2 eggs
 1 cup buttermilk
 ½ cup all-purpose flour
 Nonstick cooking spray

- 1 **SLICE** layers the onion rings into ½-inch thick rounds and separate the
- 2 **COMBINE** the breadcrumbs, paprika, and salt in a bowl. Set aside.
- 3 **WHISK** the eggs and buttermilk together until fully mixed.
- 4 **DREDGE** each onion ring into the flour, then dip in the beaten eggs, and then the breadcrumb mixture.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 370°F, and press Start/Pause.
- 6 **SPRAY** the onion rings liberally with cooking spray.
- 7 **PLACE** onion rings in a single layer in the preheated air fryer baskets, and cook in batches at 370°F for 10 minutes until golden brown. Be sure to use cooking spray in between to make sure they are uniformly cooked.
- 8 **SERVE** with your favorite dipping sauce.



Blooming Onion

YIELDS 3 SERVINGS

PREP TIME: 2 hours 15 minutes

COOK TIME: 25 minutes

1 large onion
 1 cup all-purpose flour
 1 tablespoon paprika
 2 teaspoons salt
 2 teaspoons garlic powder
 1 teaspoon chili powder
 ½ teaspoon black pepper
 ½ teaspoon dried oregano
 1¼ cups water
 ½ cup Italian style breadcrumbs
 Nonstick cooking spray

- 1 **PEEL** onion and cut off the top. Place cut-side down onto a cutting board.
- 2 **CUT** downward, from the center outward, all the way to the cutting board. Repeat to make 8 evenly spaced cuts around the onion. Make sure your slit cuts through all of the layers, but leave the onion connected in the center. Set aside.
- 3 **COVER** the onion in ice water for at least 2 hours, then dry.
- 4 **MIX** together the flour, paprika, salt, garlic powder, chili powder, black pepper, oregano, and water until it forms a batter.
- 5 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 6 **COAT** the onion with the batter, spreading out the layers and making sure every layer is covered with the batter. Then sprinkle the top and bottom of the onion with breadcrumbs.
- 7 **SPRAY** the bottom of the air fryer with cooking spray and place the onion inside, cut-side up. Spray the upside of the onion liberally with cooking spray.
- 8 **COOK** the onion at 400°F for 10 minutes, then cook for an additional 15 minutes at 350°F.



Hasselback Potatoes

YIELDS 4 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 40 minutes

4 medium russet potatoes, washed
& scrubbed
2 tablespoons olive oil
2 teaspoons salt
½ teaspoon black pepper
¼ teaspoon garlic powder
2 tablespoons butter, melted
2 tablespoons freshly chopped
parsley, for garnish

- 1 **WASH AND SCRUB** the potatoes. Pat them dry with a paper towel.
- 2 **CUT** slits, ¼-inch apart, into the potato, stopping just before you cut all the way through, so that the slices stay connected by about ½ inch at the bottom of the potato.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 4 **COVER** the potatoes with olive oil, and season evenly with the salt, black pepper, and garlic powder.
- 5 **ADD** the potatoes into the preheated air fryer, and cook for 30 minutes at 350°F.
- 6 **BRUSH** the melted butter onto the potatoes and cook for another 10 minutes at 350°F.
- 7 **GARNISH** with freshly chopped parsley.



Roasted Potatoes

YIELDS 4 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 20 minutes

1½ pounds of small new potatoes,
cleaned & halved
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon garlic powder
¼ teaspoon dried thyme
¼ teaspoon dried rosemary

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 380°F, and press Start/Pause.
- 2 **COAT** the halved potatoes in olive oil and toss with the seasonings.
- 3 **PLACE** the potatoes into the preheated air fryer.
- 4 **SELECT** French Fries, set time for 20 minutes, and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).



Honey-Roasted Carrots

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 12 minutes

1 pound heirloom rainbow carrots,
peeled & washed
1 tablespoon olive oil
2 tablespoons honey
2 sprigs fresh thyme
Salt & pepper, to taste

- 1 **PAT DRY** the carrots with a paper towel. Set aside.
- 2 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 3 **TOSS** the carrots in a bowl with olive oil, honey, thyme, salt, and pepper.
- 4 **ADD** the carrots to the preheated air fryer.
- 5 **SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 6 **SERVE** hot.



Roasted Garlic Broccoli

YIELDS 3 SERVINGS

PREP TIME: 3 minutes

COOK TIME: 10 minutes

1 large head broccoli, cut into
florets

1 tablespoon olive oil

1 teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 2 **DRIZZLE** the broccoli with olive oil and toss together until evenly coated.
- 3 **TOSS** the broccoli with the seasonings.
- 4 **ADD** the broccoli to the preheated air fryer.
- 5 **SELECT** Vegetables and press Start/Pause.



Honey-Soy Carrots

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 12 minutes

1 pound young carrots (6-inch),
rinsed, scrubbed clean & patted
dry

1 tablespoon olive oil

1 teaspoon honey

1 teaspoon soy sauce

Salt & pepper, to taste

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **COAT** the carrots in olive oil and toss in the honey and soy sauce
- 3 **PLACE** the carrots in the preheated air fryer.
- 4 **SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 5 **SEASON** with salt and pepper when done cooking.



Roasted Cauliflower

YIELDS 2 SERVINGS

PREP TIME: 2 minutes

COOK TIME: 10 minutes

10 ounces cauliflower florets

2 teaspoons olive oil

½ teaspoon salt

¼ teaspoon black pepper

- 1 PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 2 PLACE** the cauliflower florets into a bowl, drizzle with olive oil, and season with salt and pepper, tossing to coat the florets evenly.
- 3 ADD** the cauliflower into the preheated air fryer.
- 4 SELECT** Vegetables, then press Start/Pause.



Roasted Turmeric Cauliflower

YIELDS 2 SERVINGS

PREP TIME: 2 minutes

COOK TIME: 10 minutes

10 ounces cauliflower florets

2 teaspoons olive oil

1 teaspoon turmeric powder

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon salt

¼ teaspoon black pepper

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 2 **PLACE** the cauliflower florets into a bowl and drizzle with olive oil until all the cauliflower is well coated.
- 3 **TOSS** the cauliflower with the seasonings.
- 4 **ADD** the cauliflower into the preheated air fryer.
- 5 **SELECT** Vegetables, then press Start/Pause.



Roasted Corn

YIELDS 2 SERVINGS

PREP TIME: 2 minutes

COOK TIME: 10 minutes

1 ear of corn, husks & silks
removed, cut in half
1 tablespoon butter, melted
¼ teaspoon salt

- 1 **PREHEAT** the KOIOS Air Fryer, adjust to 400°F, and press Start/Pause.
- 2 **BRUSH** the melted butter all over the corn and season with salt.
- 3 **PLACE** the corn in the preheated air fryer.
- 4 **SELECT** Root Vegetables, adjust time to 10 minutes, and press Start/Pause.
- 5 **FLIP** the corn halfway through cooking (the Shake Reminder function will let you know when!).



Roasted Butternut Squash

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 12 minutes

1 butternut squash, peeled, seeded
& cut into 1-inch cubes

2 tablespoons olive oil, plus more
for drizzling

1½ teaspoons thyme leaves

1 teaspoon salt

½ teaspoon black pepper

- 1 PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 COAT** the butternut squash cubes with olive oil and season with thyme, salt, and pepper.
- 3 ADD** the seasoned squash to the preheated air fryer.
- 4 SELECT** Root Vegetables and press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 5 DRIZZLE** with olive oil when done cooking and serve.



Roasted Eggplant

YIELDS 1 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 10 minutes

1 Japanese eggplant, peeled & cut
into 1/2-inch thick slices
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon onion powder
1/4 teaspoon ground cumin

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **CUT** the peeled eggplant into 1/2-inch thick slices.
- 3 **COMBINE** the oil and seasonings in a large bowl until well combined and toss the eggplant until all pieces are well coated.
- 4 **PLACE** the eggplant into the preheated air fryer and cook at 400°F for 10 minutes.



Garlic Bread

YIELDS 4 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 8 minutes

- 1 French baguette (12 inches), cut lengthwise & widthwise
- 4 garlic cloves, minced
- 3 tablespoons butter, room temperature
- 1 tablespoon olive oil
- 2 tablespoons Parmesan cheese, grated
- 2 tablespoons parsley, freshly chopped

- 1 **SLICE** the baguette in half lengthwise, then each piece in half widthwise, creating four 6-inch long slices.
- 2 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 3 **COMBINE** garlic, butter, and olive oil together to form a paste.
- 4 **SPREAD** the paste evenly onto the bread and sprinkle with Parmesan cheese.
- 5 **PLACE** the bread into the preheated air fryer.
- 6 **SELECT** Bread and press Start/Pause.
- 7 **GARNISH** with freshly chopped parsley when done cooking.



Cheesy Cornbread Muffins

YIELDS 6 MUFFINS

PREP TIME: 8 minutes

COOK TIME: 15 minutes

½ cup all-purpose flour
½ cup cornmeal
3 tablespoons white sugar
1 teaspoon salt
1½ teaspoons baking powder
½ cup milk
3 tablespoons butter, melted
1 egg
1 cup corn
3 scallions, chopped
3 ounces cheddar cheese, grated
Nonstick cooking spray

- 1 **COMBINE** flour, cornmeal, sugar, salt, and baking powder in a bowl. Mix together.
- 2 **WHISK** together milk, butter, and egg until well combined.
- 3 **MIX** dry ingredients into wet ingredients. Fold in corn, scallions, and grated cheddar cheese.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 5 **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- 6 **ADD** the muffins into the preheated air fryer.
- 7 **SELECT** Bread, adjust time to 15 minutes, and press Start/Pause.
- 8 **SERVE** muffins with more butter, or enjoy as is



Cheddar Buttermilk Biscuits

YIELDS 4 BISCUITS

PREP TIME: 10 minutes

COOK TIME: 12 minutes

1 ¼ teaspoons baking powder
1 teaspoon kosher salt
1 teaspoon sugar
1 teaspoon baking soda
1 ¾ cups all-purpose flour, plus
more for surface
½ cup (1 stick) unsalted butter,
chilled, cut into ¼-inch pieces
½ cup cheddar cheese, shredded
½ cup buttermilk, chilled
Butter, melted, for brushing

- 1 **SIFT** together the baking powder, salt, sugar, baking soda, and flour.
- 2 **CUT** in the chilled butter by using a pastry blender or food processor until it resembles coarse crumbs.
- 3 **MIX** in the cheddar cheese and buttermilk until it combines into dough. The dough should look dry.
- 4 **FORM** dough into a 1-inch thick square.
- 5 **SELECT** Preheat, adjust to 350°F, and press Start/Pause.
- 6 **CUT** biscuits using a round biscuit/cookie cutter.
- 7 **LINE** the preheated air fryer baskets with parchment paper.
- 8 **BRUSH** top of the biscuits with melted butter and place atop the parchment paper.
- 9 **COOK** the biscuits at 350°F for 12 minutes.



Brussel Sprouts with Pancetta

YIELDS 2 SERVINGS

PREP TIME: 5 minutes

COOK TIME: 8 minutes

10 ounces brussel sprouts, halved
2 strips pancetta, diced
1 tablespoon olive oil
½ teaspoon garlic powder
Salt & pepper, to taste
1 tablespoon Parmesan cheese,
freshly grated

- 1 **PREHEAT** the KOIOS Air Fryer and press Start/Pause.
- 2 **CUT** the stems off the brussel sprouts, then cut in half.
- 3 **COMBINE** brussel sprout halves, diced pancetta, olive oil, garlic powder, salt, and pepper in a bowl and mix together.
- 4 **ADD** mixture to the preheated air fryer.
- 5 **SELECT** Root Vegetables, adjust time to 10 minutes, then press Start/Pause. Make sure to shake the baskets halfway through cooking (the Shake Reminder function will let you know when!).
- 6 **GRATE** Parmesan cheese for garnish, then serve.

Desserts and More



Serves 8 (serving size: 1 doughnut)

Air Fryer Doughnuts

Active Time: 35 Mins

Total Time: 2 Hours 20 Mins

Ingredients

- 1/4 cup warm water, warmed (100°F to 110°F)
- 1 teaspoon active dry yeast
- 1/4 cup, plus 1/2 tsp. granulated sugar, divided
- 2 cups (about 8 1/2 oz.) all-purpose flour
- 1/4 teaspoon kosher salt
- 1/4 cup whole milk, at room temperature
- 2 tablespoons unsalted butter, melted
- 1 large egg, beaten
- 1 cup (about 4 oz.) powdered sugar
- 4 teaspoons tap water

How to Make It

Step 1

Stir together water, yeast, and 1/2 teaspoon of the granulated sugar in a small bowl; let stand until foamy, about 5 minutes. Combine flour, salt, and remaining 1/4 cup granulated sugar in a medium bowl. Add yeast mixture, milk, butter, and egg; stir with a wooden spoon until a soft dough comes together. Turn dough out onto a lightly floured surface and knead until smooth, 1 to 2 minutes. Transfer dough to a lightly greased bowl. Cover and let rise in a warm place until doubled in volume, about 1 hour.

Step 2

Turn dough out onto a lightly floured surface. Gently roll to 1/4-inch thickness. Cut out 8 doughnuts using a 3-inch round cutter and a 1-inch round cutter to remove center. Place doughnuts and doughnut holes on a lightly floured surface. Cover loosely with plastic wrap and let stand until doubled in volume, about 30 minutes.

Step 3

Place 2 doughnuts and 2 doughnut holes in single layer in air fryer basket, and cook at 350°F until golden brown, 4 to 5 minutes. Repeat with remaining doughnuts and holes.

Step 4

Whisk together powdered sugar and tap water in a medium bowl until smooth. Dip doughnuts and doughnut holes in glaze; place on a wire rack set over a rimmed baking sheet to allow excess glaze to drip off. Let stand until glaze hardens, about 10 minutes.



Cinnamon Apple Chips

Serves 4 (serving size: 6 to 8 apple chips, about 1 tbsp. dip)

Active Time: 10 Mins

Total Time: 25 Mins

Ingredients

- 1 (8-oz.) apple (such as Fuji or Honeycrisp)
- 1 teaspoon ground cinnamon
- 2 teaspoons canola oil
- Cooking spray
- 1/4 cup plain 1% low-fat Greek yogurt
- 1 tablespoon almond butter
- 1 teaspoon honey

How to Make It

Step1

Thinly slice apple on a mandoline. Place slices in a bowl with cinnamon and oil; toss to coat evenly.

Step2

Coat air fryer basket well with cooking spray. Place 7 to 8 apple slices in single layer in basket, and cook at 375°F for 12 minutes, turning the slices every 4 minutes and rearranging slices to flatten them, as they will move during the cooking process. Slices will not be completely crisped, but will continue to crisp upon cooling. Repeat with remaining apple slices.

Step3

While apple slices cook, stir together yogurt, almond butter, and honey in a small bowl until smooth. To serve, place 6 to 8 apple slices on each plate with a small dollop of dipping sauce.



Yield: Serves 8 (serving size: 1 pie)

Peach Hand Pies

Active Time: 20 Mins

Total Time: 1 Hour

Ingredients

- 2 (5-oz.) fresh peaches, peeled and chopped
- 1 tablespoon fresh lemon juice (from 1 lemon)
- 3 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon table salt
- 1 teaspoon cornstarch
- 1 (14.1-oz.) pkg. refrigerated piecrusts
- Cooking spray

How to Make It

Step 1

Stir together peaches, lemon juice, sugar, vanilla, and salt in a medium bowl. Let stand 15 minutes, stirring occasionally. Drain peaches, reserving 1 tablespoon liquid. Whisk cornstarch into reserved liquid; stir into drained peaches.

Step 2

Cut piecrusts into 8 (4-inch) circles. Place about 1 tablespoon filling in center of each circle. Brush edges of dough with water; fold dough over filling to form half-moons. Crimp edges with a fork to seal; cut 3 small slits in top of pies. Coat pies well with cooking spray.

Step 3

Place 3 pies in single layer in air fryer basket, and cook at 350°F until golden brown, 12 to 14 minutes. Repeat with remaining pies.



Cinnamon Biscuit Bites Serves 8

(serving size: 2 bites)

Active Time: 25 Mins

Total Time: 40 Mins

Ingredients

- 2/3 cup (about 2 7/8 oz.) all-purpose flour
- 2/3 cup (about 2 2/3 oz.) whole-wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 4 tablespoons cold salted butter, cut into small pieces
- 1/3 cup whole milk
- Cooking spray
- 2 cups (about 8 oz.) powdered sugar
- 3 tablespoons water

How to Make It

Step1

Whisk together flours, granulated sugar, baking powder, cinnamon, and salt in a medium bowl. Add butter; cut into mixture using 2 knives or a pastry cutter until butter is well combined with flour and mixture resembles coarse cornmeal. Add milk, and stir together until dough forms a ball. Place dough on a floured surface, and knead until dough is smooth and forms a cohesive ball, about 30 seconds. Cut dough into 16 equal pieces. Gently roll each piece into a smooth ball.

Step2

Coat air fryer basket well with cooking spray. Place 8 balls in basket, leaving room between each; spray donut balls with cooking spray. Cook at 350°F until browned and puffed, 10 to 12 minutes. Gently remove donut balls from basket, and place on a wire rack over foil. Let cool 5 minutes. Repeat with remaining donut balls.

Step3

Whisk together powdered sugar and water in a medium bowl until smooth. Gently spoon half of the glaze over donut balls. Let cool 5 minutes; glaze again, allowing excess to drip off.



Serves 8 (serving size: 2 spanakopita bites)

SpanakopitaBites

Active Time: 25 Mins

Total Time: 45 Mins

Ingredients

- 1 (10-oz.) pkg. baby spinach leaves
- 2 tablespoons water
- 1/4 cup 1% low-fat cottage cheese
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 tablespoons finely grated Parmesan cheese
- 1 large egg white
- 1 teaspoon lemon zest (from 1 lemon)
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 4 (13- x 18-inch) sheets frozen phyllo dough, thawed
- 1 tablespoon olive oil
- Cooking spray

How to Make It

Step 1

Place spinach and water in a large pot; cook over high, stirring often, until wilted, 5 minutes. Drain spinach; cool about 10 minutes. Press firmly with a paper towel to remove as much moisture as possible.

Step 2

Stir together spinach, cottage cheese, feta cheese, Parmesan cheese, egg white, zest, oregano, black pepper, salt, and cayenne pepper in medium bowl until well blended.

Step 3

Place 1 phyllo sheet on work surface. Brush lightly with oil using a pastry brush. Top with a second sheet of phyllo; brush with oil. Continue layering to form a stack of 4 oiled sheets. Working from the long side, cut the stack of phyllo sheets into 8 (2 1/4-inch wide) strips. Cut the strips in half, crosswise, to form 16 (2 1/4-inch wide) strips. Spoon about 1 tablespoon filling onto 1 short end of each strip. Fold one corner over the filling to create a triangle; continue folding back and forth to the end of the strip, creating a triangle-shaped phyllo packet.

Step 4

Lightly coat air fryer basket with cooking spray. Place 8 packets, seam side down, in the basket; lightly spray the tops. Cook at 375°F until phyllo is deep golden brown and crispy, 12 minutes, turning packets over halfway through cooking. Repeat with remaining phyllo packets. Serve warm or at room temperature.



Crispy Beet Chips

Serves 4 (serving size: 1 cup)

Active Time: 15 Mins

Total Time: 1 Hour 5 Mins

Ingredients

- medium-size red beets (about 1 1/2 lb.), peeled and cut into 1/8-inch thick slices (about 3 cups slices)
- 2 teaspoons canola oil
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

How to Make It

Step 1

Toss sliced beets, oil, salt, and pepper in a large bowl.

Step 2

Place half of the beets in air fryer basket, and cook at 320°F until dry and crisp, 25 to 30 minutes, shaking the basket every 5 minutes. Repeat with remaining beets.



Yield: Serves 8 (serving size: 2 spanakopita bites)

SpanakopitaBites

Active Time: 25 Mins

Total Time: 45 Mins

Ingredients

- 1 (10-oz.) pkg. baby spinach leaves
- 2 tablespoons water
- 1/4 cup 1% low-fat cottage cheese
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 tablespoons finely grated Parmesan cheese
- 1 large egg white
- 1 teaspoon lemon zest (from 1 lemon)
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 4 (13- x 18-inch) sheets frozen phyllo dough, thawed
- 1 tablespoon olive oil
- Cooking spray

How to Make It

Step 1

Place spinach and water in a large pot; cook over high, stirring often, until wilted, 5 minutes. Drain spinach; cool about 10 minutes. Press firmly with a paper towel to remove as much moisture as possible.

Step 2

Stir together spinach, cottage cheese, feta cheese, Parmesan cheese, egg white, zest, oregano, black pepper, salt, and cayenne pepper in medium bowl until well blended.

Step 3

Place 1 phyllo sheet on work surface. Brush lightly with oil using a pastry brush. Top with a second sheet of phyllo; brush with oil. Continue layering to form a stack of 4 oiled sheets. Working from the long side, cut the stack of phyllo sheets into 8 (2 1/4-inch wide) strips. Cut the strips in half, crosswise, to form 16 (2 1/4-inch wide) strips. Spoon about 1 tablespoon filling onto 1 short end of each strip. Fold one corner over the filling to create a triangle; continue folding back and forth to the end of the strip, creating a triangle-shaped phyllo packet.

Step 4

Lightly coat air fryer basket with cooking spray. Place 8 packets, seam side down, in the basket; lightly spray the tops. Cook at 375°F until phyllo is deep golden brown and crispy, 12 minutes, turning packets over halfway through cooking. Repeat with remaining phyllo packets. Serve warm or at room temperature.



Cinnamon Rolls

YIELDS 8 / 10 CINNAMON ROLLS

PREP TIME: 1 hour 20 minutes

COOK TIME: 12 minutes

CREAM CHEESE FROSTING

½ cup cream cheese, room temperature
1 cup powdered sugar
½ cup unsalted butter, room temperature
½ teaspoon vanilla extract

CINNAMON ROLLS

1 cup milk, warm
¼ cup unsalted butter, melted
¼ cup white sugar
½ packet active dry yeast
2½ cups all-purpose flour, plus more for dusting
½ teaspoon baking powder
1 teaspoon salt
¼ cup unsalted butter, softened
½ cup dark brown sugar
2½ teaspoons ground cinnamon

- 1 **MIX** together all the frosting ingredients until well combined and there are no lumps. Set aside.
- 2 **COMBINE** the warm milk, melted butter, white sugar, and active dry yeast in a large bowl and allow to bloom for 1 minute.
- 3 **MIX** in 2 cups all-purpose flour until well combined and cover with a towel for 1 hour and place in a warm area of your house.
- 4 **MIX** in the remaining flour, baking powder, and salt.
- 5 **KNEAD** the dough on a floured surface and roll out to a ¼-inch thickness.
- 6 **SPREAD** the softened butter on the dough, and sprinkle the dark brown sugar and cinnamon on top.
- 7 **ROLL** the cinnamon rolls tightly beginning at the long edge, until a log of dough has been formed.
- 8 **CUT** the dough into 1 to 1½-inch slices, place onto a lightly buttered sheet pan, and cover with a towel for 30 minutes.
- 9 **PREHEAT** the KOIOS Air Fryer, adjust to 330°F, and press Start/Pause.
- 10 **PLACE** the cinnamon rolls on parchment paper and into the preheated air fryer.
- 11 **COOK** the cinnamon rolls at 330°F for 12 minutes.
- 12 **SPREAD** the cream cheese frosting on top when done cooking.



Chocolate Soufflé

YIELDS 2 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 13 minutes

Butter, for greasing
 Sugar, for coating
 3 ounces bittersweet chocolate,
 chopped
 ¼ cup unsalted butter
 2 eggs, yolks separated from
 whites
 ½ teaspoon pure vanilla extract
 2 tablespoons all-purpose flour
 3 tablespoons sugar
 Powdered sugar, for dusting

- 1 **GREASE** two 6-ounce ramekins with butter. Sprinkle sugar into the ramekins, shaking to spread around, then dumping out the excess.
- 2 **MELT** chocolate and butter together in the microwave in 30 second intervals until the chocolate is fully melted, about 30 seconds to 1 minute.
- 3 **WHISK** the egg yolks and vanilla extract vigorously into the melted chocolate to prevent scrambling. Stir in the flour until there are no lumps and set aside to cool.
- 4 **BEAT** the egg whites in a large bowl with an electric mixer at medium speed until they just hold soft peaks.
- 5 **ADD** the sugar, a little at a time, continuing to beat at medium speed, then increasing to high speed until whites just hold stiff peaks. Set aside.
- 6 **PREHEAT** the KOIOS Air Fryer, adjust to 330°F, and press Start/Pause.
- 7 **STIR** about ½ cup of the whites into chocolate mixture to lighten. Then, add chocolate mixture to the remaining whites, folding gently but thoroughly.
- 8 **SPOON** batter into the ramekins and place into the preheated air fryer.
- 9 **BAKE** the soufflés at 330°F for 13 minutes.
- 10 **DUST** the soufflés with powdered sugar and serve immediately.



Banana Nut Bread

YIELDS 1 MINI LOAF

PREP TIME: 10 minutes

COOK TIME: 40 minutes

¼ cup unsalted butter, softened
½ cup sugar
1 egg, beaten
2 overripe bananas, mashed
¼ teaspoon vanilla extract
¾ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
⅓ cup chopped walnuts
Nonstick cooking spray

- 1 **CREAM** together the butter and sugar.
- 2 **MIX** in the egg, mashed bananas, and vanilla. Set aside.
- 3 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 4 **SIFT** together the flour, baking soda, and salt.
- 5 **FOLD** the dry ingredients into the wet until combined. Mix in the chopped walnuts.
- 6 **GREASE** 1 mini loaf pan and then fill with batter. Place into the preheated air fryer.
- 7 **SELECT** Desserts, adjust to 40 minutes, and press Start/Pause.



Mini Apple Pies

YIELDS 2 SERVINGS

PREP TIME: 35 minutes

COOK TIME: 10 minutes

1 medium apple, peeled & diced
into bite-sized pieces
2½ tablespoons granulated sugar
1 tablespoon unsalted butter
½ teaspoon ground cinnamon
teaspoon ground nutmeg
teaspoon ground allspice
1 sheet pre-made pie dough
1 egg, beaten
1 teaspoon milk

- 1 **COMBINE** the diced apples, granulated sugar, butter, cinnamon, nutmeg, and allspice together in a medium saucepan or skillet over low-medium heat. Bring to a simmer.
- 2 **SIMMER** for 2 minutes, then remove from heat.
- 3 **ALLOW** the apples to cool, uncovered at room temperature, for 30 minutes.
- 4 **CUT** the pie dough into 5-inch circles.
- 5 **ADD** the filling to the center of each pie crust circle and use your finger to apply water to the outer ends. Some filling will be left over.
- 6 **CRIMP** the pie shut and cut a small slit on the top.
- 7 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Press.
- 8 **MIX** together the egg and milk to make an egg wash and brush the tops of each pie.
- 9 **PLACE** the pies into the preheated air fryer and cook at 350°F for 10 minutes, until pies are golden brown.



Rustic Pear Tart with Walnuts

YIELDS 4 SERVINGS

PREP TIME: 1 hour 10 minutes
COOK TIME: 45 minutes

PASTRY

¾ cup all-purpose flour, plus ½ tablespoon
¼ teaspoon salt
1 tablespoon granulated sugar
6 tablespoons unsalted butter, cold, cut into ½-inch pieces
2 tablespoons water, ice-cold
1 egg, beaten
1 tablespoon turbinado sugar
Nonstick cooking spray
1 tablespoon honey
1½ teaspoons water
Toasted walnuts, chopped, for garnish

FILLING

1 large pear, peeled, quartered & thinly sliced
1½ teaspoons cornstarch
2 tablespoons brown sugar
¼ teaspoon ground cinnamon
A pinch salt

- 1 **MIX** the ¾ cup flour, salt, and granulated sugar in a large bowl until well combined.
- 2 **CUT** the butter into the mixture using a pastry blender or food processor until it forms coarse crumbs.
- 3 **ADD** the cold water and mix until it combines.
- 4 **FORM** the dough in a bowl, cover with plastic wrap, and chill in the fridge for 1 hour.
- 5 **MIX** together the filling ingredients in a bowl until well combined.
- 6 **ROLL** out your chilled dough until it is 8½ inches in diameter.
- 7 **ADD** the ½ tablespoon flour onto the top of the pastry leaving 1½ inches unfloured.
- 8 **LAY** the pear slices in decorative, overlapping circles on top of the floured part of the crust. Spoon any remaining pear juice over the slices. Fold the border over the filling.
- 9 **COVER** the borders with beaten egg and sprinkle the turbinado sugar all over the tart. Set aside.
- 10 **PREHEAT** the KOIOS Air Fryer, adjust to 350°F, and press Start/Pause.
- 11 **SPRAY** the preheated air fryer with cooking spray and place the tart inside.
- 12 **SELECT** Bread, adjust time to 45 minutes, and press Start/Pause.
- 13 **MIX** together the honey and water and brush the tart when it is done cooking.
- 14 **GARNISH** with toasted chopped walnuts.



Lemon Pound Cake

YIELDS 1 MINI LOAF

PREP TIME: 10 minutes

COOK TIME: 30 minutes

1 cup all-purpose flour

1 teaspoon baking powder
1 teaspoon salt

6 tablespoons unsalted butter,
softened

$\frac{3}{4}$ cup granulated sugar

1 large egg

1 tablespoon fresh lemon juice

1 lemon, zested

$\frac{1}{4}$ cup buttermilk

- 1 **MIX** together the flour, baking powder, and salt in a bowl. Set aside.
- 2 **ADD** the softened butter to an electric mixer and beat until light and fliffy, about 3 minutes.
- 3 **BEAT** the sugar into the whipped butter for 1 minute.
- 4 **BEAT** the flour mixture into the butter until fully incorporated, about 1 minute.
- 5 **ADD** in the egg, lemon juice, and lemon zest. Mix on low until fully incorporated.
- 6 **POUR** in the buttermilk slowly while mixing at medium speed.
- 7 **ADD** the batter to a greased mini loaf pan all the way to the top. You may have some batter left over.
- 8 **PREHEAT** the KOIOS Air Fryer, adjust to 320°F, and press Start/Pause.
- 9 **PLACE** the pound cake into the preheated air fryer.
- 10 **SELECT** Bread, adjust time to 30 minutes, and press Start/Pause.



Blueberry Lemon Muffins

YIELDS 6 / 8 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

½ teaspoon lemon juice
½ cup coconut milk or soy milk
1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
¼ cup granulated sugar
3 tablespoons coconut oil,
liquidated
1 lemon, zested
½ teaspoon vanilla extract
1 cup fresh blueberries
Nonstick cooking spray

- 1 **COMBINE** lemon juice and coconut milk in a small bowl, then set aside.
- 2 **MIX** together flour, baking powder, baking soda, and salt in a separate bowl and set aside.
- 3 **BLEND** together sugar, coconut oil, lemon zest, and vanilla extract in an additional bowl. Then, combine with coconut-lemon mixture and stir to combine.
- 4 **MIX** your dry mixture into your wet, gradually, until smooth. Gently fold in blueberries.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 6 **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- 7 **PLACE** the muffin cups carefully into the preheated air fryer. Select Desserts, adjust time to 15 minutes, then press Start/Pause.
- 8 **REMOVE** muffins when done cooking and let them cool down for 10 minutes. Then serve.



Chocolate Espresso Muffins

YIELDS 8 MUFFINS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

1 cup all purpose flour
½ cup cocoa powder
¾ cup light brown sugar
½ teaspoon baking powder
½ teaspoon espresso powder
½ teaspoon baking soda
¼ teaspoon salt
1 large egg
¾ cup milk
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar
⅓ cup vegetable oil
Nonstick cooking spray

- 1 **MIX** together the flour, cocoa powder, sugar, baking powder, espresso powder, baking soda, and salt in a large bowl.
- 2 **WHISK** the egg, milk, vanilla, vinegar, and oil in a separate bowl.
- 3 **MIX** the wet ingredients into the dry until combined.
- 4 **GREASE** the muffin cups with cooking spray and pour batter in until cups are ¾ full.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 6 **PLACE** the muffin cups carefully into the preheated air fryer. You may need to work in batches.
- 7 **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.



Coconut Macaroons

YIELDS 5/6 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

$\frac{1}{4}$ cup sweetened condensed milk
1 egg white
 $\frac{1}{4}$ teaspoon almond extract
 $\frac{1}{4}$ teaspoon vanilla extract
teaspoon salt
 $1\frac{3}{4}$ cups shredded, unsweetened coconut

- 1 **MIX** together condensed milk, egg white, almond extract, vanilla extract, and salt in a bowl.
- 2 **ADD** in $1\frac{1}{2}$ cups shredded coconut and mix until well combined. Mixture should be able to hold its shape.
- 3 **FORM** $1\frac{1}{2}$ -inch balls with your hands. On a separate plate, add $\frac{1}{4}$ cup of shredded coconut.
- 4 **ROLL** the coconut macaroons into the shredded coconut until covered.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 6 **ADD** the coconut macaroons to the preheated air fryer.
- 7 **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.
- 8 **LET** macaroons cool for 5 to 10 minutes when done, then serve.



Orange Cranberry Muffins

YIELDS 6 / 8 MUFFINS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

1 cup all-purpose flour
 $\frac{1}{2}$ cup sugar
 1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
 1 cup cranberries
 1 egg
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{4}$ cup vegetable oil
 1 orange, zested
 Nonstick cooking spray

- 1 **MIX** together the flour, sugar, baking powder, baking soda, salt, and cranberries in a large bowl.
- 2 **WHISK** the egg, orange juice, oil, and orange zest in a separate bowl.
- 3 **MIX** the wet ingredients into the dry until combined.
- 4 **GREASE** the muffin cups with cooking spray and pour batter in until cups are $\frac{3}{4}$ full.
- 5 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 6 **PLACE** the muffin cups carefully into the preheated air fryer. You may need to work in batches.
- 7 **SELECT** Desserts, adjust time to 15 minutes, and press Start/Pause.



Chocolate Chip Muffins

YIELDS 6 / 8 SERVINGS

PREP TIME: 10 minutes

COOK TIME: 15 minutes

¼ cup granulated sugar
 ½ cup coconut milk or soy milk
 3 tablespoons coconut oil,
 liquidated
 ½ teaspoon vanilla extract
 1 cup all-purpose flour
 2 tablespoons cocoa powder
 1 teaspoon baking powder
 ¼ teaspoon baking soda
 ¼ teaspoon salt
 ½ cup dark chocolate chips
 ¼ cup pistachios, cracked (Optional)
 Nonstick cooking spray

- 1 **COMBINE** sugar, coconut milk, coconut oil, and vanilla extract in a small bowl, then set aside.
- 2 **MIX** together flour, cocoa powder, baking powder, baking soda, and salt in a separate bowl and set aside.
- 3 **MIX** your dry ingredients into your wet, gradually, until smooth. Then fold in chocolate chips and pistachios.
- 4 **PREHEAT** the KOIOS Air Fryer, adjust to 300°F, and press Start/Pause.
- 5 **GREASE** muffin cups with cooking spray and pour batter in until cups are ¾ full.
- 6 **PLACE** the muffin cups carefully into the preheated air fryer. Select Desserts, adjust time to 15 minutes, then press Start/Pause.
- 7 **REMOVE** muffins when done cooking and let them cool down for 10 minutes before serving.



Air-fried General Tso's Chicken

Yield Serves 4 (serving size: about 3/4 cup)

Active Time: 20 Mins

Total Time: 35 Mins

Ingredients

- 1 large egg
- 1 pound boneless, skinless chicken thighs, patted dry and cut into 1 to 1 1/4-inch chunks
- 1/3 cup plus 2 tsp. cornstarch, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 7 tablespoons lower-sodium chicken broth
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons ketchup
- 2 teaspoons sugar
- 2 teaspoons unseasoned rice vinegar
- 1 1/2 tablespoons canola oil
- 3 to 4 chiles de árbol, chopped and seeds discarded
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon finely chopped garlic
- 2 tablespoons thinly sliced green onion, divided
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon toasted sesame seeds

How to Make It

Step 1

Beat egg in a large bowl, add chicken, and coat well. In another bowl, combine 1/3 cup cornstarch with salt and pepper. Transfer chicken with a fork to cornstarch mixture, and stir with a spatula to coat every piece.

Step 2

Transfer chicken to air-fryer oven racks (or fryer basket, in batches), leaving a little space between pieces. Preheat air-fryer at 400°F for 3 minutes. Add the battered chicken; cook for 12 to 16 minutes, giving things a shake midway. Let dry 3 to 5 minutes. If chicken is still damp on one side, cook for 1 to 2 minutes more.

Step 3

Whisk together remaining 2 teaspoons cornstarch with broth, soy sauce, ketchup, sugar, and rice vinegar. Heat canola oil and chiles in a large skillet over medium heat. When gently sizzling, add the ginger and garlic; cook until fragrant, about 30 seconds.

Step 4

Re-whisk cornstarch mixture; stir into mixture in skillet. Increase heat to medium-high. When sauce begins to bubble, add chicken. Stir to coat; cook until sauce thickens and nicely clings to chicken, about 1 1/2 minutes. Turn off heat; stir in 1 tablespoon green onion and sesame oil. Transfer to a serving plate, and top with sesame seeds and remaining 1 tablespoon green onion.



Serves 4 (serving size: 4 avocado fries, 2 tbsp. sauce)

Avocado Fries

Active Time: 15 Mins

Total Time: 30 Mins

Ingredients

- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 1 1/2 teaspoons black pepper
- 2 large eggs
- 1 tablespoon water
- 1/2 cup panko (Japanese-style bread crumbs)
- 2 avocados, cut into 8 wedges each
- Cooking spray
- 1/4 teaspoon kosher salt
- 1/4 cup no-salt-added ketchup
- 2 tablespoons canola mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon Sriracha chili sauce

How to Make It

Step1

Stir together flour and pepper in a shallow dish. Lightly beat eggs and water in a second shallow dish. Place panko in a third shallow dish. Dredge avocado wedges in flour, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko, pressing to adhere. Coat avocado wedges well with cooking spray.

Step2

Place avocado wedges in air fryer basket, and cook at 400°F until golden, 7 to 8 minutes, turning avocado wedges over halfway through cooking. Remove from air fryer; sprinkle with salt.

Step3

While avocado wedges cook, whisk together ketchup, mayonnaise, vinegar, and Sriracha in a small bowl. To serve, place 4 avocado fries on each plate with 2 tablespoons sauce.



Serves 12 (2 meatballs)

Italian-Style Meatballs

Active Time: 10 Mins Total Time: 45 Mins

Ingredients

- 2 tablespoons olive oil
- 1 medium shallot, minced (about 2 Tbsp.)
- 3 cloves garlic, minced (about 1 Tbsp.)
- 1/4 cup whole-wheat panko crumbs
- 2 tablespoons whole milk
- 2/3 pound lean ground beef
- 1/3 pound bulk turkey sausage
- 1 large egg, lightly beaten
- 1/4 cup finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt

How to Make It

Step 1

Preheat air-fryer to 400°F. Heat oil in a medium nonstick pan over medium-high heat. Add shallot and cook until softened, 1 to 2 minutes. Add garlic and cook just until fragrant, 1 minute. Remove from heat.

Step 2

In a large bowl, combine panko and milk. Let stand 5 minutes.

Step 3

Add cooked shallot and garlic to panko mixture, along with beef, turkey sausage egg, parsley, rosemary, thyme, mustard, and salt. Stir to gently combine.

Step 4

Gently shape mixture into 1 1/2-inch balls. Place shaped balls in a single-layer in air-fryer basket. Cook half the meatballs at 400°F until lightly browned and cooked-through, 10 to 11 minutes.

Remove and keep warm. Repeat with remaining meatballs.

Step 5

Serve warm meatballs with toothpicks as an appetizer or serve over pasta, rice, or spiralized zoodles for a main dish.



PorkChops With Brussels Sprouts

Serves 1 (serving size: 1 pork chop, 1 cup brussels sprouts)

Active Time: 25 Mins

Total Time: 25 Mins

Ingredients

- 8 ounces bone-in center-cut pork chop
- Cooking spray
- 1/8 teaspoon kosher salt
- 1/2 teaspoon black pepper, divided
- 1 teaspoon olive oil
- 1 teaspoon pure maple syrup
- 1 teaspoon Dijon mustard
- 6 ounces Brussels sprouts, quartered

How to Make It

Step1

Lightly coat pork chop with cooking spray; sprinkle with salt and 1/4 teaspoon of the pepper. Whisk together oil, syrup, mustard, and remaining 1/4 teaspoon pepper in a medium bowl; add Brussels sprouts; toss to coat.

Step2

Place pork chop on 1 side of air fryer basket, and coated Brussels sprouts on other side. Heat air fryer to 400°F, and cook until golden brown and pork is cooked to desired temperature, about 10 minutes for medium or 13 minutes for well-done.



Churros With Chocolate Sauce

Serves 12 (serving size: 2 churros, 2 tsp. chocolate sauce)

Active Time: 30 Mins

Total Time: 1 Hour 25 Mins

Ingredients

- 1/2 cup water
- 1/4 teaspoon kosher salt
- 1/4 cup, plus 2 Tbsp. unsalted butter, divided
- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 2 large eggs
- 1/3 cup granulated sugar
- 2 teaspoons ground cinnamon
- 4 ounces bittersweet baking chocolate, finely chopped
- 3 tablespoons heavy cream
- 2 tablespoons vanilla kefir

How to Make It

Step1

Bring water, salt, and 1/4 cup of the butter to a boil in a small saucepan over medium-high. Reduce heat to medium-low; add flour, and stir vigorously with a wooden spoon until dough is smooth, about 30 seconds. Continue cooking, stirring constantly, until dough begins to pull away from sides of pan and a film forms on bottom of pan, 2 to 3 minutes. Transfer dough to a medium bowl. Stir constantly until slightly cooled, about 1 minute. Add eggs, 1 at a time, stirring constantly until completely smooth after each addition. Transfer mixture to a piping bag fitted with a medium star tip. Chill 30 minutes.

Step2

Pipe 6 (3-inch long) pieces in single layer in air fryer basket. Cook at 380°F until golden, about 10 minutes. Repeat with remaining dough.

Step3

Stir together sugar and cinnamon in a medium bowl. Brush cooked churros with remaining 2 tablespoons melted butter, and roll in sugar mixture to coat.

Step4

Place chocolate and cream in a small



Loaded Baked Potatoes

Serves 2 (serving size: 4 potatoes)

Active Time: 10 Mins

Total Time: 25 Mins

Ingredients

- 11 ounces baby Yukon Gold potatoes (about 8 [2-inch] potatoes)
- 1 teaspoon olive oil
- 2 center-cut bacon slices
- 1 1/2 tablespoons chopped fresh chives
- 1/2 ounce finely shredded reduced-fat Cheddar cheese (about 2 Tbsp.)
- 2 tablespoons reduced-fat sour cream
- 1/8 teaspoon kosher salt

How to Make It

Step1

Toss potatoes with oil to coat. Place potatoes in air fryer basket, and cook at 350°F until fork tender, 25 minutes, stirring potatoes occasionally.

Step2

Meanwhile, cook bacon in a medium skillet over medium until crispy, about 7 minutes. Remove bacon from pan; crumble. Place potatoes on a serving platter; lightly crush potatoes to split. Drizzle with bacon drippings. Top with chives, cheese, sour cream, salt, and crumbled bacon.



Air-Fried Corn Dog Bites

Serves 4 (serving size: 3 bites, 2 tsp. mustard)

Active Time: 15 Mins

Total Time: 30 Mins

Ingredients

- 2 uncured all-beef hot dogs
- 12 craft sticks or bamboo skewers
- 1/2 cup (about 2 1/8 oz.) all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 cups finely crushed cornflakes cereal
- Cooking spray

How to Make It

Step 1

Slice each hot dog in half lengthwise. Cut each half into 3 equal pieces. Insert a craft stick or bamboo skewer into 1 end of each piece of hot dog.

Step 2

Place flour in a shallow dish. Place lightly beaten eggs in a second shallow dish. Place crushed cornflakes in a third shallow dish. Dredge hot dogs in flour, shaking off excess. Dip in egg, allowing any excess to drip off. Dredge in cornflake crumbs, pressing to adhere.

Step 3

Lightly coat air fryer basket with cooking spray. Place 6 corn dog bites in basket; lightly spray tops with cooking spray. Cook at 375°F until coating is golden brown and crunchy, 10 minutes, turning the corn dog bites over halfway through cooking. Repeat with remaining corn dog bites.

Step 4

To serve, place 3 corn dog bites on each plate with 2 teaspoons mustard, and serve immediately.



Cinnamon Biscuit Bites

Active Time: 25 Mins

Total Time: 40 Mins

Ingredients

- 2/3 cup (about 2 7/8 oz.) all-purpose flour
- 2/3 cup (about 2 2/3 oz.) whole-wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 4 tablespoons cold salted butter, cut into small pieces
- 1/3 cup whole milk
- Cooking spray
- 2 cups (about 8 oz.) powdered sugar
- 3 tablespoons water

Serves 8 (serving size: 2 bites)

How to Make It

Step1

Whisk together flours, granulated sugar, baking powder, cinnamon, and salt in a medium bowl. Add butter; cut into mixture using 2 knives or a pastry cutter until butter is well combined with flour and mixture resembles coarse cornmeal. Add milk, and stir together until dough forms a ball. Place dough on a floured surface, and knead until dough is smooth and forms a cohesive ball, about 30 seconds. Cut dough into 16 equal pieces. Gently roll each piece into a smooth ball.

Step2

Coat air fryer basket well with cooking spray. Place 8 balls in basket, leaving room between each; spray donut balls with cooking spray. Cook at 350°F until browned and puffed, 10 to 12 minutes. Gently remove donut balls from basket, and place on a wire rack over foil. Let cool 5 minutes. Repeat with remaining donut balls.

Step3

Whisk together powdered sugar and water in a medium bowl until smooth. Gently spoon half of the glaze over donut balls. Let cool 5 minutes; glaze again, allowing excess to drip off.



Air Fryer Turkey Breast

Roasting a turkey breast in the air fryer yields perfectly cooked, moist and juicy meat on the inside with a beautiful deep golden brown skin.

PREP TIME: 5 mins

COOK TIME: 55 mins

TOTAL TIME: 1 hr

YIELD: 10 servings

COURSE: Dinner

CUISINE: American

Ingredients

- 4 pound turkey breast, on the bone with skin (ribs removed)
- 1 tablespoon olive oil
- 2 teaspoons kosher
- 1/2 tablespoon dry turkey or poultry
- seasoning, I used Bell's which has not salt

How to Make It

Step 1

Rub 1/2 tablespoon of oil all over the turkey breast. Season both sides with salt and turkey seasoning then rub in the remaining half tablespoon of oil over the skin side.

Step 1

Preheat the air fryer 350F and cook skin side down 20 minutes, turn over and cook until the internal temperature is 160F using an instant-read thermometer about 30 to 40 minutes more depending on the size of your breast. Let it rest 10 minutes before carving.

NOTES

Without the skin the smart points will be 0.



Fish Fillets

Prep Time: 5 minutes
Cook Time: 12 minutes
Total Time: 17 minutes
Course: Main Course
Cuisine: American
Servings: 4
Calories: 315

Ingredients

- 3/4 cup bread crumbs or Panko or crushed cornflakes
- 1 30g packet dry ranch-style dressing mix
- 2 1/2 tablespoons vegetable oil
- 2 eggs beaten
- 4 tilapia salmon or other fish fillets
- lemon wedges to garnish

How to Make It

Step1

Preheat your air fryer to 180 degrees C.

Step2

Mix the panko/breadcrumbs and the ranch dressing mix together.

Step3

Add in the oil and keep stirring until the mixture becomes loose and crumbly.

Step4

Dip the fish fillets into the egg, letting the excess drip off.

Step5

Dip the fish fillets into the crumb mixture, making sure to coat them evenly and thoroughly.

Step6

Place into your air fryer carefully.

Step7

Cook for 12-13 minutes, depending on the thickness of the fillets.

Step8

Remove and serve. Squeeze the lemon wedges over the fish if desired.



Sweet Potato Dessert Fries

Ingredients

- 2 medium sweet potatoes and/or yams peeled (see notes for low carb option)
- Half a tablespoon of coconut oil.
- 1 tablespoon arrowroot starch or cornstarch
- Optional 2 tsp melted butter (for coating)
- 1/4 cup coconut sugar or raw sugar
- 1 to 2 tablespoons cinnamon
- Optional powdered sugar for dusting (see notes for sugar free option)
- Dipping Sauces –
 - Dessert Hummus
 - Honey or Vanilla Greek Yogurt
 - Maple Frosting {vegan}

How to Make It

Step 1

Peel your sweet potatoes and wash them with clean water, then dry.

Slice peeled sweet potatoes lengthwise, 1/2 inch thick.

Step 2

Toss your sweet potato slices in 1/2 tbsp coconut oil and arrowroot starch (or cornstarch)

Step 3

Place in air fryer for 18 minutes at 370F. Shake halfway at 8-9 minutes.

Step 4

Remove the fries from the air fryer and place in large bowl. Drizzle 2 tsp optional butter on top of fries. Then mix in cinnamon and sugar and toss fries together again.

Step 5

Place on plate to serve, sprinkle with powdered sugar.

Step 6

Serve fries with dipping sauce of choice (see notes). To store, keep fries wrapped in foil and in fridge. Then reheat in oven again to warm before serving. Should keep for 2-3 days.



CRISPY BREADED PORK CHOPS

These Crispy Boneless Breaded Pork Chops come out moist on the inside and crispy on the outside! Made in the air fryer so they took just 12 minutes to cook.

TOTAL TIME: 15 mins

YIELD: 6

COURSE: Dinner

CUISINE: American

Ingredients

- olive oil spray
- 6 3/4-inch thick center cut boneless pork chops, fat trimmed (5 oz each)
- kosher salt
- 1 large egg, beaten
- 1/2 cup panko crumbs, check labels for GF
- 1/3 cup crushed cornflakes crumbs
- 2 tbsp grated parmesan cheese, omit for dairy free
- 1 1/4 tsp sweet paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp chili powder
- 1/8 tsp black pepper

How to Make It

Step 1

Preheat the air fryer to 400F for 12 minutes and lightly spray the basket with oil.

Step 2

Season pork chops on both sides with 1/2 tsp kosher salt.

Step 3

Combine panko, cornflake crumbs, parmesan cheese, 3/4 tsp kosher salt, paprika, garlic powder, onion powder, chili powder and black pepper in a large shallow bowl.

Step 4

Place the beaten egg in another. Dip the pork into the egg, then crumb mixture.

Step 5

When the air fryer is ready, place 3 of the chops into the prepared basket and spritz the top with oil.

Step 6

Cook 12 minutes turning half way, spritzing both sides with oil. Set aside and repeat with the remaining.



Garlic-Rosemary Brussels Sprouts

TOTAL TIME:30 mins

YIELD: 4

Ingredients

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound Brussels sprouts, trimmed and halved
- 1/2 cup panko (Japanese) bread crumbs
- 1-1/2 teaspoons minced fresh rosemary

How to Make It

Step 1

Preheat air fryer to 350°. Place first 4 ingredients in a small microwave-safe bowl; microwave on high 30 seconds.

Step 1

Toss Brussels sprouts with 2 tablespoons oil mixture. Place all the Brussels sprouts in fryer basket and cook 4-5 minutes. Stir sprouts. Continue to air-fry until sprouts are lightly browned and near desired tenderness, about 8 minutes longer, stirring halfway through cooking time.

Step 1

Toss bread crumbs with rosemary and remaining oil mixture; sprinkle over sprouts. Continue cooking until crumbs are browned and sprouts are tender, 3-5 minutes. Serve immediately.

Our Best-Loved Brand Looking to add an air fryer to your list? Our Test Kitchen tried out the most popular brands and found the very best air fryer. Check it out.



Bourbon Bacon Cinnamon Rolls

Prep: 25 min

Makes: 8 rolls

Ingredients

- 8 bacon strips
- 3/4 cup bourbon
- 1 tube (12.4 ounces) refrigerated cinnamon rolls with icing
- 1/2 cup chopped pecans
- 2 tablespoons maple syrup
- 1 teaspoon minced fresh gingerroot

How to Make It

Step1

Place bacon in a shallow dish; add bourbon. Seal and refrigerate overnight. Remove bacon and pat dry; discard bourbon.

Step2

In a large skillet, cook bacon in batches over medium heat until nearly crisp but still pliable. Remove to paper towels to drain. Discard all but 1 teaspoon drippings.

Step3

Preheat air fryer to 350°. Separate dough into eight rolls, reserving icing packet. Unroll spiral rolls into long strips; pat dough to form 6x1-in. strips. Place one bacon strip on each strip of dough, trimming bacon as needed; reroll, forming a spiral. Pinch ends to seal. Repeat with remaining dough. Transfer four rolls to the air fryer basket; cook 5 minutes. Turn rolls over and cook until golden brown, about 4 minutes.

Step4

Meanwhile, combine pecans and maple syrup. In another bowl, stir ginger together with contents of icing packet. In same skillet, heat remaining bacon drippings over medium heat. Add pecan mixture; cook, stirring frequently, until lightly toasted, 2-3 minutes.

Step5

Drizzle half of icing over warm cinnamon rolls; top with half of pecans. Repeat to make a second batch.



Air Fryer Green Tomato BLT

Prep: 20 min. **Cook** 10 min./batch

Makes: 4 servings

Ingredients

- 2 medium green tomatoes (about 10 ounces)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten
- 1/4 cup all-purpose flour
- 1 cup panko (Japanese) bread crumbs
- 1/2 cup reduced-fat mayonnaise
- 2 green onions, finely chopped
- 1 teaspoon snipped fresh dill or 1/4 teaspoon dill weed
- 8 slices whole wheat bread, toasted
- 8 cooked center-cut bacon strips
- 4 Bibb or Boston lettuce leaves

How to Make It

Step 1

Preheat air fryer to 350°. Spritz basket with cooking spray. Cut tomato into eight slices, about 1/4 in. thick each. Sprinkle tomato slices with salt and pepper. Place egg, flour and bread crumbs in separate shallow bowls. Dip tomato slices in flour, shaking off excess, then dip into egg, and finally into bread crumb mixture, patting to help adhere.

Step 2

Working in batches as needed, place tomato slices in air fryer basket in a single layer; spritz with cooking spray. Cook until golden brown, 8-12 minutes turning halfway, spritzing with additional cooking spray. Remove and keep warm; repeat with remaining tomato slices.

Step 3

Meanwhile, mix mayonnaise, green onions and dill. Layer each of four slices of bread with two bacon strips, one lettuce leaf and two tomato slices. Spread mayonnaise mixture over remaining slices of bread; place over top. Serve immediately.



Air Fryer Green Tomato BLT

Prep: 15 min.

+ chilling Cook: 10 min./ batch + cooling

Makes: about 2 dozen

Ingredients

- 1/2 cup unsalted butter, softened
- 1 package (3.4 ounces) instant lemon pudding mix
- 1/2 cup sugar
- 1 large egg
- 2 tablespoons 2% milk
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

ICING:

- 2/3 cup confectioners' sugar
- 2 to 4 teaspoons lemon juice

How to Make It

Step 1

In a large bowl, cream butter, pudding mix and sugar until light and fluffy. Beat in egg and milk. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture.

Step 2

Divide dough in half. On a lightly floured surface, shape each into a 6-in.-long roll. Wrap and refrigerate 3 hours or until firm.

Step 3

Preheat air fryer to 325°. Unwrap and cut dough crosswise into 1/2-in. slices. Place slices in a single layer in foil-lined fryer basket. Cook until edges are light brown, 8-12 minutes. Cool in basket 2 minutes. Remove to wire racks to cool completely. Repeat with remaining dough.

Step 4

In a small bowl, mix confectioners' sugar and enough lemon juice to reach a drizzling consistency. Drizzle over cookies. Let stand until set.

Step 5

To Make Ahead: Dough can be made 2 days in advance. Wrap and place in a resealable container. Store in the refrigerator.

Step 6

Freeze option: Place wrapped logs in a resealable container and freeze. To use, unwrap frozen logs and cut into slices. Cook as directed, increasing time by 1-2 minutes.



Air Fryer Quentin's Peach-Bourbon Wings

Prep: 35 min. **Cook:** 15 min./batch

Makes: about 1-1/2 dozen pieces

Ingredients

- 1/2 cup peach preserves
- 1 tablespoon brown sugar
- 1 garlic cloves, minced
- 1/4 teaspoon salt
- 2 tablespoons white vinegar
- 2 tablespoons bourbon
- 1 teaspoon cornstarch
- 1-1/2 teaspoons water
- 2 pounds chicken wings

How to Make It

Step 1

Preheat air fryer to 400°. Place preserves, brown sugar, garlic and salt in a food processor; process until blended. Transfer to a small saucepan. Add vinegar and bourbon; bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 4-6 minutes.

Step 1

In a small bowl, mix cornstarch and water until smooth; stir into preserve mixture. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Reserve 1/4 cup sauce for serving.

Step 1

Using a sharp knife, cut through the two joints on each chicken wing; discard wing tips. Spray air fryer basket with cooking spray. Working in batches as needed, place wing pieces in a single layer in air fryer basket. Cook 6 minutes; turn and brush with preserve mixture. Return to air fryer and cook until browned and juices run clear, 6-8 minutes longer. Remove and keep warm. Repeat with remaining wing pieces. Serve wings immediately with reserved sauce.



Air-Fryer Reuben Calzones

Prep: 15 min. **Cook:** 10 min./batch

Makes: 4 servings

Ingredients

- 1 tube (13.8 ounces) refrigerated pizza crust
- 4 slices Swiss cheese
- 1 cup sauerkraut, rinsed and well drained
- 1/2 pound sliced cooked corned beef
- Thousand Island salad dressing

How to Make It

Step 1

Preheat air fryer to 400°. Spritz air fryer basket with cooking spray. On a lightly floured surface, unroll pizza crust dough and pat into a 12-in. square. Cut into 4 squares. Layer one slice of the cheese and a fourth of the sauerkraut and corned beef diagonally over half of each square to within 1/2 in. of edges. Fold 1 corner over filling to the opposite corner, forming a triangle; press edges with a fork to seal. Place 2 calzones in a single layer in greased fryer basket.

Step 2

Cook until calzones are golden brown, 8-12 minutes, flipping halfway through cooking. Remove and keep warm; repeat with remaining calzones. Serve with salad dressing immediately with reserved sauce.



Air-Fryer Rosemary Sausage Meatballs

Prep: 20 min. **Cook:** 10 min./batch

Makes: about 2 dozen

Ingredients

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 teaspoon curry powder
- 1 large egg, lightly beaten
- 1 jar (4 ounces) diced pimientos, drained
- 1/4 cup dry bread crumbs
- 1/4 cup minced fresh parsley
- 1 tablespoon minced fresh rosemary
- 2 pounds bulk pork sausage
- Pretzel sticks, optional

How to Make It

Step 1

Preheat air fryer to 400°. In a small skillet, heat oil over medium heat; sauté garlic with curry powder until tender, 1-2 minutes. Cool slightly.

Step 2

In a bowl, combine egg, pimientos, bread crumbs, parsley, rosemary and garlic mixture. Add sausage; mix lightly but thoroughly.

Step 3

Shape into 1-1/4-in. balls. Place in a single layer in fryer basket; cook until lightly browned and cooked through, 7-10 minutes. Remove and keep warm; repeat with remaining meatballs, if needed. If desired, serve with pretzels.



Air Fryer Falafel Recipe

Prep time: 10 minutes

Cook time: 14 minutes

Yield: 25 to 30 falafel

Ingredients

For the tahini sauce:

- 1/2 cup tahini (I like Joyva)
- 1/4 cup Greek yogurt
- 1/2 lemon, juice only
- 2 tablespoons olive oil
- 1/4 to 1/2 cup hot water

For the falafel:

- 2 (15-ounce) cans chickpeas, rinsed and drained
- 1/4 cup fresh parsley
- 1/4 cup cilantro
- 2 cloves garlic
- 1 large shallot, chopped
- 3 tablespoons all-purpose flour
- 2 tablespoons sesame seeds
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/2 lemon, juice only
- 1 teaspoon salt
- Spray olive oil, for cooking

For serving:

- 6 pita breads
- Fresh lettuce
- 1 large tomato, sliced thin
- 1/2 red onion, sliced thin
- 1 cucumber, sliced thin
- Pretzel sticks, optional

How to Make It

1. Make the tahini sauce: In a medium bowl, stir together tahini, yogurt, lemon juice, and olive oil. The mixture will be very thick to start. Thin it out with hot water until it's easily spreadable. You'll have to slowly add 1/4 to 1/2 cup of hot water to get it to the right consistency.

2. Make the falafel mixture: In the bowl of a food processor, add the chickpeas, parsley, cilantro, garlic, shallot, flour, sesame seeds, cumin, paprika, lemon, and salt. Pulse until mixture comes together in a rough paste. It shouldn't be completely smooth.

Shape the falafel mixture into tablespoon-sized discs, about 1-inch in diameter.

3. Air fry the falafel: Spray the basket for your air fryer with some nonstick olive oil. Add as many falafel discs into the basket as you can without them touching and spray them with olive oil very lightly. Air fry the falafel at 350°F for 8 minutes. Flip and fry for another 6 minutes on the second side.

Repeat until you use all the falafel mixture. You should get 25 to 30 falafel discs.

4. Serve the falafel: Serve the falafel in warm pita (I like to microwave my pita first for 15 seconds). Serve with tahini yogurt sauce and any toppings you like!

Leftover falafel will store great in the fridge for 5 to 6 days or you can freeze the falafel for longer storage. Reheat falafel in a 350°F oven for 10 to 12 minutes until warmed through.



Air Fryer Chinese Egg Rolls

Prep time: 20 minutes

Cook time: 25 minutes

Yield: 12 egg rolls

Ingredients

For the egg rolls:

- 1 tablespoon olive oil
- 1 pound ground pork or chicken
- 1 clove garlic, minced
- 1 tablespoon grated fresh ginger
- 1 medium carrot, shredded
- 3 scallions, chopped
- 3 cups shredded green cabbage
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 12 egg roll wrappers
- Oil, for brushing

For dipping:

- Duck sauce
- Plum sauce
- Soy sauce

How to Make It

1. Cook the filling: In a large skillet over medium heat, add the olive oil along with the ground pork or chicken. Break apart the meat with a spatula or wooden spoon as it cooks. Cook until the meat is cooked through, 6 to 8 minutes.

Add garlic, ginger, carrot, scallions, and cabbage. Continue to cook until cabbage wilts down and is soft, another 3 to 4 minutes, stirring regularly. Season the filling with soy sauce and rice wine vinegar and take off the heat to cool. (This filling can be made in advance.)

Egg rolls in air fryer recipe cook the filling

2. Assemble the egg rolls: Place a single egg roll wrapper on a dry surface with one point of the square facing you (like a diamond). Place about 1/4 cup of the egg roll filling mixture in the middle of the wrapper. Dip your fingers in water and run around the edges of the wrapper. Then fold the edges of the wrapper over the center and start rolling the egg roll away from you to form a tight cylinder. Place on a plate and repeat until you are out of filling. You should get at least a dozen egg rolls.

Homemade egg rolls in air fryer assemble the egg rolls
Egg rolls in air fryer recipe fold the egg rolls

3. Air fry the egg rolls: Place the egg rolls in the basket of your air fryer. Spray or brush them lightly with oil. Add as many as you can without stacking the egg rolls, making sure they don't touch. Air needs to circulate around them. Brush the egg rolls lightly with oil. Place the basket in the air fryer and turn the air fryer to 350°F. Cook for 6 to 7 minutes, then flip the egg rolls, spray or brush with oil a second time on the bottom side, and cook for another 4 to 5 minutes.

Finished egg rolls should be golden brown and crispy! Serve immediately.



Air Fryer Cranberry Brie Canapés

Cranberries are widely available this time of year, and you can use fresh or frozen for this recipe. And brie is mild in flavor, but when served with foods that are tart (such as cranberries), the creaminess is amplified. Don't concern yourself with removing the rind from your wheel of brie: it's completely edible!

Ingredients

- Spiced Cranberry Sauce
- 1-inch piece of ginger, or 1/4 teaspoon ground ginger
- 1 vanilla bean, or 1 1/2 teaspoons vanilla extract
- 1 (12-ounce) bag (about 3 1/2 cups) fresh or frozen cranberries, rinsed
- 1 3-inch cinnamon stick (or 1/2 teaspoon ground cinnamon)
- 3 sprigs of fresh rosemary, divided
- Juice of 1 naval orange (about 1/2 cup)
- 1 tablespoon of orange zest
- 1/4 cup maple syrup
- Pinch of kosher salt
- 1/2 cup packed light brown sugar
- Canapés
- 8 ounces brie cheese, cut into 1" cubes
- 2 (1.9 ounce) boxes fully baked phyllo shells (30)

How to Make It

1. Prep the ginger and vanilla: Peel and then thinly slice the ginger (using the edge of a spoon is the easiest way). Use a sharp paring knife to split the vanilla bean down its length.

Open the vanilla bean slightly to ensure the seeds are extracted during cooking.

Vanilla Bean

2. Make the Cranberry Topping: In a 3-quart saucepan, combine the ginger, vanilla bean, cranberries, cinnamon stick, 1 sprig of rosemary, orange juice and zest, maple syrup, and the salt.

Stir the ingredients together and heat over medium-high heat for 3 minutes, or until the mixture starts to boil.

3. Reduce the topping: Reduce the heat to low, and allow the cranberries to cook until they begin to split open. Stirring frequently, cook the cranberries for 8 to 10 minutes, or until they've reduced a bit and thickened to a jelly-like consistency.

Remove the pan from the stove and add the light brown sugar. Stir constantly to dissolve the sugar and coat the cranberries in a thick glaze.

Allow the cranberries to cool to room temperature, leaving the spices in it.

Cranberry Brie Canapés

4. Prep your Air Fryer: Set your Cuisinart® Air Fryer Toaster Oven's function dial to Air Fry and the temperature dial to 300°F. Remove both the Air Fryer basket and the baking pan from the oven, then turn the on/oven dial to 10 minutes to preheat the oven.

Cranberry Brie Canapes

5. Fill the phyllo cups: While your Air Fryer is heating, fill your phyllo shells with the pieces of brie. It's easier to leave the shells in the packaging while you're trying to fill them. Remove the shells from the plastic packaging and arrange them, a dozen at a time, in the Air Fryer basket.

6. Bake the shells: Place the baking pan, with the Air Fryer basket nestled inside, into the oven in position

1. Bake the shells for five minutes.

Cranberry Brie Canapes

Once the shells have finished baking, remove them from the Air Fryer Toaster Oven and carefully remove them from the basket. Repeat this step, baking the shells by the dozen, until they are all baked.

7. Prep the rosemary topping: While the shells are baking, pick off the remaining rosemary leaves in clusters of two or three leaves. Set aside to garnish the canapés when you're done topping them with the sauce.

8. Top with cranberry sauce and garnish: Once you have baked all of the brie-filled shells, top each with a teaspoon of cranberry sauce, leaving the cinnamon stick, vanilla bean (if you used one), rosemary sprigs and slices of ginger in the pan. Pull out any pieces of rosemary orAny remaining cranberry sauce may be stored in the refrigerator for up to one week.

Garnish the top of each canapé with the sprigs of rosemary leaves you picked earlier.

Cranberry Brie Canapes

9.Serve! These canapés are best served immediately, but can be held at room temperature for up to 2 hours.



Crispy Air Fryer Chickpeas Recipe

Prep time: 5 minutesCook time: 10 minutesYield: 2 cups; 2 to 4 for snacking

Ingredients

- For the chickpeas:
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 tablespoon canola or vegetable oil

Za'atar seasoning:

- 2 teaspoons fresh thyme, minced
- 1 teaspoon za'atar seasoning
- 1/2 teaspoon sea salt
- 1/4 teaspoon cracked black pepper

Spicy seasoning:

- 1/2 teaspoon sea salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne

French herb seasoning:

- 1 teaspoon Herbs de Provence
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly cracked black pepper
- 1 teaspoon lemon zest

Italian seasoning:

- 1 teaspoon finely grated Parmesan or Pecorino Romano cheese
- 1 teaspoon Italian seasoning or equal parts oregano, thyme, basil, and marjoram
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly cracked black pepper

How to Make It

1. Preheat the air fryer to 390°F for 10 minutes, or according to the manufacturer's instructions.
2. Prep the chickpeas: Dry the chickpeas thoroughly on a paper towels or a clean kitchen towel. You can even dry them in a salad spinner, but you might lose a few depending on the design of your spinner. Discard any skins that come off of the chickpeas during this step.

Crispy Air Fried Chickpeas dry the chickpeas

3. Season the chickpeas: Combine the oil and spice mix in a bowl and whisk to combine. Gently incorporate the chickpeas until coated.

Crispy Chickpeas in the Air Fryer

4. Air fry the chickpeas: Transfer to the preheated air fryer and air fry for 8 to 10 minutes until crispy. Taste one of the chickpeas; if it's not as crispy as you'd like, then continue to cook for another 1 to 3 minutes.

Some of the chickpeas may look as though they have “popped.” Don't fret if that happens!

Roasted Chickpeas in the Air Fryer transfer to air fryer

5. Season and serve: Remove from the basket to a bowl, taste, and add more salt, pepper or seasoning to your liking. Serve immediately; the crispy chickpeas will not keep.



Air Frying Garlic Mushrooms

Prep Time: 5m

Cook Time: 10m

Total Time: 15m

Ingredients

- 8 ounces mushrooms , washed and dried
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce
- 1 tablespoon chopped parsley
- salt and pepper to taste
- cooking mushrooms airfryer
- Air Frying Garlic Mushrooms

How to Make It

Step 1

Preheat your air fryer to 380F

Step 2

Slice mushrooms in half or quarters

Step 3

In a bowl toss the sliced mushrooms with oil, garlic powder, Worcestershire sauce, salt and pepper

Step 4

Air fry at 380F for 10-12 minutes, shake the basket half way through
Top with chopped parsley.



Tilapia in your Air Fryer

Prep Time: 2m

Cook Time: 8m

Total Time: 10m

Ingredients

- 3 Tilapia Fillets
- 1 tablespoon Olive oil
- Your choice of seasoning to taste (optional)

How to Make It

Step 1

Preheat your air fryer to 400F

Step 2

Brush the Tilapia fillets with the oil, giving a good even coating

Step 3

Add the seasoning you've chosen, sprinkle all over

Step 4

Spritz the air fryer basket with non-stick cooking spray

Step 5

Place the Tilapia in the air fryer basket

Step 6

Set the air fryer time to 8 minutes, slide the basket in, and cook

Step 7

Turn the fish half way though

Step 8

Once the time is done, check the fish is cooked through (some air fryers may need up to 12 minutes)

Step 9

Enjoy



French Toast

Prep Time: 4m

Cook Time: 6m

Total Time: 10m

Ingredients

- 4 slices of bread
- 2 eggs
- 1 cup of milk
- 1 teaspoon of vanilla
- 1 tablespoon of cinnamon

How to Make It

Step 1

Preheat your air fryer to 320F

Step 2

In a small, shallow bowl, mix the eggs, milk, cinnamon and vanilla

Step 3

Beat the mixture until the eggs are broken up and everything has mixed nicely together

Step 4

Dip each piece of bread into the mixture and shake to remove the excess mix from the bread, place each slice into air fryer basket or pan

Step 5

Cook the slices in the air fryer for 6 minutes at 320F, turning half way through

Step 6

Serve with your choice of toppings/accompaniments



Parmesan Chicken Cutlets

Prep Time: 20m

Cook Time: 10m

Servings: 4

Ingredients

- 3/4 cup all-purpose flour
- 2 large eggs
- 1 1/2 cups panko (Japanese breadcrumbs)
- 1/4 cup grated Parmesan
- 1 tablespoon mustard powder
- Kosher salt, freshly ground pepper
- 4 small skinless, boneless chicken cutlets (about 1 1/2 pounds total), pounded to 1/4" thickness
- 1 tablespoon oil
- 1 lemon, halved

How to Make It

Step 1

Place flour in a shallow bowl. Beat eggs in a second shallow bowl.

Step 2

Combine panko, Parmesan, and mustard powder and oil in a third shallow bowl and season mixture with salt and pepper.

Step 3

Season chicken with salt and pepper, then dredge in flour, shaking off any excess.

Step 4

Transfer to bowl with beaten egg and turn to coat. Lift from bowl, allowing excess to drip back into bowl. Coat with panko mixture, pressing to adhere. DO AHEAD: Chicken can be breaded 3 months in advance. Place between pieces of freezer paper or waxed paper and freeze in resealable freezer bags. Thaw before continuing.

Step 5

Cook in Air fryer at 180° for 30 minutes or until golden brown and cooked all the way through.

Step 6

Season with salt. Serve with lemon.

If you cut the chicken into smaller pieces before breading, they're nuggets—the guilt-free kind.



Air Fryer Egg and Bacon Cups

Prep Time: 5m

Cook Time: 15m

Total Time: 20m

Servings: 4

Ingredients

- 4 eggs
- 6 ounces bacon
- 1/2 teaspoon dried dill
- 1/2 teaspoon paprika
- 1 tablespoon butter
- 1/4 teaspoon salt

How to Make It

Step 1

Preheat your air fryer to 360F

Step 2

In a mixing bowl beat the eggs

Step 3

Add salt, dried dill, and paprika, and mix together well

Step 4

Spread 4 ramekins with butter

Step 5

Use the bacon to line the ramekins in a cup shape

Step 6

Pour the egg mix into the bacon cup ramekins

Step 7

Put the ramekins into you air fryer and cook for 15 minutes at 360F



Air Fried Sugar Snap Peas with Sesame Seeds

Prep Time: 2m

Cook Time: 6m

Total Time: 8m

Ingredients

- 1/2 pound fresh sugar snap peas
- 1 teaspoon cornstarch
- 1/2 teaspoon sesame oil
- 1 teaspoon olive oil
- 1 tablespoon sesame seeds

How to Make It

Step 1

Preheat your air fryer to 370F

Step 2

Combine all ingredients in a bowl and toss to get a good coating

Step 3

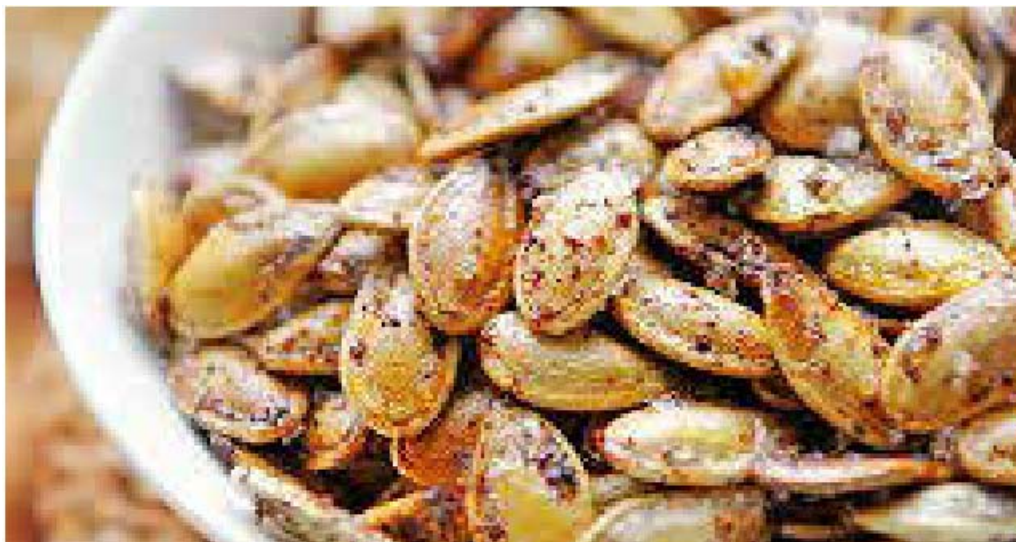
Add the mix to the air fryer basket

Step 4

Air Fry at 370°F for 6 minutes, shaking half way through

Step 5

Serve hot



Toasted Pumpkin Seeds From Your Air Fryer

Prep Time: 5m

Cook Time: 35m

Total Time: 40m

Ingredients

- 1 1/2 cups pumpkin seeds
- olive oil
- 1 1/2 teaspoons salt
- 1 teaspoon smoked paprika

How to Make It

Step 1

Pre heat your air fryer to 350F

Step 2

Rinse your pumpkin seeds with cold water. Best to take from a large fresh pumpkin

Step 3

Bring two litres of salted water to a boil. Add the pumpkin seeds to the boiling water and boil for 10 minutes. Drain the seeds and spread them out on paper towels to dry for at least 20 minutes.

Step 4

Toss the seeds with olive oil, salt and smoked paprika

Step 5

Add the seasoned seeds to your air fryer basket. Cook for 35 minutes, shaking the basket every 5-7 minutes

Step 6

Allow the seeds to cool for a few minutes before serving

*A perfect way to make use of Halloween excess seeds, and a tasty way to do so.



Spicy Vegan Air Fryer Kale Chips

Prep Time: 5m

Cook Time: 5m

Total Time: 10m

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon dried red chilli flakes
- Salt

How to Make It

Step 1

Remove the stems and tear the leaves into bite sized pieces

Step 2

In a large bowl, toss together the kale leaves, oil, chili flakes, paprika and salt

Step 3

Transfer the spiced leaves into the air fryer, no need to just be a single layer, but also don't over crowd the basket.

Step 4

Set temperature to 370F and start the air fryer, no need to preheat. Cook for 4-5 minutes giving the basket a shake half way through the time

Step 5

Sprinkle with salt and serve

* A healthy vegan snack for any time of day. They're best eaten straight away as they don't store too well. Adjust the spices or try a different combination, kale chips are very versatile.



Air Fryer Grilled Cheese

Prep Time: 2m

Cook Time: 8m

Total Time: 10m

Servings: 1

Ingredients

- 2 slices of your favorite Bread
- 2 slices Cheddar Cheese
- 30 grams shredded Mozzarella Cheese
- 2 teaspoons Butter

How to Make It

Step 1

Preheat your air fryer to 360F

Step 2

Butter one side of each slice of bread

Step 3

Place the cheeses between bread slices, butter side on the OUTside

Step 4

Place in air fryer and cook for 8 minutes, turn half way through



Air Fried Buffalo Cauliflower

Yield: 2-3

Ingredients

- 1 large head cauliflower
- 3/4 cup Frank's Red Hot Sauce
- 1 Tbs Ghee (I love Fourth and Heart Pink Salt Ghee)
- 1 Tsp Nutritional Yeast separated (optional but I found it gave a good flavor and crunch!)
- 1 Tsp Arrowroot Powder, divided (I use Bob's Red Mill)
- Cooking spray of choice (I use Chosen Foods Avocado Oil Spray)

How to Make It

Step 1

Wash cauliflower, break into florets and pat dry

Step 2

Heat ghee in a small sauce pan on medium heat. Once ghee is melted, add Frank's Red Hot Sauce and whisk together

Step 3

When sauce begins to boil turn heat to low and add in arrowroot powder, whisking until well blended

Step 4

Place cauliflower in a large bowl and pour 3/4 of the sauce over the top

Step 5

Use hands to coat cauliflower in the sauce thoroughly as possible

Step 6

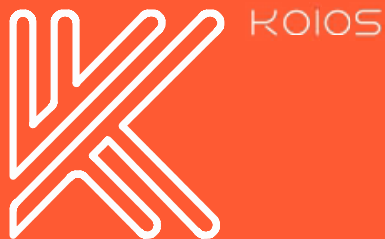
Place coated cauliflower in the air fryer and set to 400 degrees. I air fried mine in 2 batches to avoid uneven cooking.

Step 7

Sprinkle the top of the cauliflower with 1/2 tsp (per batch) of nutritional yeast. Then give your cauliflower a quick spray with avocado oil and fry for 15-20 minutes, shaking the basket every 7 min or so.

Step 8

Drizzle the finished product with the leftover sauce and enjoy!



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