



Air-Fried Herbed Roast Beef and Potatoes

Ingredients:

2 teaspoons olive oil
4-pound top round roast beef
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 teaspoon dried thyme
½ teaspoon very finely chopped fresh rosemary
3 pounds red potatoes, halved
olive oil, salt and freshly ground black pepper

Directions:

1. Pre heat air fryer to 360°F.
2. Rub the olive oil all over the beef. Combine the salt, pepper, thyme and rosemary and season all sides of the beef with the spice mixture.
3. Transfer the seasoned roast to the air fryer basket and air-fry for 20 minutes.
4. Toss the potatoes with more olive oil, salt and pepper. Turn the roast over and toss the potatoes in the air fryer basket around the sides of the roast.
5. Air-fry for an additional 20 minutes, rotating the roast and potatoes a few times during the cooking process. Check the internal temperature of the roast and remove the roast to a resting plate when it is 5° lower than your desired degree of doneness. Rare – 130°F, Medium – 140°F, Well done – 160°F. Let the roast rest for 5 to 10 minutes before slicing and serving.
6. While the roast is resting, increase the air fryer temperature to 400°F and continue to air-fry the potatoes for 8 to 10 minutes or until they are evenly browned, shaking the air fryer basket a couple of times during the cooking process.



Air-Fried Turkey Breast with Maple Mustard Glaze

Ingredients:

2 teaspoons olive oil
5-pound whole turkey breast
1 teaspoon dried thyme
½ teaspoon dried sage
½ teaspoon smoked paprika
1 teaspoon salt
½ teaspoon freshly ground black pepper
¼ cup maple syrup
2 tablespoon Dijon mustard
1 tablespoon butter

Directions:

1. Pre heat air fryer to 350°F.
2. Brush the olive oil all over the turkey breast.
3. Combine the thyme, sage, paprika, salt and pepper and rub the outside of the turkey breast with the spice mixture.
4. Transfer the seasoned turkey breast to the air fryer basket and air-fry at 350°F for 25 minutes. Turn the turkey breast on its side and air-fry for another 12 minutes. Turn the turkey breast on the opposite side and air-fry for another 12 minutes. The internal temperature of the turkey breast should reach 165°F when fully cooked. (If you are cooking a turkey breast larger than 5 pounds, add time to the total cooking time until you reach 165°F.)
5. While the turkey is air-frying, combine the maple syrup, mustard and butter in a small saucepan. When the cooking time is up, return the turkey breast to an upright position and brush the glaze all over the turkey. Air-fry for a final 5 minutes, until the skin is nicely browned and crispy. Let the turkey rest, loosely tented with foil, for at least 5 minutes before slicing and serving.



Air-Fried Roast Chicken with Gravy

Serves 4 to 6

Ingredients:

2 tablespoons olive oil
2 tablespoons paprika
1 teaspoon dry mustard powder
1 tablespoon sea salt
2 teaspoons coarsely ground black pepper
1 (6½-pound) chicken
1 tablespoon cornstarch
1 tablespoon water

Directions:

1. Pre-heat the air fryer to 350°F.
2. Combine the olive oil, paprika, mustard powder, sea salt and black pepper and brush the spice mixture all over the chicken. Transfer the chicken to the air fryer basket, breast side up.
3. Air-fry at 350°F for 30 minutes. Turn the chicken over and air-fry for another 20 minutes. When the time is up, turn the chicken back over so that the breast side is up, and air-fry for an additional 10 minutes to crisp the skin. The internal temperature of the chicken should be 165°F.
4. Remove the chicken from the air fryer basket and let it rest on a cutting board for 10 minutes. Meanwhile, pour the drippings from the bottom of the air fryer drawer into a clear measuring cup, a clear bowl or a fat separator. Let the drippings sit for a few minutes so that the fat rises to the surface. Skim the fat off the top of liquid and pour the flavorful drippings into a saucepan. Mix the cornstarch and water together in a small bowl and add to the drippings in the saucepan. Bring the liquid to a boil to thicken and season to taste with salt and freshly ground black pepper.

Carve the chicken and serve with the gravy



Fresh Mozzarella and Roasted Pepper Pizza

Serves 1 to 2

Ingredients:

1 (½-pound) pizza dough ball
olive oil
½ cup pizza sauce
6 ounces fresh mozzarella cheese, sliced
¼ cup sliced roasted peppers
½ teaspoon dried oregano
1 tablespoon chopped fresh basil
salt and freshly ground black pepper

Pepperoni & Mushroom Pizza

Serves 1 to 2

Ingredients:

1 (½-pound) pizza dough ball
olive oil
½ cup pizza sauce
1 cup shredded mozzarella cheese
¼ cup sliced pepperoni
1/3 cup sliced mushrooms
¼ teaspoon dried oregano

Directions:

1. Pre-heat the air fryer to 390°F.
2. Place the pizza dough on a flat surface and shape the dough in an oval that will fit the air fryer basket. Transfer the dough to the air fryer basket. (If desired, use a piece of aluminum foil to transfer the pizza dough to the air fryer basket. Cut a rectangular piece of foil to fit the basket, allowing the corners to rise up the sides of the basket. Place the dough on the foil and transfer it to the air fryer. Push the foil corners back so they do not cover the dough.) Dock the dough by piercing it several times with a fork, and brush it lightly with olive oil.
3. Air-fry for 6 minutes. Flip the dough over, brush with a little olive oil and air-fry for an additional 4 minutes.
4. *To make the Fresh Mozzarella and Roasted Pepper Pizza:* Spread the pizza sauce on top of the dough and then add the slices of mozzarella cheese. Top with the roasted peppers and oregano. Lower the temperature of the air fryer to 350°F and air-fry for 8 minutes or until the cheese has melted and is nicely browned. Season with salt and pepper and sprinkle fresh basil over top.
5. *To make the Pepperoni & Mushroom Pizza:* Spread the pizza sauce on top of dough and then sprinkle the mozzarella cheese on top. Add the sliced pepperoni, mushrooms and oregano. Lower the temperature of the air fryer to to 350°F and air-fry for 6 minutes or until the cheese has melted and is nicely browned.
6. Remove the pizza from the air fryer. Slice and serve.



Cajun French Fries with Creole Sauce

Serves 4

Ingredients:

2 large russet potatoes (about 1¼ pounds), peeled and cut into ½-inch sticks
2 teaspoons vegetable or canola oil
1 tablespoon Cajun seasoning (see recipe below)

Cajun Seasoning:

2 teaspoons salt
1 teaspoon cayenne pepper
1 teaspoon garlic
1 teaspoon paprika
½ teaspoon oregano
½ teaspoon thyme
½ teaspoon onion powder
1 teaspoon black pepper

Creole Dipping Sauce

½ cup mayonnaise
1 tablespoon coarse brown mustard
2 teaspoons Cajun seasoning
1 teaspoon lemon juice

Directions:

1. Bring a pot of salted water to a boil in a large saucepan while you peel and cut the potatoes. Blanch the potatoes in the boiling salted water for 4 minutes while you pre-heat the air fryer to 400°F. Strain the potatoes and rinse them with cold water. Dry them well with a clean kitchen towel.
2. Toss the dried potato sticks gently with the oil and place them in the air fryer basket. Air-fry for 25 minutes, shaking the basket a few times while the fries cook to help them brown evenly.
3. While the fries are cooking, combine the ingredients to make the Cajun seasoning. With 5 minutes left on the air fryer, sprinkle the potatoes with the Cajun seasoning and drizzle in a little more oil. Toss evenly to coat the fries and continue to air-fry for the final minutes.
4. To make the Creole Dipping Sauce, combine all the sauce ingredients in a small bowl and mix well. Serve the Cajun Fries hot with Creole Dipping sauce on the side.



Cheddar Melt Burgers

SERVES: 4

TEMPERATURE: 370° F

COOKING TIME: 16 to 20 minutes

Ingredients:

1½ pounds lean ground beef

1 tablespoon Worcestershire sauce

1 tablespoon Montreal steak seasoning

½ cup store-bought or homemade cheese sauce

1 cup shredded Cheddar cheese

Onion hamburger rolls, toasted

Directions:

5. Pre-heat the air fryer to 370° F.
6. Mix together the ground beef, Worcestershire sauce and Montreal steak seasoning. Divide the mixture into four equal portions and shape each portion into a burger, making an indentation in the center of each patty with your thumb. This will help the burger stay flatter when it is cooked.
7. Place the burgers into the air fryer basket. Air-fry for 16 to 20 minutes (depending on how well done you like your burgers), flipping the burgers over half way through the cooking time.
8. Mix the cheese sauce and Cheddar cheese together. (If your cheese sauce is very thick, you can melt it a little in the microwave for 30 seconds.) When there are 4 minutes are left on the timer, spoon ¼ of the cheese mixture on each burger and return the burgers to the air fryer.
9. Serve the burgers on toasted onion rolls.



Four Cheese Mac ‘n’ Cheese

SERVES: 4 to 6

TEMPERATURE: 360° F

COOKING TIME: 25 minutes

Ingredients:

12 ounces dried macaroni pasta
2 tablespoons butter
2 tablespoons all-purpose flour
2½ cups half and half
1 cup shredded Cheddar cheese
1 cup shredded Fontina cheese
½ cup shredded Gouda cheese (not smoked)
1/3 cup blue cheese, crumbled
Pinch of nutmeg
Salt and pepper
1 teaspoon butter, melted
¼ cup panko breadcrumbs

Directions:

1. Bring a large stockpot of salted water to a boil and cook the pasta until al dente – about 8 minutes. Drain and set aside.
2. Heat a medium to large saucepan over medium heat. Add and melt the butter. Add the flour and stir well to coat with butter, cooking for a minute or two. Whisk in the half and half and whisk until smooth. Bring the mixture to a boil and then lower the heat and simmer the sauce until it thickens – about 5 minutes. Remove the half and half mixture from the heat. Mix the Cheddar, Fontina and Gouda cheeses together and set ½ cup of the cheese mixture aside. Add the remaining cheese mixture to the sauce and stir until melted. Add the blue cheese and stir until smooth. Season with pinch of nutmeg, salt and pepper.
3. Add breadcrumbs and the melted butter to the reserved ½ cup cheese. Toss to combine.
4. Pre-heat the air fryer to 360° F.
5. Combine the drained hot pasta and cheese sauce and stir well. Transfer the mixture to a 1½-quart ceramic baking dish. Sprinkle the ½ cup of cheese and the breadcrumbs on top and cover with the aluminum foil.
6. Transfer the dish to the basket of the air fryer, lowering the dish into the basket using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Fold the ends of the aluminum foil over the top of the dish before returning the basket to the air fryer. Air-fry for 25 minutes, removing the aluminum foil for the last 5 minutes of cooking.
7. Cover with aluminum foil and Air fry for 20 minutes. Remove the aluminum foil cover and air-fry for an additional 5 minutes to toast the breadcrumbs and cheese.



Meatball Grinders

SERVES: 3

TEMPERATURE: 380° F

COOKING TIME: 10 minutes

Ingredients:

1 pound ground beef

½ cup chopped onion

¾ cup panko breadcrumbs

¾ cup grated Parmesan cheese

1 egg

1 teaspoon Italian seasoning

½ teaspoon garlic powder

¼ cup fresh chopped parsley

3 long hoagie rolls

Marinara sauce

8 ounces sliced Provolone cheese

Directions:

1. Pre-heat the air fryer to 380° F.
2. Combine the ground beef, onion, breadcrumbs, Parmesan cheese, egg, Italian seasoning, garlic powder and chopped parsley in a large bowl. Mix everything together with your hands until well combined.
3. Divide and shape the mixture into ten meatballs. Air-fry the meatballs for 10 minutes turning over half way through the cooking time.
4. Slice open the hoagie rolls and spread a little marinara sauce inside. Place two slices of the Provolone cheese over the sauce. Top the cheese with three meatballs per hoagie roll and a little additional sauce. Top with two more slices of Provolone cheese and return the sandwiches to the air fryer, one or two at a time, to melt the cheese and toast the bread.



Mixed Berry Turnovers with Sugar Glaze

SERVES: 4

TEMPERATURE: 350° F

COOKING TIME: 14 minutes

Ingredients:

1 sheet frozen puff pastry, thawed

½ cup blueberry pie filling

½ cup raspberries

½ cup blackberries

½ teaspoon cinnamon

1 egg, beaten

½ cup sliced almonds

½ cup powdered sugar

1 teaspoon milk, or a little more

Directions:

1. Roll out a sheet of puff pastry to a square that is approximately 10-inches by 10-inches. Cut this large square into quarters.
2. Mix the blueberry pie filling, raspberries, blackberries and cinnamon together in a bowl. Spoon ¼ cup of the fruit filling into the center of each puff pastry square. Brush the edges of the pastry square with the egg wash. Fold one corner of the puff pastry over the fruit filling towards the opposite corner, forming a triangle. Seal the two edges of the pastry together with the tip of a fork, making a design with the tines. Brush the top of the turnovers with the egg wash and sprinkle sliced almonds over each one.
3. Pre-heat the air fryer to 350° F.
4. Air-fry two turnovers at a time for 14 minutes, carefully turning them over halfway through the cooking time.
5. While the turnovers are cooking, make the glaze by mixing the powdered sugar and milk together in a small bowl until smooth. Let the glaze sit for a minute so the sugar can absorb the milk. If the consistency is still too thick to drizzle, add a little more milk, a drop at a time, and stir until smooth.
6. Let the cooked turnovers sit for at least 10 minutes. Then drizzle the glaze over each turnover. Serve warm or at room temperature.



Shake and Bake Pork Chops

SERVES: 4

TEMPERATURE: 400° F

COOKING TIME: 6 minutes

Ingredients:

4 boneless, center cut pork chops (½-inch thick)

Salt and pepper

1 egg, beaten

1 cup seasoned coating mix for pork (extra crispy version is best)

Vegetable oil in a spray bottle, can or mister

Directions:

1. Pre-heat the air fryer to 400° F.
2. Season pork chops with salt and pepper. Dip two of the pork chops in the beaten egg and then into the seasoned coating mix. Press the coating mix onto both sides of the pork chops. Spray one side of pork chop with the oil.
3. Spray or brush the inside of the air fryer basket with oil. Place the breaded pork chops into the air fryer basket and air-fry for 6 minutes, flipping the chops over halfway through cooking time. Remove the chops from the air-fryer and either tent them with foil or hold them in a 170° F oven to keep warm.
4. Repeat with the remaining two pork chops and serve.



Zucchini Fries with Roasted Garlic Aioli

SERVES: 4

TEMPERATURE: 400° F

COOKING TIME: 12 minutes

Ingredients:

1 head garlic

Roasted Garlic Aioli:

1 teaspoon roasted garlic

2 tablespoons olive oil

½ cup mayonnaise

Juice of ½ lemon

Salt and pepper

For zucchini fries:

½ cup flour

2 eggs, beaten

1 cup seasoned breadcrumbs

Salt and pepper

1 large zucchini, cut into ½-inch sticks

Olive oil in a spray bottle, can or mister

Directions:

1. Pre-heat the air fryer to 380° F.
2. Slice off the top of the head of garlic to expose the tops of all the cloves, and drizzle olive oil on top. Place the head of garlic, cut side up, into the air fryer and air-fry the garlic for 15 minutes at 380° F. When finished, let the garlic cool a little. Squeeze the roasted garlic cloves out of the head and mash to form a paste. To make the aioli, place 1 teaspoon of the roasted garlic paste in a small bowl and reserve the rest for another use. Add the mayonnaise, olive oil and lemon juice and whisk to combine. Season the aioli with salt and pepper.
3. While the garlic is cooking, prepare the zucchini fries. Create a dredging station with three shallow dishes. Place the flour in the first shallow dish and season well with salt and freshly ground black pepper. Put the beaten eggs in the second shallow dish. In the third shallow dish, combine the breadcrumbs, salt and pepper. Dredge the zucchini sticks, coating with flour first, then dipping them into the egg to coat, and finally tossing in breadcrumbs. Shake the dish with the breadcrumbs and pat the crumbs onto the zucchini sticks with your hands so they stick evenly.
4. Place the zucchini fries on a flat surface and let them sit at least 10 minutes before frying to let them dry out a little. Pre-heat the air fryer to 400° F.
5. Spray one side of the zucchini sticks with olive oil, and place them into the air-fryer basket. You can air-fry the fries in two layers, placing the second layer in the opposite direction to the first. Air-fry for 12 minutes turning and rotating the



fries halfway through the cooking time. Spray with additional oil when you turn them over.

6. Serve Zucchini fries warm with roasted garlic aioli.