

食谱要求

尺寸：210x170 mm

材质要求：封面封底 220 克 铜版纸 覆亚膜

其余 105 克 铜版纸

印刷要求： 双面四色印刷 文字清晰

装订方式：胶装

时间：2021-06-11

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DREO

Questions or Concerns?
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DREO COOKBOOK

50 Recipes



Cooking Time Reference Table

Symbol	Category	Thickness Of Ingredient	Ingredient	Suggested Temperature (°F)	Suggested Time (Min)	Adjustable Time (Min)	Shake
	French Fries	⅓ inch	Frozen Thin Fries	380	16~20	1~60	Shake
		⅓ inch	Frozen Thick Fries	380	20~25	1~60	Shake
		½ inch	Homemade French Fries	380	25~30	1~60	Shake
		1 inch	Homemade French Fries	380	25~30	1~60	Shake
	Steak	1 inch	Medium-rare	400	10	1~60	-
			Medium	400	12	1~60	-
			Medium-well	400	15	1~60	-
	Bread	\	Bread	350	6~8	1~60	-
			Toasted Bread	350	8	1~60	-
	Chicken	½ inch	Breaded Chick Breast	380	13~18	1~60	Flip
		1½ inch	Drumstick	380	25~30	1~60	Flip
		1 inch	Breaded Chicken Strips	380	11~15	1~60	Shake
		1 inch	Wing	380	20~25	1~60	Flip
	Others	1 inch	Breaded Pork	380	18~22	1~60	Flip
		\	Bacon	350	6~8	1~60	
			Sausage	400	8~12	1~60	Shake

Symbol	Category	Thickness Of Ingredient	Ingredient	Suggested Temperature (°F)	Suggested Time (Min)	Adjustable Time (Min)	Shake
	Desserts	\	Cupcakes	350	8	1~60	-
		\	Egg Tart	350	8	1~60	-
		\	Muffin	350	8	1~60	-
	Fish	1 inch	Salmon Fillets	350	8~12	1~60	-
			Salmon Strips	350	8~12	1~60	Shake
		½ inch	Catfish Fillets	350	8~12	1~60	-
	Shrimp	\	Small Shrimp	370	4	1~60	Shake
			Medium Shrimp	370	6	1~60	Shake
			Jumbo Shrimp	370	8	1~60	Shake
	Vegetable	\	Cauliflower	300	10	1~60	Shake
		\	Broccoli	300	8	1~60	Shake
		\	Kale Chips	270	7	1~60	Shake
	Unfreeze	\	Medium Shrimp	200	8	1~60	Shake
		1 inch	Chicken	200	10	1~60	Flip
		1 inch	Pork	200	12	1~60	Flip
	Reheat	1 inch	Meat	250	8~12	1~60	-

i NOTE:
Cooking time varies depending on the thickness of the ingredient.

DREO

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BBQ Bacon



PREP TIME
5 min



COOK TIME
8 min



INGREDIENTS

- 4 slices bacon, halved
- 1 tbsp dark brown sugar (optional)
- ¼ tsp ground cumin (optional)
- ¼ tsp cayenne pepper (optional)



DIRECTIONS

1. Select PREHE, adjust to 350°F, and press START/PAUSE.
2. Cover the bacon in dark brown sugar, ground cumin, and cayenne pepper (optional).
3. Place bacon slices one next to the other in the preheated air fryer.
4. Select STEAK for 8 minutes and press START/PAUSE.

i CHEF'S TIP:

If you are making a lot of bacon, the bacon slices can slightly overlap, as the bacon will shrink when baking.



Breakfast Potatoes



PREP TIME
35 min



COOK TIME
28 min



INGREDIENTS

- 5 medium potatoes, peeled and cut into 1-inch wedges
- 1 tbsp oil
- ½ tsp salt
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp black pepper



DIRECTIONS

1. Cut potatoes into 1-inch wedges and soak in water for 15 minutes.
2. Drain and pat dry with paper towels.
3. Toss all ingredients thoroughly before adding to air fryer for even cooking.
4. Select PREHEAT, adjust to 380°F, and press START / PAUSE.
5. Add all ingredients in the basket and select FRENCH FRIES for 28 minutes.

i CHEF'S TIP:

Follow the prompt and shake for even cooking.

French Toast Sticks



PREP TIME
10 min



COOK TIME
8 min



INGREDIENTS

- 2 slices of day-old bread, cut into thirds each
- 2 eggs
- 1/3 cup milk
- 1 tbsp butter, melted
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp confectioners' sugar, to taste

TOPPINGS

Maple syrup, chopped pistachios



DIRECTIONS

1. Mix eggs, milk, butter, vanilla extract, and cinnamon together in a bowl.
2. Line an air fryer basket with parchment paper.
3. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
4. Dip each piece of the French toast into the milk mixture and spray each side of the French toast with cooking spray.
5. Place the French toast in the preheated air fryer, select BREAD, and adjust to 360°F and 8 minutes, and press START/PAUSE.
6. Sprinkle each stick with confectioners' sugar. Top with maple syrup and pistachios.



Breakfast Sausage



PREP TIME
5 min



COOK TIME
8 min



INGREDIENTS

- 1 pound breakfast sausage



DIRECTIONS

1. Select PREHEAT, adjust to 400°F and press START/PAUSE.
2. Brush sausage with olive oil and place them in the preheated air fryer.
3. Select STEAK. Adjust the temperature to 400°F, time to 8 minutes, and press START/PAUSE.

Hot Dogs



PREP TIME
5 min



COOK TIME
10 min



INGREDIENTS

- 2 dog buns
- 2 hot dogs
- ½ tsp olive oil
- 2 tbsps grated cheese (optional)



DIRECTIONS

1. Select PREHEAT, adjust to 360°F and press START/PAUSE.
2. Brush hot dogs with olive oil and place hot dogs in the preheated air fryer.
3. Select STEAK and adjust to 360°F and 6 minutes. Then press START/PAUSE and wait for finish.
4. Put hot dogs into the buns. Top with cheese, then place them into the air fryer.
5. Select STEAK, adjust to 360°F and 4 minutes, then press START/PAUSE.

Air Fryer Cheese Sandwich



PREP TIME
6 min



COOK TIME
8 min



INGREDIENTS

- 2 slices white bread
- 2 tsp melted butter
- 1 slice cheddar cheese



DIRECTIONS

1. Select PREHEAT, adjust to 350°F and press START/PAUSE.
2. Place the cheese in between the bread slices and brush butter on both outer sides of the sandwich.
3. Place the sandwich into the preheated air fryer. Select FRENCH FRIES. Adjust to 350°F and 8 minutes, then press START/PAUSE.



CHEF'S TIP:

Follow the prompt and flip for even cooking.

Cranberry Cookies



PREP TIME
10 min



COOK TIME
15 min



INGREDIENTS

- 4 oz unsalted butter
- 1 oz powdered sugar
- 1 egg yolk
- 1½ cake flour pinch of salt
- a pinch of salt
- 1 oz dried cranberries, chopped

DIRECTIONS

- Combine the butter, a pinch of salt, and powdered sugar. Mix until light and fluffy.
- Beat 1 egg yolk in the butter mixture.
- Mix in the flour, a little at a time, until combined.
- Stir in dried cranberries.
- Put the dough into a mold or shape the dough into a long log shape and wrap it in plastic wrap.
- Place dough in the freezer for 1 hour.
- After 1 hour, remove mold or plastic wrap and cut or slice the cookie dough about 1/8 inch in thickness.
- Select PREHEAT, adjust to 305°F and press START/PAUSE.
- Place the shortbread cookie dough into the preheated air fryer and select FRENCH FRIES. Adjust to 305°F and 15 minutes, then press START/PAUSE.
- Let cookies cool for several minutes on a baking sheet.

CHEF'S TIP:

Flipping is not required during cooking process.

Blueberry Muffin



PREP TIME
10 min



COOK TIME
15 min



INGREDIENTS 1

- 1 egg
- ⅓ cup olive oil
- ¼ cup milk
- ¼ tsp vanilla extract
- 1 tsp lemon zest

INGREDIENTS 2

- ⅓ cup sugar
- ⅓ cup flour
- ½ tsp baking powder
- a pinch of salt
- 3 oz blueberries

DIRECTIONS

- Mix INGREDIENTS 1 together in a bowl. Set aside.
- In a smaller bowl, whisk INGREDIENTS 2 together.
- Mix two mixture together.
- Select PREHEAT, adjust to 350°F and press START/PAUSE.
- Pour the mixture into muffin cups, place them into the preheated air fryer, cook for 15 minutes at 350°F.

CHEF'S TIP:

Following the prompt and shaking for even cooking.

Omelette



PREP TIME
10 min



COOK TIME
8 min



INGREDIENTS

- 2 eggs
- ¼ cup milk
- ⅓ cup fresh meat and vegetables, diced (such as bacon, ham, mushroom, onion, bell pepper)
- ¼ cup cheddar cheese
- salt and pepper to taste



DIRECTIONS

1. Combine the eggs and milk in a small bowl.
2. Add the meat and vegetables in the mixture as well as salt and pepper to taste.
3. Pour the mixture into a well-greased 6x3 inch pan.
4. Select PREHEAT, adjust to 350°F, then press START/PAUSE.
5. Place the pan into the preheated air fryer, select FRENCH FRIES, cook for 8 minutes at 350°F.

i CHEF'S TIPS:

1. Sprinkle the cheese over the top halfway through cooking.
2. After the time is done, loosen the omelet from the sides of the pan and transfer it to a plate.

Pizza



PREP TIME
15 min



COOK TIME
6 min



INGREDIENTS

- 6-inch pizza crust
- 1 scrambled egg
- ½ oz chopped mushrooms
- ½ oz chopped peppers
- ⅓ cup mozzarella cheese



DIRECTIONS

1. Spray the 6-inch pizza pan with oil and put the pizza crust in the pan.
2. Preheat the air fryer to 340°F.
3. Top with scrambled egg, mushrooms, peppers, and cheese, or use your favorite toppings.
4. Select BREAD, adjust to 340°F and 6 minutes, then press START/PAUSE.

ENTRÉES

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Buffalo Chicken Wings



PREP TIME
10 min



COOK TIME
20 min



INGREDIENTS 1

- 6 chicken wings
- 2 tsp olive oil



INGREDIENTS 2

- ¼ cup butter
- ⅓ cup cayenne pepper sauce, to taste
- 1 tbsp vinegar, to taste
- ½ tsp garlic powder
- ¼ tsp cayenne pepper, to taste
- salt to taste



DIRECTIONS

1. Pat chicken wings dry with a paper towel, then brush them with olive oil.
2. Select PREHEAT at 380°F and press START/PAUSE.
3. Place the wings in the preheated air fryer, select CHICKEN for 20 minutes, then press START/PAUSE.
4. Place INGREDIENTS 2 in a small saucepan over medium heat. Stir and keep warm until the wings are done.
5. Pour sauce over cooked wings and toss to coat. Serve hot.



CHEF'S TIP:

Follow the prompt and shake for even cooking.

Lemon Pepper Chicken Wings



PREP TIME
10 min



COOK TIME
20 min



INGREDIENTS

- 6 chicken wings
- 2 tsp olive oil
- ½ tsp garlic salt
- ½ tsp lemon pepper

DIRECTIONS

1. Thoroughly pat dry chicken wings with paper towels and place them in a mixing bowl.
2. Coat chicken wings with oil and then sprinkle on salt and lemon pepper. Toss to evenly coat with seasoning.
3. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
4. Place chicken wings into the preheated air fryer in a single layer, select CHICKEN for 380°F and 20 minutes, then press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Turkey Breast



PREP TIME
15 min



COOK TIME
18 min

INGREDIENTS 2

- 3 fresh turkey breast fillets, 6oz each, skinless, boneless
- 1 tsp olive oil
- ½ tsp salt
- 1 tsp dry turkey or poultry seasoning

DIRECTIONS

1. Pound the breast to 1 inch at the thickest part for even cooking.
2. Brush the turkey breast with olive oil.
3. Coat both sides with salt and turkey seasoning.
4. Select PREHEAT, adjust to 380°F and press START/PAUSE.
5. Place the breast in the preheated air fryer, select CHICKEN, adjust to 18 minutes and press START/PAUSE.

Pepper Chicken Thighs



PREP TIME
10 min



COOK TIME
25 min



INGREDIENTS

- 4 chicken thighs, skin-on
- 2 tsp olive oil
- ½ tsp salt
- ½ tsp ground black pepper
- ¾ tsp garlic powder
- 1 tsp smoked paprika

DIRECTIONS

- Pat chicken thighs dry with a paper towel, brush it with olive oil, and coat with all other ingredients.
- Select PREHEAT, adjust to 380°F and press START/PAUSE.
- Place chicken thighs in the preheated air fryer in a single layer.
- Select CHICKEN for 25 minutes and press START/PAUSE,

CHEF'S TIP:

Follow the prompt and flip for even cooking.



Italian Meatball



PREP TIME
15 min



COOK TIME
10 min

INGREDIENTS 2

- 1 pound ground venison
- 1 tsp Italian seasoning
- salt to taste
- 2 cloves garlic, minced
- 1 egg, slightly beaten
- ⅓ cup grated Parmesan cheese
- ¼ cup Italian seasoned bread crumbs

DIRECTIONS

- Select PREHEAT, adjust to 350°F and press START/PAUSE.
- Put all ingredients in a large bowl and mix well.
- Make the meatball the size of a golf ball and spray the meatball with cooking spray.
- Place the meatballs in the preheated air fryer, select STEAK, adjust to 350°F and 10 minutes, and press START/PAUSE.

CHEF'S TIPS:

- You may use beef, pork, or another meat mixture instead of venison.
- Cooking time varies depending on the size of meatball.

Pepper Steak



PREP TIME
35 min



COOK TIME
10 min



INGREDIENTS

- 1 steak (16oz, 1 inch thick)
- 1 tsp salt, to taste
- 1 tsp black pepper, to taste
- 1 tbsp melted butter

DIRECTIONS

- Allow the steak to sit at room temperature for 30 minutes before cooking.
- Select PREHEAT, adjust to 400°F, and press START/PAUSE.
- Season the steak with salt, pepper, and other desired seasonings.
- Brush the steak with melted butter on both sides.
- Place the steak in the preheated air fryer and select STEAK. Adjust to 10 minutes for medium-rare, then press START/PAUSE.

CHEF'S TIPS:

- Cooking time varies depending on the thickness of the steak. Time can adjust as desired, see Cooking Time Reference Table for more information.
- Use an instant-read thermometer to monitor the internal temperature of the thickest portion.



Marinated Flank Steak



PREP TIME
6H 10 min



COOK TIME
10 min

INGREDIENTS 2

- 1 pound flank steak
- 1 inch thick
- Olive oil spray

INGREDIENTS 2

- ½ cup vegetable oil
- ⅓ cup low sodium soy sauce
- ¼ cup balsamic vinegar
- 2 tbsp fresh lemon juice
- 1½ tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper

DIRECTIONS

- Mix INGREDIENTS 2 in a shallow glass dish well.
- Place meat in the mixture, turning meat to coat thoroughly.
- Cover the dish, and refrigerate for 6 hours at least.
- Select PREHEAT, adjust to 400°F, and press START/PAUSE.
- Spray both sides of the steak with olive oil, then place the steak in the preheated air fryer.
- Select STEAK for 10 minutes for medium-rare.

CHEF'S TIPS:

- Cooking time varies depending on the thickness of the steak. Time can adjust as desired, see Cooking Time Reference Table for more information.
- Use an instant-read thermometer to monitor the internal temperature of the thickest portion.

Worcestershire Sauce Beefball



PREP TIME
15 min



COOK TIME
10 min



INGREDIENTS 1

- 1 pound ground beef
- 2¼ tsp Worcestershire sauce
- ½ small onion, diced
- 2 tbsp dry bread crumbs, or as needed
- 2 tbsp grated Parmesan cheese
- 1 egg, beaten
- 2 cloves garlic, minced

INGREDIENTS 2

- ½ tbsp dried oregano
- ½ tbsp dried basil
- ½ tsp dried thyme
- salt, to taste
- ¼ tsp ground black pepper
- cooking spary

DIRECTIONS

1. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
2. Put all ingredients in a large bowl and mix well.
3. Make the meatball the size of a golf ball and spray the meatball with cooking spray.
4. Place the meatballs in the preheated air fryer, select STEAK. Adjust to 350°F and 10 minutes, then press START/PAUSE.

CHEF'S TIPS:

1. You may use venision, pork or mixture of them instead of beef.
2. Cooking time varies depending on the size of meatball.

Lemon Garlic Salmon



PREP TIME
5 min



COOK TIME
10 min



INGREDIENTS

- 2 fillets salmon fillets with skin, 1-inch thickness
- 1 tbsp butter, melted
- ½ tsp minced garlic
- ½ tsp lemon pepper
- ⅓ tsp dried parsley
- 3 thin slices lemon, cut in half
- cooking spray

DIRECTIONS

1. Select PREHEAT, adjust to 350°F, and press START.
2. Put butter and garlic in a small bowl and mix.
3. Pat dry salmon fillets with a paper towel, brush with butter mixture and sprinkle with lemon pepper and parsley.
4. Spray each side of the salmon fillets with cooking spray, and place salmon fillets in the preheated air fryer, skin-side down, and place 3 lemon halves on top.
5. Select FISH, adjust to 350°F and 10 minutes, and press START/PAUSE.

CHEF'S TIP:

Cooking time may be decreased or increased for a few minutes depending on your desired flavor. You may check the food during the cooking process.

Cajun Salmon



PREP TIME
6 min



COOK TIME
10 min



INGREDIENTS

- 2 salmon fillets, 1-inch thickness, skin-on
- 1 tbsp Olive oil
- 1 tbsp Cajun seasoning
- 1 tsp brown sugar

DIRECTIONS

1. Select PREHEAT, and adjust to 350°F.
2. Pat salmon fillets dry with a paper towel.
3. Brush the skin side of salmon fillets with olive oil.
4. Put Cajun seasoning and brown sugar in a small bowl and mix well. Brush the flesh sides of fillets with the mixture, and season for a half-hour.
5. Place the salmon fillets in the preheated air fryer, skin-side down.
6. Select FISH, adjust to 350°F and 10 minutes, then press START/PAUSE.

CHEF'S TIP:

Cooking time may be decreased or increased for a few minutes depending on your desired flavor. You may check the food during the cooking process.

Sriracha Salmon



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS

- 2 salmon fillets, 1-inch thickness, skinless
- 1 tbsp pure maple syrup
- 1 tbsp reduced-sodium soy sauce
- ½ capitalize Sriracha
- 1 clove garlic, minced
- 1 tsp olive oil

DIRECTIONS

1. Place syrup, soy sauce, sriracha, and garlic in a bowl, add the salmon in.
2. Select PREHEAT, adjust to 350°F, and press START/PAUSE.
3. Take out the salmon fillets and pat dry with a paper towel.
4. Brush both sides of the salmon fillets with olive oil, and place the salmon fillets in the preheated air fryer.
5. Select FISH, adjust to 350°F and 10 minutes, and press START/PAUSE.
6. Meanwhile, pour the mixture in a saucepan and heat under medium-low heat until it thickens, about 1 to 2 minutes.
7. Top the mixture over the salmon fillets.

Herb Butter Ribeye



PREP TIME
35 min



COOK TIME
10 min



 INGREDIENTS 1

- 1 ribeye, 16oz, 1-inch thick
- 1 tsp kosher salt, to taste
- 1 tsp ground black pepper

 INGREDIENTS 2

- 4 tbsp unsalted butter, softened
- 1 clove garlic, minced
- 1 tsp fresh parsley, chopped
- 1 tsp fresh chives, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped

 DIRECTIONS

- Allow the ribeye to sit at room temperature for 30 minutes before cooking.
- Put **INGREDIENTS 2** in a small bowl and mash together until combined, set aside.
- Select **PREHEAT**, adjust to 400°F, and press **START/PAUSE**.
- Brush ribeye with olive oil on both sides and coat with salt and pepper.
- Place ribeye into the preheated air fryer, select **STEAK**, adjust to 400°F and 10 minutes for medium-rare, then press **START/PAUSE**.
- Top with herb butter to serve.

 CHEF'S TIPS:

- Cooking time varies depending on the thickness of the steak. Time can adjust as desired, see Cooking Time Reference Table for more information.
- Use an instant-read thermometer to monitor the internal temperature of the thickest portion.

Herbed Buttermilk Roast Chicken Breast



PREP TIME
25 min



COOK TIME
18 min



 INGREDIENTS 1

- 1 pound chicken breasts, skinless, boneless
- 1 cup 1% buttermilk
- olive oil spray

 INGREDIENTS 2

- 1½ tsp dried parsley
- 1½ tsp dried chives
- ¾ tsp kosher salt, to taste
- ½ tsp dried dill
- ½ tsp onion powder
- ¼ tsp garlic powder

 DIRECTIONS

- Place chicken breast between 2 sheets of parchment paper or plastic wrap, pound to ½ inch at the thickest part for even cooking.
- Cut chicken into 4 cutlets, place the chicken in a bowl and pour the buttermilk over, covering completely. Set aside for 20 minutes at least.
- Mix up **INGREDIENTS 2**.
- Remove the chicken from the buttermilk, let the excess drip off, and coat the chicken on both sides with the mixture, set aside.
- Spray the chicken with olive oil.
- Select **PREHEAT**, adjust to 380°F, and press **START/PAUSE**.
- Place the chicken in the preheated air fryer, select **CHICKEN**, adjust to 18 minutes, and press **START/PAUSE**.

Chicken Milanese with Arugula



PREP TIME
15 min



COOK TIME
14 min



INGREDIENTS

- 1 pound chicken breasts, boneless, skinless
- ¾ tsp kosher salt
- ½ ground black pepper
- ¾ cup dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 large egg, beaten
- Olive oil spray

DIRECTIONS

- Place chicken breast between 2 sheets of parchment paper or plastic wrap, pound to ½ inch at the thickest part for even cooking.
- Cut chicken into 4 cutlets and sprinkle both sides with salt and pepper.
- In a shallow plate, beat the egg and 1 tsp of water together.
- Combine breadcrumbs and Parmesan cheese in another shallow bowl.
- Dip the chicken into the egg, and shake off any residual egg.
- Dip chicken in crumb mixture until evenly and fully covered.
- Spray both sides with olive oil.
- Select PREHEAT, adjust to 380°F, and press START/PAUSE.
- Place chicken in the preheated air fryer, select CHICKEN for 14 minutes, and press START/PAUSE. Serve chicken with arugula and top with a generous amount of lemon juice.

SERVE

- 2 cups arugula, or as desired
- 2 lemons, cut into wedges

Crumbed Chicken Strips



PREP TIME
10 min



COOK TIME
12 min



INGREDIENTS

- 1 pound chicken tenderloins, inch thick cut into 1 inch long strips
- 2 large egg, beaten
- 1 cup bread crumbs
- 2 tbsp olive oil
- ¾ tsp kosher salt, to taste
- ½ ground black pepper

DIRECTIONS

- Mix bread crumbs and oil together in a bowl until the mixture becomes loose and crumbly.
- Coat the chicken strips with salt and pepper.
- Dip each chicken strip into the egg and shake off any residual egg.
- Dip chicken strips in crumb mixture until evenly and fully covered.
- Select PREHEAT, adjust to 380°F, and press START/PAUSE.
- Place the chicken strips into the preheated air fryer, select CHICKEN for 12 minutes, and press START/PAUSE.

CHEF'S TIP:

Follow the prompt and flip for even cooking.

Fried Pork Chops



PREP TIME
8 min



COOK TIME
18 min



INGREDIENTS 1

3 pork chops (6oz each)
1 inch thick
Olive oil spray



INGREDIENTS 2

Italian seasoning to taste
salt to taste
ground black pepper to taste



DIRECTIONS

1. Spray both sides of pork chops with olive oil, then in a mixing bowl.
2. Mix INGREDIENTS 2 together. Select PREHEAT, adjust to 380°F.
3. Evenly coat both sides of pork chops with mixture.
4. Spray both sides of the pork chops with olive oil.
5. Select PREHEAT, adjust to 380°F, and press START/PAUSE. Place
6. Place the pork chops into the preheated air fryer, select FRENCH FRIES for 18 minutes, and press START/PAUSE.

i CHEF'S TIPS:

1. Follow the prompt and flip for even cooking.
2. Cooking time varies depending on the thickness of the pork chop. Time can adjust as desired, see Cooking Time Reference Table for more information.



Crumbed Fish Fillet



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS

4 fish fillets, inch thick
1 cup dry bread crumbs
¼ cup vegetable oil
1 egg, beaten
1 lemon, sliced



DIRECTIONS

1. Mix bread crumbs and oil together in a bowl. Stir until the mixture becomes loose and crumbly.
2. Dip fish fillets into the egg. Shake off any excess.
3. Dip into the bread crumb mixture until coated evenly.
4. Select PREHEAT, and adjust to 350°F.
5. Place fish fillets in the preheated air fryer, select CHICKEN for 10 minutes, then press START/PAUSE.

i CHEF'S TIPS:

1. Follow the prompt and flip for even cooking.
2. Cooking time varies depending on thickness of the fillet. Time can adjust as desired.

Easy Crumbed Pork Chops



PREP TIME
15 min



COOK TIME
18 min



INGREDIENTS

- 1 pound pork chops, 1 inch thickness
- 1 large egg, beaten
- ½ cup dry bread crumbs
- 2 tbsp olive oil
- 1 tsp kosher salt, to taste
- ½ tsp ground black pepper

DIRECTIONS

- Mix bread crumbs and oil together in a bowl until the mixture becomes loose and crumbly.
- Coat the pork chops with salt and pepper.
- Dip each pork chops into the egg and shake off any residual egg.
- Dip pork chops into crumb mixture until coated evenly.
- Select PREHEAT, adjust to 380°F, and press START/PAUSE.
- Place the pork chops into the preheated air fryer, select CHICKEN for 18 minutes, then press START/PAUSE.

CHEF'S TIPS:

- Follow the prompt and flip for even cooking.
- Cooking time varies depending on the thickness of the pork chop. Time can adjust as desired.



Crispy Breaded Pork Chops



PREP TIME
15 min



COOK TIME
18 min

INGREDIENTS 1

- 3 pork chops (6oz each), 1 inch thick
- Olive oil spray

INGREDIENTS 2

- 1 tsp kosher salt, to taste
- ½ cup pan ko bread crumbs
- ⅓ cup crushed cornflakes crumbs
- 2 tbsp grated parmesan cheese
- ⅓ cup crushed cornflakes crumbs
- ¼ tsp sweet papri ka
- ½ tsp garlic powder
- 2 tsp onion powder
- ¼ tsp chili powder
- ⅓ tsp black pepper

DIRECTIONS

- Sprinkle both sides of the pork chops with ½ tsp kosher salt.
- Mix all INGREDIENTS 2 in a large shallow bowl together.Dip each pork
- Dip each pork chop into the egg and shake off any residual egg.
- Dip each pork chop into the crumb mixture, evenly and fully covered.
- Spray both sides of the pork chops with oli
- Select PREHEAT, adjust to 380°F and press START/PAUSE.
- Place the pork chops into the preheated air fryer, select FRENCH FRIES for 18 minutes, then press START/PAUSE.

CHEF'S TIPS:

- Follow the prompt and flip for even cooking.
- Cooking time varies depending on the thickness of the pork chop. Time can adjust as desired.

Fried Herb Catfish fillets



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS 1

4 catfish fillets, ½ inch thick
Olive oil spray



INGREDIENTS 3

¼ tsp garlic powder
juice of one lemon
2 tbsp butter, melted



INGREDIENTS 2

2 tbsp fresh parsley, minced
1 tsp salt
¾ tsp paprika
½ tsp dried thyme
½ tsp dried oregano
½ tsp dried basil
½ tsp ground black pepper



DIRECTIONS

1. Mix **INGREDIENTS 2** together.
2. Coat both sides of the fillets with mixture.
3. Add **INGREDIENTS 3** in a small bowl, mix well.
4. Drizzle the butter mixture over the fillets.
5. Select **PREHEAT**, adjust to 350°F.
6. Select **FISH** for 10 minutes and press **START/PAUSE**.

CHEF'S TIP:

Cooking time varies depending on the thickness of the fillet. Time can adjust as desired.



PREP TIME
10 min



COOK TIME
6 min

Cajun Shrimp With Vegetables



INGREDIENTS

12 oz med-sized shrimp, peeled and deveined
3 oz fully cooked Turkey or Chicken Andouille sausage, sliced
½ tbsp Cajun or other seasonings as desired
¼ tsp kosher salt, to taste
1 tbsp olive oil
4 oz zucchini, sliced into ¼-inch thick half-moons
4 oz yellow squash, sliced into ¼ inch thick half-moons
1 red bell pepper, seeded and cut into thin 1-inch pieces
or other veggies as desired

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Follow the prompt and flip for even cooking.



DIRECTIONS

1. Mix all **INGREDIENTS** in a bowl, toss to coat well.
2. Select **PREHEAT**, adjust to 370°F, and press **START/PAUSE**.
3. Place mixture in the preheated air fryer, select **CHICKEN**, adjust to 370°F and 6 minutes, then press **START/PAUSE**.

DESSERTS

- 35 Donuts
- 36 Chocolate Molten Lava Cake
- 37 Egg Tart
- 38 Banana Bread
- 39 Yogurt
- 40 Strawberry Cream Scones



Donuts



PREP TIME
2H 30 min



COOK TIME
4 min



INGREDIENTS

$\frac{2}{3}$ cup milk, lukewarm (about 100°F)
2½ tsp active dry yeast
¼ cup granulated sugar, plus 1 tsp
½ tsp salt
1 large egg
4 tbsp unsalted butter, melted
3 cups all-purpose flour
oil Spray
1 tsp vanilla extract (optional)

For the vanilla glaze

3 tbsp unsalted butter
1 cup powdered sugar
1 tsp vanilla extract
2 tbsp hot milk, or as needed



DIRECTIONS

1. Microwave milk in a small, microwave-safe bowl for about 40 seconds or until lukewarm. Gently stir in 1 tsp of sugar and yeast together with lukewarm milk. Let it sit for about 10 minutes until foamy.
2. Transfer the milk mixture to a medium bowl and add sugar, salt, egg, melted butter, and 2 cups of flour. Mix on low speed until combined. With the mixer still running, slowly add the remaining cup of flour until the dough no longer sticks to the bowl. Increase speed to medium-low and knead for 5 minutes until the dough is elastic and smooth.
3. Place the dough into a greased bowl and cover it with plastic wrap. Let rise in a warm place until doubled. The dough is ready if you make a dent with your finger and the indent remains.
4. Transfer the dough onto a floured surface and knead until elastic, gently roll out to about inch thickness. Cut out 10-12 donuts using a 3-inch round cutter and a 1-inch round cutter to remove the center.
5. Place donuts and donut holes onto baking sheets and cover loosely with greased plastic wrap. Let donuts rise until doubled in volume, about 40 minutes to 1 hour more.
6. Preheat the air fryer at 350°F.
7. Spray the air fryer basket with oil spray, carefully transfer donuts to the basket in a single layer. Spray donuts with oil spray.
8. Select BREAD for 350°F and 4 minutes, then press START /PAUSE until golden brown.
9. Repeat with remaining donuts and holes.
10. While the donuts are in the Air Fryer, melt butter in a small saucepan over medium heat. Stir in powdered sugar and vanilla extract until smooth. Remove from heat and stir in hot milk one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside.
11. Dip hot donuts and donut holes in the glaze using forks to submerge them. Place on a wire rack set over a rimmed baking sheet to allow excess glaze to drip off. Let sit until glaze hardens, about 10 minutes.

Chocolate Molten Lava Cake



PREP TIME
15 min



COOK TIME
8 min



DESSERT INGREDIENTS

- 4 oz semi-sweet chocolate bar (broken into pieces)
- 3 oz unsalted butter (cut into pieces)
- 2 large eggs
- 2 egg yolks
- 4 tbsps white sugar
- 3 tbsps all-purpose flour
- 1 tsp vanilla extract (optional)

DESSERT DIRECTIONS

- Grease 3pc 6-ounce ramekins and set aside.
- Melt butter and chocolate in a microwave-safe bowl for about 1.5 minutes until melted, stirring every 30 seconds. Set aside.
- In a separate large bowl, use an electric beater and beat eggs, egg yolks, vanilla extract, and sugar together until well blended.
- Add flour and the chocolate mixture and stir until combined. Pour the mixture into the ramekins, filling each one about halfway.
- Select PREHEAT, adjust to 350°F, and press START/PAUSE.
- Place in the air fryer basket and select BREAD for 350°F and 8 minutes, and press START/PAUSE.
- Once air frying is done, allow the cake to cool in a ramekin for about 1 minute. Use a butter knife to loosen the cake from the ramekin and turn it over onto a plate.
- Serve with fresh whipped cream, fresh berries, or topped with powdered sugar and enjoy.

Egg Tart



PREP TIME
10 min



COOK TIME
8 min



DESSERT INGREDIENTS

- Egg tart filling
- 3 tbsps milk
- 4 tbsps whipping cream
- 1 tbsp sugar
- 1 big egg(or 2 egg yolks)
- 1 tbsp condensed milk(optional)
- 6 ready-made frozen custard tart crust

DESSERT DIRECTIONS

- Add sugar into the milk and gently stir the mixture.
- Add the egg into the milk mixture and gently mix together.
- Add the whipping cream and condensed milk into the mixture and gently mix.
- Filter the mixture one or two times to make it smooth.
- Pour the mixture into the crust, but up to 80% full only.
- Select PREHEAT, adjust to 350°F and press START/PAUSE.
- Place the mixture in the preheated air fryer, select BREAD, adjust to 350°F and 8 minutes, then press START/PAUSE.

Banana Bread



PREP TIME
30 min



COOK TIME
35 min



INGREDIENTS

- 1 banana
- ¼ tsp salt
- ¾ cup all-purpose flour
- ¼ tsp baking soda
- ½ cup granulated sugar
- ¼ coconut oil
- ¼ cup yogurt
- 1 large egg
- ½ tsp vanilla extract (optional)
- ⅓ cup chopped walnuts (optional)



DIRECTIONS

1. In a large bowl, whisk together flour, salt, and baking soda.
2. Place banana in a medium bowl and mash until very smooth.
3. Whisk in sugar, oil, yogurt, vanilla, and egg, making sure all ingredients are completely smooth.
4. Fold into dry ingredients until just combined.
5. Gently stir in walnuts if desired.
6. Select PREHEAT, adjust to 310°F and press START/PAUSE.
7. Transfer the batter into a non-stick 6- 7" round baking pan and place the pan inside the air fryer basket.
8. Select BREAD for 310°F and cook for 30-35 minutes, or until the toothpick inserted into the bread comes out clean.
9. Allow cooling in the baking pan on a wire rack for at least 20 minutes before removing.

Yogurt



PREP TIME
30 min



COOK TIME
8H 00min



INGREDIENTS

- ½ gallon whole milk
- 2 tbsps plain yogurt with active live cultures
- 1 tbsp vanilla extract
- ½ cup honey



DIRECTIONS

1. Boil the milk to 180°F, checking the temperature regularly and stirring frequently so the milk does not burn at the bottom.
2. Let the milk cool to 110°F, using an instant-read thermometer to check the temperature often and stirring often.
3. Stir in the yogurt and whisk until combined.
4. Pour the mixture into the bowl with cover.
5. Put the bowl into the air fryer select DEHYDRATE and cook at 110°F for 8 hours.
6. After 8 hours of incubation, transfer the yogurt to refrigerator for 4 hours.
7. Add the vanilla and honey to the yogurt and stir until well blended. Cover and place the bowl back in the refrigerator or divide the yogurt among airtight glass jars.

Strawberry Cream Scones



PREP TIME
15 min



COOK TIME
12 min



INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup white sugar
- 2 tsp baking powder
- 6 tbsps butter, cold, cut into pieces
- ½ whipping cream
- 2 large eggs
- 1 tsp milk
- ½ cup fresh strawberries, chopped
- 2 tsp vanilla extract(optional)



DIRECTIONS

1. Mix sugar, baking powder and flour in a bowl.
2. Let the milk cool to 110°F, using an instant-read thermometer to check the temperature often and stirring often.
3. Add the whipping cream, one egg and vanilla extract in a separate bowl.
4. Pour the cream mixture into the flour mixture until it combines, roll it out to a 1 1/2 inch thickness and fold it 5 or 6 times.
5. Use a round cookie cutter to cut the scones.
6. Make an egg wash which made from one egg and the milk, brush it on the scones.
7. Select PREHEAT, adjust to 400°F and press START/PAUSE.
8. Place the scones into the preheated air fryer and select BREAD at 400°F and 12 minutes. Cook until golden brown.

Appetizers & Sides

- 42 French Toast Roll-ups
- 43 Pork Chops
- 44 Chicken Tenders
- 45 Onion Rings
- 46 Lemon Pepper Shrimp
- 47 Coconut Shimp
- 48 Fried Shrimp
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- 50 Fried Tofu
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- 52 Fried Eggplant
- 53 Stuffed Mushrooms
- 54 Kale Chips

French Toast Roll-Ups



PREP TIME
10 min



COOK TIME
6 min



INGREDIENTS

- 8 slices white sandwich bread
- ¼ cup peanut butter
- 2 large egg s
- 2 tbsps milk
- 2 tbsps sugar
- ½ tsp cinnamon
- 1 tsp vanilla extract (optional)
- ½ tbsp powdered sugar (optional)



CHEF'S TIP:

Follow the prompt and flip for even cooking.



DIRECTIONS

1. Roll each slice of bread flat with a rolling pin and cut off the crust.
2. Spread a spoonful of peanut butter on the bread and roll-up.
3. Mix cinnamon and sugar in a bowl and then sprinkle onto a plate.
4. Combine eggs, milk, and vanilla in a larger bowl.
5. Dip each roll-up into the egg mixture making sure all sides are coated.
6. Roll in the cinnamon-sugar mixture.
7. Preheat the air fryer on 360°F and then spray it with non-stick cooking spray.
8. Place roll-ups in the air fryer.
9. Select FRENCH FRIES, adjust to 360°F and 6 minutes, then press START/PAUSE.
- 10 Remove and place, sprinkle lightly with powdered sugar.



DIRECTIONS

1. Season pork chops on both sides with salt and black pepper, marinate for 10 minutes.
2. Set up the breading station with 3 shallow bowls:
Bowl 1: whisk together the flour, ¼ teaspoon of garlic powder, and ¼ teaspoon of the onion powder.
Bowl 2: thoroughly whisk together the egg, water, teaspoon of the garlic powder, and ¼ teaspoon of the onion powder.
Bowl 3: Mix together the breadcrumbs and cheddar cheese.
3. Place the pork chops one by one into the flour mixture and evenly coat. Shake off any excess flour and immediately place it into the egg mixture, evenly coat. Let any excess egg drip off the pork chop and immediately place it into the breadcrumb mixture and evenly coat, shake off any excess. Repeat with the remaining pork chops.
4. Select Preheat at 395°F and press START/PAUSE.
5. Spray the air fryer basket with cooking spray, place two pork chops in the basket or as many as you can fit without them touching each other. Spray the tops of the pork chops with cooking spray.
6. Air fry for 5 minutes, turn them over, spray the top with more cooking spray, and air fry an additional 3 minutes.

Pork Chops



PREP TIME
15 min



COOK TIME
8 min



INGREDIENTS

- half pound pork chops, ½ inch thick
- ½ tsp salt
- ½ tsp black pepper
- 1 large egg
- ¼ cup all-purpose flour
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tbsp water
- ½ cup breadcrumbs
- 3 tbsps cheddar cheese(optional)



Chicken Tenders



PREP TIME
15 min



COOK TIME
10 min



INGREDIENTS

- ½ pound chicken breasts, cut into 1 inch thick and 1½ inch long strips
- 1 egg
- ⅓ cup flour
- ⅓ cup panko breadcrumbs
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika(optional)
- Salt and pepper to taste



CHEF'S TIP:

Follow the prompt and shake for even cooking.



DIRECTIONS

- Set up the breading station with 3 shallow bowls:
Bowl 1: the flour.
Bowl 2: the eggs.
Bowl 3: the breadcrumbs and add onion powder, garlic powder, paprika and salt, and pepper to taste. Mix to combine.
- Dip chicken breasts into flour, then eggs, and lastly the breadcrumbs mixture.
- Preheat the air fryer to 380°F.
- Place coated chicken in the preheated air fryer, select CHICKEN for 10 minutes, then press START/PAUSE.



Onion Rings



PREP TIME
5 min



COOK TIME
6 min



INGREDIENTS

- 1 large sweet onion
- ½ cup all-purpose flour
- 1 egg
- 1 tsp milk
- 1 cup panko breadcrumbs
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 1 tsp salt



DIRECTIONS

- Cut off both ends of the onion and peel off the skin.
- Slice the onion into thick rings, separate the rings from each other. Set aside.
- Set up the breading station with 3 shallow bowls:
Bowl 1: the flour. Bowl 2: thoroughly whisk together the egg, milk. Bowl 3: the breadcrumbs.
And in a separate small bowl, mix the onion powder, garlic powder, and salt then dived the mixture evenly among each of the above bowls. Whisk each bowl to disperse the seasonings. Dip the onion rings in the flour mixture first.
- Completely coat both sides of the ring and the inner portion.
- Dip the flour-coated rings into the egg mixture. Make sure to completely coat them with the egg.
- Dip the rings in the breadcrumb mixture. To thoroughly coat them, use your fingers to press the breadcrumbs onto the rings.
- Generously spray the inside of the air fryer with cooking spray and preheat on 375°F for 5 minutes.
- Carefully place a single layer of the onion rings into the air fryer and spray the tops with cooking spray.
- Select FRENCH FRIES, adjust to 375°F and 6 minutes, then press START/PAUSE.
- Transfer the onion rings to a plate and serve with any sauces you like.

Lemon Pepper Shrimp



PREP TIME
5 min



COOK TIME
6 min



INGREDIENTS 1

12 oz med-sized shrimp,
peeled and deveined

INGREDIENTS 2

1 tbsp olive oil
1 lemon, juiced
1 tsp lemon pepper
¼ tsp paprika
¼ tsp garlic powder

DIRECTIONS

1. Mix INGREDIENTS 2 together in a bowl.
2. Add shrimp to the bowl and toss until evenly coated.
3. Select PREHEAT, adjust to 370°F, and press START/PAUSE.
4. Place shrimp in the preheated air fryer, select CHICKEN, adjust to 370°F and 6 minutes, and press START/PAUSE.
5. Serve with sliced lemon.

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired, see Cooking Time Reference Table for more information.
2. Follow the prompt and shake for even cooking.



Coconut Shrimp



PREP TIME
5 min



COOK TIME
6 min

INGREDIENTS

12 oz med-sized shrimp, peeled and
deveined
½ tsp salt, to taste
½ cup unsweetened coconut flakes
1 large egg, beaten
½ cup bread crumbs
2 tbsp all-purpose flour Olive oil spray
Olive oil spray

DIPPING SAUCE(Optional)
½ cup apricot preserves
1 tbsp rice wine vinegar
¾ tsp crushed red
pepper flakes

DIRECTIONS

1. Combine coconut flakes, bread crumbs in a bowl.
2. Mix the flour and salt on a small disk.
3. Coat each shrimp in the flour mixture, then dip in egg, and then roll in crumbs mixture, spray with olive oil, set aside.
4. Select PREHEAT, adjust to 370°F, and press START/PAUSE.
5. Place the shrimps in the preheated air fryer, select CHICKEN, adjust to 370°F and 6 minutes, and press START/PAUSE.
6. Meanwhile, mix DIPPING SAUCE together.
7. Dip with dipping sauce to serve.

CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp. Time can adjust as desired.
2. Follow the prompt and shake for even cooking.
3. You may use your preferred sauce for dipping.

Fried Shrimp



PREP TIME
10 min



COOK TIME
6 min



INGREDIENTS

12 oz med-sized shrimp, peeled and deveined,
tails on salt and pepper to taste
½ tsp garlic powder
½ tsp paprika(optional)
⅓ cup all-purpose flour
1 egg
⅓ cup breadcrumbs



CHEF'S TIPS:

1. Cooking time varies depending on the size of the shrimp.
2. Follow the prompt and shake for even cooking.



DIRECTIONS

1. Pat the shrimp dry with a couple of paper towels, then season with garlic powder, paprika, salt, and pepper.
2. Set up the breeding station with 3 shallow bowls:
Bowl 1: the flour.
Bowl 2: crack the eggs and whisk them well to combine.
Bowl 3: the breadcrumbs
3. Dip each shrimp in flour, shake off the excess.
4. Dip it into the eggs again shaking off any excess and coat it in the breadcrumbs.
5. Preheat the air fryer to 350°F
6. Place the shrimps in a single layer in the fryer basket, then spray with cooking spray, select CHICKEN for 6 minutes, then press START/PAUSE.



Homemade French Fries



PREP TIME
20 min



COOK TIME
26 min



INGREDIENTS

2 large potatoes, cut into 3½-inch strips
2 tbsps oil
2 tsps salt
½ tsp black pepper
½ tsp paprika
½ tsp garlic powder
½ tsp onion powder



DIRECTIONS

1. Soak the potato strips in water for 15 minutes, then pat dry with paper towels.
2. Select PREHEAT, adjust to 380°F, and press START/PAUSE.
3. Add the potatoes to a large bowl and toss with the oil until the potatoes are all coated evenly.
4. Sprinkle in the salt, black pepper, paprika, garlic powder, and onion powder. Mix well.
5. Add the potatoes into the preheated basket, select FRENCH FRIES for 26 minutes, then press START/PAUSE.



CHEF'S TIP:

Follow the prompt and shake for even cooking.

Fried Tofu



PREP TIME
35 min



COOK TIME
10 min



INGREDIENTS

- 12-oz block extra-firm tofu
- 2 tbsps soy sauce
- 1 tbsp toasted sesame oil
- 1 tbsp olive oil
- 1 clove garlic minced
- ½ tsp paprika

DIRECTIONS

1. Using a heavy pan to press the tofu for at least 15 minutes, letting the moisture drain. After finished, cut tofu into bite-sized blocks and transfer to a bowl.
2. Combine all remaining ingredients in a small bowl. Drizzle over tofu and toss to coat. Let marinate for an additional 15 minutes.
3. Select PREHEAT, adjust to 375°F , then press START/PAUSE.
4. Place tofu blocks in the preheated air fryer in a single layer, select FRENCH FRIES, adjust to 375°F and 10 minutes, then press START/PAUSE.

CHEF'S TIP:
Follow the prompt and flip for even cooking.

Taquitos



PREP TIME
10 min



COOK TIME
12 min



INGREDIENTS

- 2 large eggs
- ¼ cup breadcrumbs
- 2 tablespoons taco seasoning
- ¼ pound lean ground beef (90% lean)
- 5 corn tortillas (6 inches), warmed
- cooking spray

DIRECTIONS

1. Combine eggs, breadcrumbs, taco seasoning, and beef, mix lightly but thoroughly.
2. Spoon ¼ cup beef mixture down the center of each tortilla.
3. Roll up tightly and secure with toothpicks.
4. Preheat the air fryer at 350°F.
5. Place taquitos in a single layer in the air fryer basket, spray with cooking oil. Select CHICKEN, adjust to 350°F and 12 minutes, then press START/PAUSE.

CHEF'S TIP:
Follow the prompt and flip for even cooking.

Fried Eggplant



PREP TIME
8 min



COOK TIME
10 min



INGREDIENTS

- 1 eggplant (about 10oz)
- 2 eggs, beaten
- ¼ cup all-purpose flour
- ⅓ cup breadcrumbs
- ⅓ cup grated parmesan cheese
- 2 tbsp Italian seasoning
- Olive oil cooking spray
- salt to taste

CHEF'S TIP:

Follow the prompt and flip for even cooking.

DIRECTIONS

- Thinly slice the eggplant, about ⅛ inch slices, and set aside.
- Add the flour to a small bowl.
- In another small bowl, crack the eggs and whisk them well to combine.
- Lastly, mix together the breadcrumbs, cheese, and seasoning in a third bowl.
- Dip each eggplant slice in flour mixture, shake off the excess.
- Dip it into the eggs again shaking off any excess and coat it in the breadcrumb mixture.
- Preheat the air fryer to 375°F.
- Place a single layer of the eggplant in the air fryer and coat it with olive oil spray.
- Select VEGETABLE, adjust to 375°F and 10 minutes, then press START/PAUSE.



Stuffed Mushrooms



PREP TIME
12 min



COOK TIME
8 min

INGREDIENTS

- 5oz whole white button mushrooms
- 2 tbsp diced scallions
- 2oz cream cheese
- 2 tbsp grated parmesan cheese
- ¼ tsp ground paprika
- salt to taste
- Olive oil cooking spray

DIRECTIONS

- Gently clean the mushrooms, remove stems and discard.
- Combine cream cheese, parmesan cheese, the white parts from the scallions, paprika, and salt in a small bowl.
- Preheat the air fryer to 360°F.
- Stuff filling into the mushrooms, pressing it in to fill the cavity with the back of a small spoon.
- Spray the air fryer basket with cooking spray and set mushrooms inside.
- Select VEGETABLE, adjust to 360°F, and 8 minutes, then press START/PAUSE.
- Sprinkle mushrooms with scallion greens and let cool for 5 minutes before serving.

Kale Chips



PREP TIME
5 min



COOK TIME
7 min



INGREDIENTS

4oz kale
salt and pepper to taste
¼ tbsp olive oil



DIRECTIONS

1. In a large bowl, combine the kale and olive oil and sprinkle the salt and pepper throughout.
2. Preheat the air fryer at 270°F.
3. Place the kale in the preheated air fryer.
4. Select VEGETABLE, adjust to 270°F and 7 minutes, then press START/PAUSE.