

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® AirFryer

AFR-25

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IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. Allow to cool before cleaning or handling, putting on or taking off parts.**
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electric shock, do not place any part of the Cuisinart® AirFryer in water or other liquids. See instructions for cleaning.
5. This appliance should not be used by or near children or individuals with certain disabilities.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the Cuisinart® AirFryer

to the store or retailer where purchased for examination or repair, or adjustment.

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

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21. **Warning:** To avoid possibility of fire, NEVER leave Cuisinart® AirFryer unattended during use.
 22. Use recommended temperature settings for all AirFrying.
 23. Do not rest cooking utensils or baking dishes on glass door.
 24. Turn the Timer dial to the OFF position to turn off the Cuisinart® AirFryer.
 25. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the unit from the electric outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
 26. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
 27. To disconnect, turn Timer dial to OFF, then remove plug from wall outlet.

SAVE THESE INSTRUCTIONS

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

SPECIAL CORD SET INSTRUCTIONS

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

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

If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that

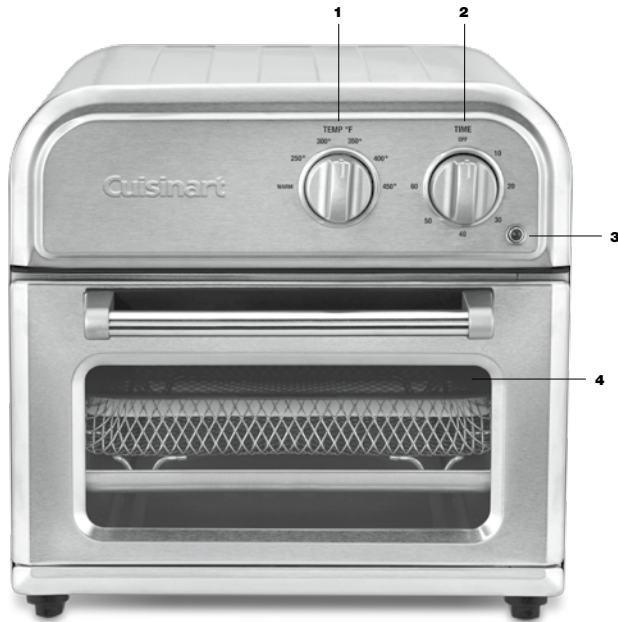
it will not drape over the countertop or tabletop, where it can be tripped over unintentionally or pulled on by children.

NOTICE

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

FOR HOUSEHOLD USE ONLY NOT INTENDED FOR COMMERCIAL USE

FEATURES AND BENEFITS



1. **Temperature Dial**
Used to set temperature (Warm – 450°F).
2. **Time Dial**
Used to set time (up to 60 minutes). Mechanical timer has an auto-off feature; power cuts off once time runs out.
3. **Power Light**
Indicator light turns on and remains lit when AirFryer is in use.
4. **Viewing Window**
Easy to check progress as food cooks.
5. **AirFryer Basket**
Use the AirFryer Basket when AirFrying to optimize cooking results. AirFryer Basket sits in the Baking/Drip Pan when cooking.
6. **Baking Drip/Pan**
Baking/Drip Pan is included for your convenience. Use with the AirFryer Basket when AirFrying. Use alone when baking, broiling, or roasting (see More Ways to Cook on page 7).



BEFORE FIRST USE

1. Place your Cuisinart® AirFryer on a flat, level surface.
2. Move 2 to 4 inches away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces.

NOTE: OBJECTS SHOULD NOT BE STORED ON THE TOP OF THE AIRFRYER. IF THEY ARE, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR AIRFRYER. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.

3. Check that there is nothing inside the AirFryer.
4. Plug power cord into the wall outlet.

OPERATION

Follow these simple steps:

1. Place AirFryer Basket into the Baking/Drip Pan and place in desired position.
 - Lower Position: The Baking/Drip Pan with the AirFryer basket sits on the bottom of the oven.
 - Upper Position: The Baking/Drip Pan slides onto the ledge located on either side of the AirFryer interior.
2. Turn temperature knob to select cooking temperature (Warm – 450°F).
3. Turn timer knob to select cooking time (up to 60 minutes).
4. Light indicator will turn red, signaling that cooking process has started.
5. Once timer reaches OFF, unit will ring to indicate end of cooking cycle.

AIRFRYING

AirFrying is a healthy alternative to deep-frying in oil. A high-velocity fan and an upper heating element circulate air to prepare a variety of foods that are both delicious and healthier than traditional fried foods.

- Many foods that can be deep-fried, can be AirFried without using much, if any, oil. AirFried foods will taste lighter and be less greasy than deep-fried foods.
- AirFrying doesn't require oil, but a light spray can enhance browning and crispiness. Use an oil sprayer or nonstick olive oil cooking spray to keep it extra light, or pour a little oil into a bowl, add food, and toss.
- Most oils can be used for AirFrying. Olive oil is preferred for a richer flavor. Vegetable, canola or grapeseed oil is recommended for milder flavors.
- An assortment of coatings can be used on AirFried foods. Some examples of different crumb mixtures include: breadcrumbs, seasoned breadcrumbs, panko breadcrumbs, crushed cornflakes, potato chips, and graham crackers. Various flours (including gluten-free) and other dry foods like cornmeal work as well.
- Many foods do not need to be flipped while cooking, but larger items, like chicken cutlets, should be flipped halfway through the cooking cycle to ensure results.
- When AirFrying large quantities of food that fill the basket, toss food halfway through cooking cycle to ensure everything is evenly cooked and browned.
- Foods will cook more evenly if cut into the same-size pieces.
- Always AirFry with Baking/Drip Pan in place for easy cleanup.
- When AirFrying greasy foods (e.g., bacon), grease will drain into Baking/Drip Pan. As a precaution, allow hot grease to cool in the unit before removing the Baking/Drip Pan.
- Please note that some foods release water as they cook. When cooking large quantities for an extended period of time, condensation may build up which could leave a little moisture on your countertop.

AIRFRYER CHART

The chart below lists recommended cooking times, temperatures and portions for various types of foods that can be AirFried in the Cuisinart® AirFryer. If portions exceed recommendations, you can toss or flip foods occasionally while cooking to ensure the crispiest, most even results. Smaller amounts of food may require less time. For best AirFry results, periodically check on food through viewing window.

NOTE: When AirFrying, always use the AirFry Basket with the Baking/Drip Pan. For all foods below, we suggest using the upper position, except for bacon and frozen French fries, which should be placed in the lower position.

FOOD	RECOMMENDED AMOUNT	TEMPERATURE	TIME
Bacon	8 slices	400°F	8 to 10 minutes
Chicken Wings	1½ to 2 pounds, about 24 wings MAX AMOUNT: 2½ pounds	400°F	20 to 25 minutes
Frozen Appetizers, (e.g., popcorn shrimp, mozzarella sticks, etc.)	1 to 1½ pounds, about 20 to 28 frozen mozzarella sticks	450°F	5 to 10 minutes
Frozen Chicken Nuggets	1 to 1½ pounds, about 28 to 42 frozen chicken nuggets	400°F	10 to 15 minutes
Frozen Fish Sticks	1 to 1½ pounds, about 16 to 24 frozen fish sticks	400°F	8 to 10 minutes
Frozen Fries	1 to 1½ pounds MAX AMOUNT: 2 pounds	450°F	15 to 25 minutes
Frozen Steak Fries	1 to 1½ pounds MAX AMOUNT: 2 pounds	450°F	15 to 25 minutes
Hand-Cut Fries	1 to 1½ pounds, about 2 to 3 medium potatoes, cut into ¼-inch thick pieces, about 4 inches long	400°F	20 to 25 minutes
Hand-Cut Steak Fries	1 to 1½ pounds, about 2 to 3 medium potatoes, cut into eighths lengthwise	400°F	20 to 25 minutes
Shrimp	1 pound, about 16 extra-large shrimp	350°F	5 to 10 minutes
Tortilla Chips	6, 5-inch tortillas cut into fourths	400°F	5 to 6 minutes, toss halfway through

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

MORE WAYS TO COOK

In addition to AirFrying, the Cuisinart® AirFryer can be used for baking, broiling, roasting and more. To cook using these functions, simply use the knobs to adjust the temperature (Warm – 450°F) and time (up to 60 minutes) to the settings you desire. Some tips and recommendations on temperature and time are listed below.

- When using the Cuisinart® AirFryer, cooking times may need to be reduced because of the convection fan's high speed – start checking foods about 5 to 10 minutes before the end of the suggested cooking time.
- When making baked goods in the unit, we recommend:
 - The Baking/Drip Pan to be placed directly on the bottom of the unit
 - For recipes not specifically developed for this AirFryer, we suggest cooking at a lower temperature (about 25°F to 50°F lower) than what the recipe indicates
- The Cuisinart® AirFryer can also be used to broil beef, chicken, pork, fish, and more. It can even be used to top-brown casseroles and gratins. For best results:
 - Set the temperature to the highest setting (450°F)
 - Place the Baking/Drip Pan with or without the AirFryer Basket in the upper position
- To roast vegetables and cuts of meat:
 - Recommended temperature for roasting is 400°F
 - Oven position will depend on the size of the foods you are cooking
- To toast in the Cuisinart® AirFryer, be sure to flip items halfway through the cycle to evenly toast on both sides, since this unit only has top heaters. Place bread on the Baking/Drip Pan in the upper position. Set temperature to 450°F, about 2 to 3 minutes per side for medium toast.

- The Cuisinart® AirFryer will toast bagel halves on the top side. If you prefer a bagel toasted on both sides, we recommend flipping the bagel halfway through.

Reference the recipes at the end of the instruction manual for more suggestions on what to cook in the AirFryer and specific temperatures and cooking times.

Important: All of our recipes were specially developed for the Cuisinart® AirFryer and have been tested in our Cuisinart® Test Kitchen.

CLEANING AND MAINTENANCE

- Always unplug the AirFryer from the electric outlet and allow it to cool completely before cleaning.
- Do not use abrasive cleaners, as they will damage the finish. Simply wipe the exterior with a clean, damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not directly onto the AirFryer, before cleaning.
- To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Remove any residue from cleaners with a clean, damp rag. Never use harsh abrasives or corrosive products. These could damage the AirFryer surface. Never use steel wool pads, etc., on interior of AirFryer.
- AirFryer Basket and Baking/Drip Pan should be hand-washed in hot, sudsy water with a nylon scouring pad or nylon brush and thoroughly rinsed. These items are not dishwasher safe.
- After cooking greasy foods, and once your AirFryer has cooled, always clean top of oven interior. If this is done on a regular basis, your AirFryer will perform like new.
- To remove crumbs, wait for the AirFryer to cool down, remove all accessories from the interior, and then wipe clean the bottom of the AirFryer. To remove baked-on grease, use a damp cloth soaked in sudsy water or use nonabrasive cleaners, and use a clean, damp cloth to rinse.
- Any other servicing should be performed by an authorized service representative.

TROUBLESHOOTING

SUBJECT	QUESTION	ANSWER/SOLUTION
Power	Why won't my unit turn on?	Make sure your unit is plugged into a functional outlet.
		Make sure the AirFryer door is closed.
		Call Consumer Service at 1-800-726-0190.
Cooking	Why are fried foods not crispy or fried evenly?	Some foods may require more oil than others. If not crispy enough, spray, brush or add some oil to the food.
		Make sure food is spread evenly in one single layer in the AirFryer Basket with no overlap. If food still overlaps, toss or flip food halfway through cooking cycle.
		Put the food in for additional cooking time. Make sure to check frequently until food reaches desired brownness.
	Why is my food undercooked?	If you put too much food in the basket, it may not cook in the suggested time. Try using smaller batches of food and single layers, rather than stacking food on top of each other.
		If the temperature is too low, the food may not fully cook. Turn the temperature control knob to the required temperature setting (for AirFrying this is usually 400°F to 450°F).
	Why does condensation and steam come out of my unit?	You may be preparing greasy foods and oil drips into the pan producing steam, or you may be preparing foods with a high moisture content and water evaporates causing condensation. This will not affect the unit or the end result. It may fog up the viewing window on the sides or corners.
Your pan, basket, or bottom of AirFryer may contain grease residue from previous use. Make sure to clean the pan properly after each use.		
Cleaning	How do I clean tough-to-remove food residue from my accessories?	To remove baked-on grease, soak the accessories in hot, sudsy water or use nonabrasive cleaners. We recommend to hand-wash them in hot, sudsy water, using a nylon scouring pad or nylon brush and thoroughly rinse. The accessories are not dishwasher safe.

WARRANTY

LIMITED THREE-YEAR WARRANTY (U.S. AND CANADA ONLY)

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® AirFryer that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® AirFryer will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund of nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling of such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If your Cuisinart® AirFryer should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose \$10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please be sure to include your return address, phone number, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order made payable to Cuisinart. **NOTE:** For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® AirFryer has been manufactured to the strictest specifications and has been designed for use only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

RECIPES

These mouthwatering recipes are just a sampling of what this appliance can do.

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Spring Egg Cups

Sophisticated and sure to impress your brunch guests.

Makes 6 individual servings

- 6 slices prosciutto**
- 2 to 3 asparagus spears, sliced lengthwise into thin ribbons using a peeler or mandoline**
- 5 large eggs**
- ¼ cup half-and-half**
- ¼ teaspoon kosher salt**
- Freshly ground black pepper, to taste**
- 2 teaspoons finely chopped fresh dill**
- ¼ cup goat cheese, crumbled**

1. Lightly grease a regular 6-cup muffin pan with oil. Press one slice of prosciutto into each muffin cup to entirely line bottom and sides, leaving some overhang. Mend any cracks. Fill each muffin cup with some of the asparagus ribbons.
2. In a bowl, whisk together the eggs, half-and-half, salt and pepper. Stir in dill and crumbled goat cheese.
3. Fill each cup two-thirds of the way with the egg mixture.
4. Place the muffin pan directly on the bottom of the Cuisinart® AirFryer. Set the temperature to 350°F and AirFry for 8 to 10 minutes, until egg cups are set and no longer runny. Run a knife along the edge of each cup to loosen from pan. Serve warm.

Nutritional information per serving:

*Calories 116 (62% from fat) • carb. 1.5g • pro. 10g • fat 8g
sat. fat 3.3g • chol. 172mg • sod. 432mg • calc. 32mg • fiber 0g*

Crispy Chickpeas

Quickly transform a plain can of chickpeas into a crispy snack.

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

1. Place the AirFryer Basket onto the Baking/Drip Pan. Put the chickpeas into the basket and spray liberally with oil. Sprinkle with the salt, cumin and pepper.
2. AirFry in the upper position with temperature set to 350°F for 15 minutes, until chickpeas are fragrant and lightly browned. Serve immediately.

Nutritional information per serving (¼ cup):

*Calories 75 (13% from fat) • carb. 14g • pro. 3g • fat 1g • sat. fat 0g
chol. 0mg • sod. 275mg • calc. 20mg • fiber 3g*

Root Veggie Chips with Rosemary & Sea Salt

Worth the effort – better than store bought!

Makes 4 to 6 servings

- 1½ pounds root vegetables (beets, parsnips, potatoes, yams)**
- Olive oil, for brushing (about 1 tablespoon)**
- 2 teaspoons fresh rosemary, finely chopped**
- 2 teaspoons flaked sea salt**

1. Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
2. Using a mandoline, cut vegetables into ¼-inch slices. Pat dry with paper towels. Arrange as many slices as possible in a single layer in the basket, avoiding overlap. Brush both sides of the slices with olive oil and sprinkle with rosemary and salt.
3. AirFry slices in the lower position at 250°F* until crisp: beets, 30 to 35 minutes; parsnips, 20 to 25 minutes; potatoes and yams, 15 to 20 minutes. Flip halfway for best results.
4. Serve immediately.

*AirFrying chips at a lower temperature yields an irresistible baked crunch. However, if time is short, AirFry at 400°F for 8 to 10 minutes in the upper position

Nutritional information per serving (based on 6 servings):

*Calories 103 (19% from fat) • carb. 19g • pro. 2g • fat 2g • sat. fat 0g
chol. 0mg • sod. 805mg • calc. 33mg • fiber 2g*

Blooming Onion

Who knew this popular restaurant appetizer was so easy to make?
Serve it with the Chipotle Mayonnaise on page 22.

Makes 1 blooming onion, about 2 to 3 servings

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

1. Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
2. Put the flour into a bowl large enough to dip the onion. Put the egg and buttermilk into another similar-sized bowl, and the breadcrumbs and seasonings in a third, similar-sized bowl. Reserve.
3. Trim the top of the onion to create a flat surface. Leave the root end intact. Turn the onion over, so the root end faces up, and rest it on its flat surface.
4. Without piercing the root, cut the onion into 4 wedges. Also without piercing the root, cut each wedge in half; repeat until wedges are about ¼ inch thick.
5. Turn the cut onion over and carefully, without breaking the pieces off the root, separate the layers; the separated onion will resemble a flower with petals.

6. Dredge the onion in the flour, and gently shake off the excess before dipping into the egg mixture, and then finally coating each layer evenly with the panko mixture. Evenly spray the coated onion with olive oil.
7. Coat the AirFryer Basket with nonstick cooking spray. Put the prepared onion into the basket and AirFry in the upper position at 400°F for 10 minutes. Onion is done when it is crispy and golden brown in color.

Nutritional information per serving (based on 3 servings):

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

Fried Pickles

Serve these as an appetizer with the Chipotle Mayonnaise on page 22.

Makes 3 to 4 servings

- ½ **cup unbleached, all-purpose flour**
- 1 large egg, beaten well**
- ½ **cup finely ground cornmeal**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon cayenne pepper, divided**
- Nonstick cooking spray**
- 2 kosher dill pickles (about 5 ounces), cut into ¼-inch discs**
- Olive oil, for spraying**

1. Put the flour, egg and cornmeal into individual containers large enough for dipping the pickles. Add the salt and cayenne to the cornmeal; stir to combine.
2. Place the AirFryer Basket onto the Baking/Drip Pan. Generously coat the basket with nonstick cooking spray. Reserve.
3. Blot the cut pickles on a paper towel. Dredge each pickle disc in the flour and shake off the excess before dipping into egg,

and then finally coating evenly with the cornmeal/cayenne mixture. Spray both sides with olive oil.

4. AirFry in the upper position. Set to 400°F for 10 minutes. Cook until browned and crispy. Let cool slightly. Serve with the Chipotle Mayo on page 22, if desired.

Nutritional information per serving (based on 4 servings):

*Calories 139 (18% from fat) • carb. 24g • pro. 4g • fat 3g • sat. fat 1g
chol. 54mg • sod. 719mg • calc. 5mg • fiber 3g*

Kale Chips

Kale chips make a light snack on their own, but they can also be crumbled and used as a salad topper.

Makes 4 servings

- 4 stems curly kale, tough stems removed**
- Olive oil, for spraying**
- ¼ **teaspoon kosher salt**

1. Place the AirFryer Basket onto the Baking/Drip Pan. Put the kale leaves into the basket and spray liberally with oil. Airfry in the bottom position with temperature set to 350°F. Cook until kale is bright and crispy, about 5 minutes.

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

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

Nutritional information per serving:

*Calories 39 (27% from fat) • carb. 7g • pro. 2g • fat 1g • sat. fat 0g
chol. 0mg • sod. 171mg • calc. 58mg • fiber 1g*

Fish Tacos

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

Makes 6 tacos

- 12 ounces cod, cut into ½-inch, 1-ounce strips**
- 1 teaspoon kosher salt, divided**
- ½ lime**
- ½ cup unbleached, all-purpose flour**
- 1 large egg, lightly beaten**
- 1 cup panko breadcrumbs**
- Nonstick cooking spray**
- Olive oil, for spraying**
- 6 corn tortillas**
- Shredded cabbage**
- Cilantro, roughly chopped**
- Avocado**
- Crema or sour cream**
- Lime wedges**

1. Season cod with ½ teaspoon of the salt and squeeze of lime.
2. Set up 3 containers for dredging – one with flour, one with egg, and the third with the panko and remaining ½ teaspoon of salt. Dip the cod first into the flour, shaking off any excess. Next dip in the egg and then finally, coat well with the panko.
3. Place the AirFryer Basket onto the Baking/Drip Pan. Coat the basket well with nonstick cooking spray. Spray both sides of cod with olive oil and place into the fry basket. AirFry in the upper position with the temperature set to 400°F and cook for 9 minutes; flip fish pieces and cook for an additional 3 to 5 minutes, until evenly crispy.
4. Reserve cooked fish and then heat tortillas for about 2 to 3 minutes at 300°F, until soft and pliable. Serve tacos, each with

2 pieces of fish. Garnish as desired with shredded cabbage, cilantro, avocado, crema and fresh lime.

Nutritional Information per taco:

*Calories 149 (6% from fat) • carb. 21g • pro. 13g • fat 1g • sat. fat 0g
chol. 24mg • sod. 447mg • calc. 55mg • fiber 2g*

Coconut Shrimp

Serve with a curry mayonnaise for a fun hors d'oeuvre.

Makes about 3 to 4 first-course servings

- ½ pound shrimp**
- ½ teaspoon kosher salt**
- ½ cup unbleached, all-purpose flour**
- 1 large egg, beaten**
- 1 cup panko breadcrumbs**
- ½ cup shredded coconut**
- Nonstick cooking spray**
- Olive oil for spraying**

1. Season the shrimp with salt.
2. Set up 3 containers for dredging – one with flour, one with egg, and the third with the panko and coconut mixed together.
3. Dip each shrimp in the flour, shaking off any excess. Next dip in the egg and then finally, coat well with the panko mixture.
4. Place the AirFryer Basket onto the Baking/Drip Pan. Coat the basket well with nonstick cooking spray. Spray the shrimp on both sides with olive oil. Lightly sprinkle once more with salt. AirFry in the upper position with the temperature set to 375°F for about 5 minutes per side, or until golden brown.
5. Serve immediately.

Nutritional Information per serving (based on 4 servings):
Calories 294 (56% from fat) • carb. 21g • pro. 12g • fat 19g
sat. fat 16g • chol. 71mg • sod. 657mg • calc. 39mg • fiber 5g

Chicken Wings, Two Ways with 3 Sauces

For a healthier option than deep-frying, AirFry chicken wings. Here we give you two versions, plain and beer-battered (for extra crispiness), plus three different, delicious sauces.

Makes about 20 wings

Nonstick cooking spray

Beer-Battered Chicken Wings:

- 2 pounds chicken wings***
- ¾ teaspoon kosher salt**
- ½ cup unbleached, all-purpose flour**
- ½ * cup light beer**

Plain Chicken Wings

- 2 pounds chicken wings***
- ¾ teaspoon kosher salt**

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

1. Put the AirFryer Basket onto the Baking/Drip Pan and generously coat with nonstick cooking spray. Reserve.
2. If beer battering the wings, in a large bowl combine the flour and beer. Put the chicken wings into the bowl with the batter. Sprinkle with salt and then coat in the batter. Put the chicken wings into the basket.
3. If not beer battering the wings, put the chicken wings into the basket. Sprinkle with salt.

4. AirFry in the upper position with the temperature set to 400°F for 20 to 25 minutes. Cook until golden and crispy.
5. When chicken wings are done, toss immediately in sauce or add the toppings of your choice, such as butter, garlic, fresh herbs or spices.

Nutritional information per wing (plain):

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

Nutritional Information per wing (beer-battered):

*Calories 101 (36% from fat) • carb. 1g • pro. 14g • fat 4g • sat. fat 1g
chol. 39mg • sod. 127mg • calc. 7mg • fiber 0g*

Buffalo Sauce for Chicken Wings

A classic sauce for wings, made with coconut oil instead of butter.

Makes about ¼ cup sauce, enough to coat 20 wings

- ¼ cup hot sauce**
- 1 tablespoon coconut oil**

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

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

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

Sesame-Ginger Sauce for Chicken Wings

Add chili flakes to this sauce for a spicy kick.

Makes about ⅔ cup sauce

- ¼ cup sesame oil**

- 2 tablespoons soy sauce**
- 2 tablespoons honey, or hot honey**
- 1 2 x 2-inch piece ginger, peeled and grated**
- 3 garlic cloves, grated**
- ¼ cup toasted sesame seeds**

2 to 3 green onions, thinly sliced

1. Put the sesame oil, soy sauce, honey, grated ginger and garlic into a large bowl. Whisk together. Add the sesame seeds.
2. When chicken wings are ready, transfer them to the large bowl and toss evenly. Sprinkle with the sliced green onions. Serve immediately.

*Nutritional information per serving of Sesame-Ginger Sauce
(based on 20 servings):*

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

Five-Spice Seasoning for Chicken Wings with Dipping Sauce

Do not skip the sauce with the crispy spiced wings. Any leftover sauce can be drizzled over a cup of steaming rice.

Enough seasoning for 20 wings. Makes about ⅔ cup sauce.

- 1 teaspoon kosher salt**
- 1 teaspoon five-spice powder**

Dipping Sauce:

- ¼ cup fish sauce**
- ¼ cup granulated sugar**
- 1 garlic clove, finely chopped**
- ½ Thai chile, thinly sliced (or ½ jalapeño, seeded and thinly sliced)**

- 1 tablespoon fresh lime juice**
- 1 tablespoon chopped cilantro**
- 1 tablespoon chopped mint**
- 1 tablespoon shredded carrots**
- 2 tablespoons thinly sliced green onions**

1. Sprinkle the salt and five-spice powder over the chicken wings (either beer-battered or plain). Cook as instructed in preceding recipe.
2. While wings are cooking, prepare the dipping sauce. Put the fish sauce, sugar, garlic and chile in a small saucepan set over medium-low heat. Cook until sugar has dissolved. Remove to cool to room temperature. Once cool, add the remaining ingredients and stir to combine. Transfer to a serving bowl and serve alongside the hot wings.

*Nutritional information per serving (1 teaspoon sauce):
Calories 39 (78% from fat) • carb. 2g • pro. 0g • fat 3g • sat. fat 0g
chol. 0mg • sod. 68mg • calc. 4mg • fiber 0g*

Chicken Nuggets

Kids of all ages will love this homemade version of the frozen standby.

Makes about 4 servings

- ¾ cup unbleached, all-purpose flour**
- 2 large eggs, lightly beaten**
- 1½ cups panko breadcrumbs**
- ¾ teaspoon kosher salt, divided**
- ¾ teaspoon freshly ground black pepper, divided**
- 1 pound thinly sliced chicken breast or boneless thighs, pounded even and cut into 1½-inch pieces**
- Olive oil, for spraying**

Nonstick cooking spray

1. Put the flour, eggs and panko into individual containers large enough for dipping the chicken. Add a pinch each of the salt and pepper to the panko; stir to combine.
2. Sprinkle the chicken, evenly on both sides, with the remaining salt and pepper. Dredge each chicken piece in the flour and shake off the excess before dipping into egg, and then finally coating evenly with the panko breadcrumbs. Spray both sides with olive oil.
3. Place the AirFryer Basket onto the Baking/Drip Pan and generously coat with the nonstick cooking spray. Put the prepared nuggets into the basket and AirFry in the upper position with temperature set to 400°F for 15 minutes, flipping halfway through, cooking until chicken is evenly browned on both sides.
4. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 191 (22% from fat) • carb. 32g • pro. 5g • fat 5g • sat. fat 1g
chol. 0mg • sod. 434mg • calc. 1mg • fiber 1g*

Mini Shepherd's Pies

This miniature take on a classic is almost too cute to eat. A perfect way to use up those leftover mashed potatoes.

Makes 6 individual servings

- 1 refrigerated pie crust (store bought)**
- ½ pound lean ground beef or lamb**
- 1 carrot, diced**
- 1 stalk celery, diced**
- ½ small onion, diced**
- 1 garlic clove, finely chopped**

2 to 3 sprigs fresh thyme

- 1 bay leaf**
- 1 tablespoon unbleached, all-purpose flour**
- 1 cup beef stock**
- 2 to 3 dashes Worcestershire sauce**
- 1 teaspoon tomato paste**
- Kosher salt and ground white pepper to taste**
- ½ cup frozen peas, thawed**
- 1½ cups prepared mashed potatoes**
- Chopped parsley for garnish**

1. Unroll the refrigerated pie crust and, using a 4-inch round or cookie cutter, cut out 6 circles of dough. Press the circles of dough into the bottoms and up the sides of a greased, 6-cup muffin tin. Line muffin cups with parchment liners and fill each with a handful of pie weights or dried beans. Place the prepared muffin pan on the Baking/Drip Pan and place into the lower position. Bake the crust for 10 to 12 minutes at 350°F, until edges and bottoms are golden. Set aside to cool.
2. Meanwhile, cook ground beef in a medium, nonstick skillet over medium-high heat, about 5 minutes. Add carrot, celery, onion, garlic, thyme sprigs and bay leaf to the skillet, and continue to cook over medium heat until vegetables are sweated and tender, about 8 to 10 minutes. Sprinkle flour over mixture and cook, stirring constantly for 1 to 2 minutes. Stir in stock, Worcestershire and tomato paste. Cook mixture over low heat, stirring frequently, until thick and bubbling, about 5 to 8 minutes. Remove thyme sprigs and bay leaf. Season with salt and white pepper. Stir in thawed peas and reserve.
3. Divide the meat mixture among the 6 baked crusts and top with ¼ cup of mashed potatoes. Return to the lower position and bake for 5 to 8 minutes at 350°F, until mashed potatoes are golden and filling is bubbling.

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4. Carefully remove mini shepherd's pies from the muffin pan.
Garnish with chopped parsley. Serve warm.

Nutritional information per individual serving:

*Calories 246 (43% from fat) • carb. 25g • pro. 11g • fat 12g • sat. fat 12g
chol. 36mg • sod. 346mg • calc. 16mg • fiber 2g*

Lamb Meatballs with Yogurt-Tahini Dipping Sauce

Mediterranean flavors are the star in these quick and easy meatballs.

Makes 15 meatballs and 1 cup sauce

Nonstick cooking spray

Meatballs:

- 1 pound ground lamb**
- 2 garlic cloves, finely chopped**
- 1 teaspoon kosher salt**
- ½ teaspoon fresh oregano**
- ½ teaspoon ground cumin**
- ¼ teaspoon cayenne**
- ¼ teaspoon ground coriander**
- ¼ teaspoon freshly ground black pepper**
- Pinch ground cinnamon**
- Olive oil, for spraying**

Sauce:

- 1 cup plain Greek yogurt, any fat variety**
- 1 tablespoon tahini**
- ½ teaspoon fresh lemon juice**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground cumin**

Pita bread, toasted and kept warm, for serving
Chopped fresh parsley, for serving

1. Place the AirFryer Basket onto the Baking/Drip Pan and generously coat with nonstick cooking spray. Reserve.
2. Put all of the meatball ingredients in a large bowl. Gently mix with hands until well combined. Form into 15 golf ball-size pieces. Spray evenly with olive oil and transfer to the prepared basket.
3. AirFry in the upper position with the temperature set to 400°F for 15 minutes. AirFry until evenly browned on the outside, about 10 to 15 minutes.
4. While the meatballs are cooking, prepare the Yogurt-Tahini Dipping Sauce. In a small bowl, whisk together all of the sauce ingredients until homogenous. Reserve in the refrigerator (this can be made in advance and stored in an airtight container in the refrigerator for up to 1 week).
5. Serve the lamb meatballs with the Yogurt-Tahini Sauce, chopped parsley and toasted pita.

Nutritional information per serving (based on 1 meatball and 1 tablespoon sauce):

*Calories 103 (69% from fat) • carb. 1g • pro. 7g • fat 8g • sat. fat 3g
chol. 22mg • sod. 253mg • calc. 32mg • fiber 0g*

Pizza Margherita

Simple and delicious—and quicker than takeout!

Makes 1 pizza, 6 slices

- 12 ounces pizza dough, room temperature**
- ½ cup pizza sauce**
- 2 tablespoons grated Parmesan**
- 3 ounces fresh mozzarella, thinly sliced**

¼ cup tightly packed basil leaves, thinly sliced
Olive oil, for spraying

1. Spray the Baking/Drip Pan with olive oil. Put the pizza dough on the pan. Stretch the dough to cover the entire pan. Spray with olive oil.
2. Put the Baking/Drip Pan into the lower position. AirFry for 5 minutes at 400°F, until lightly golden. Remove from oven and flip the pie in the pan. Add sauce to the center, leaving a 1-inch border for the crust; spread sauce into a thin, even layer. Sprinkle with the Parmesan and top with the mozzarella. Spray the border with olive oil.
3. Return pizza to lower position and bake for an additional 5 to 8 minutes at 400°F, or until the cheese is melted and lightly brown and the bottom crust is golden. Sprinkle with basil before serving.

Nutritional information per slice:

*Calories 192 (20% from fat) • carb. 28g • pro. 10g • fat 4g
sat. fat 2g • chol. 12mg • sod. 384mg • calc. 100mg • fiber 1g*

Upgraded Grilled Cheese Sandwiches

The AirFryer is a great way to whip up grilled cheese sandwiches with little fuss (and less mess!). If you are looking for a change from the standard American cheese, here are a few options to up your grilled cheese game.

Apple and Brie

- 4 slices multigrain bread**
- 2 teaspoons honey mustard**
- 2 ounces Brie, well chilled and sliced**
- ½ small apple (crisp and juicy variety), thinly sliced**
- Olive oil, for spraying**

Makes 2 sandwiches

1. Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
2. Lay the four slices of bread on a clean work surface. Spread the honey mustard on the inside of two slices. Evenly divide the Brie and apple between the two sandwiches and layer on top of the mustard, and then top with the other slices of bread. Evenly and liberally coat the outer sides of the bread with olive oil. Transfer to the prepared basket.
3. AirFry in the upper position with the temperature set to 350°F for 10 minutes. AirFry until the tops are evenly browned, about 6 minutes, and then very carefully flip to brown the opposite side, another 2 minutes.
4. Remove from the AirFryer and allow to rest for 1 to 2 minutes to cool slightly before slicing and serving.

Nutritional information per serving:

*Calories 381 (35% from fat) • carb. 46g • pro. 14g • fat 14g
sat. fat 5g • chol. 28mg • sod. 603mg • calc. 134mg • fiber 6g*

Fig, Prosciutto and Goat Cheese

- 4 slices rustic bread (such as peasant or sourdough)**
- 4 tablespoons goat cheese, softened**
- ½ cup arugula**
- 4 slices prosciutto**
- 2 fresh figs, preferably brown, sliced**
- Olive oil, for spraying**

Makes 2 sandwiches

1. Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
2. Lay the four slices of bread on a clean work surface. Spread the goat cheese on the inside of two slices. Evenly divide the arugula on top of the goat cheese and place

two slices of prosciutto on each. Finish with the fig slices and then top with the other slices of bread. Evenly and liberally coat the outer sides of the bread with olive oil. Transfer to the prepared basket.

- AirFry in the upper position with the temperature set to 350°F for 10 minutes. AirFry until the tops are evenly browned, about 6 minutes, and then very carefully flip to brown the opposite side, another 2 minutes.
- Remove from the AirFryer and allow to rest for 1 to 2 minutes to cool slightly before slicing and serving.

Nutritional information per serving:

*Calories 366 (25% from fat) • carb. 34g • pro. 15g • fat 10g
sat. fat 4g • chol. 14mg • sod. 879mg • calc. 85mg • fiber 4g*

Two-Cheese and Tomato

Makes 2 sandwiches

- 4 slices white bread**
- 2 slices sharp Cheddar cheese, about 2 ounces**
- 1 medium tomato, thickly sliced**
- 2 slices Swiss cheese, about 2 ounces**
- Olive oil, for spraying**

- Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
- Lay the four slices of bread on a clean work surface. Place one slice of Cheddar on top of two of the slices, evenly divide the tomato slices on top of the cheese, and then finish with the Swiss, one slice on each. Top with the other slices of bread. Evenly and liberally coat the outer sides of the bread with olive oil. Transfer to the prepared basket.
- AirFry in the upper position with the temperature set to 350°F for 10 minutes. AirFry until the tops are evenly browned, about

6 minutes, and then very carefully flip to brown the opposite side, another 2 minutes.

- Remove from the AirFryer and allow to rest for 1 to 2 minutes to cool slightly before slicing and serving.

Nutritional information per serving:

*Calories 495 (43% from fat) • carb. 48g • pro. 23g • fat 24g
sat. fat 13g • chol. 55mg • sod. 674mg • calc. 451mg • fiber 5g*

Sweet & Salty Bacon Fried Rice

You'll think twice about ordering after trying this simple Asian takeout go-to. Candied bacon makes it irresistible!

Makes 4 servings

- 2 tablespoons canola oil, divided**
- 1 cup cauliflower, broken into ½-inch florets**
- ½ cup thinly sliced green onions, plus more for serving**
- 2 teaspoons grated garlic**
- 1 tablespoon grated fresh ginger**
- ½ cup frozen peas, thawed**
- 2 cups cooked rice, cold**
- 2 large eggs**
- 2 tablespoons reduced sodium soy sauce**
- 1 tablespoon rice wine vinegar**
- 1 teaspoon toasted sesame oil**
- 1 teaspoon granulated sugar**
- 4 slices candied bacon, crumbled (see following recipe)**
- Asian hot sauce and lime wedges, for serving**

- Combine the cauliflower, green onions, garlic and ginger with 1 tablespoon of canola oil and spread onto the Baking/Drip Pan. AirFry in the upper position with the temperature set to 400°F. AirFry for 5 minutes. Remove the pan and mix in the

peas; return to oven for another 2 to 3 minutes. Transfer mixture to a serving bowl.

2. Add rice to the pan and mix with the remaining tablespoon of oil. Create a well in the center of the pan. Crack the eggs into the well and mix with a fork. Put the pan in the upper position and AirFry for 5 minutes at 400°F, until the eggs are set and the rice is just starting to get crispy. Break the eggs up into pieces with a fork and add to the serving bowl along with the rice.
3. Combine soy sauce, rice wine vinegar, sesame oil and sugar and pour over rice mixture. Add candied bacon and toss thoroughly. Serve immediately with green onions, lime wedges and your favorite Asian hot sauce.

Nutritional information per serving:

*Calories 306 (42% from fat) • carb. 32g • pro. 11g • fat 14g
sat. fat 2g • chol. 103mg • sod. 605mg • calc. 34mg • fiber 2g*

Candied Bacon

Seriously addictive – try eating just one slice.

Makes 12 servings

- 2 tablespoons light brown sugar**
- ¼ teaspoon cayenne pepper**
- 12 slices of applewood smoked bacon, thick-cut**

1. Place the AirFryer Basket onto the Baking/Drip Pan. Reserve.
2. In a large bowl, mix together the brown sugar and cayenne pepper. Add the bacon slices and toss to coat.
3. Arrange six bacon slices in a single layer in the basket. AirFry in the lower position with the temperature set to 400°F for 8 to 10 minutes, until crispy. Repeat with remaining six bacon slices. Let cool, then serve.

Nutritional information per slice:

*Calories 43 (75% from fat) • carb. 1g • pro. 2g • fat 4g • sat. fat 1g
chol. 8mg • sod. 150mg • calc. 0mg • fiber 0g*

“Fried” Brussels Sprouts

The tasty sweet and spicy sauce makes these Brussels sprouts a favorite side dish.

Makes 4 servings

- 1 pound Brussels sprouts**
- Nonstick cooking spray**
- ¾ teaspoon kosher salt**
- Olive oil for spraying**
- 2 tablespoons honey**
- 2 teaspoons sriracha sauce**
- 1 teaspoon fresh lime juice**

1. Trim the bottom of each Brussels sprout and then cut in half lengthwise. Place the AirFry Basket onto the Baking/Drip Pan and lightly coat with nonstick cooking spray. Arrange the halved sprouts in the basket and then sprinkle with salt and lightly spray with olive oil.
2. AirFry in the upper position with the temperature set to 300°F. AirFry for 20 minutes. When time expires, set temperature to 350°F for an additional 10 minutes. Sprouts should be soft yet crispy.
3. While sprouts are AirFrying, stir together the honey, sriracha and lime juice in a medium-size mixing bowl. Once the Brussels sprouts are ready, toss in the sauce and serve immediately.

Nutritional information per serving:

*Calories 89 (3% from fat) • carb. 19g • pro. 4g • fat 2g • sat. fat 0g
chol. 0mg • sod. 443mg • calc. 48mg • fiber 4g*

Sweet Potato Tots

An alternative to the original tater tot, the sweet potato gives these a nutritional boost.

Makes about 15 tots

- 1 pound sweet potato or yam**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ⅛ teaspoon paprika**
- Nonstick cooking spray**
- Olive oil**

1. Peel the sweet potato and steam it until almost cooked through, about 15 minutes. Allow to cool to handle. Once cool, shred potato using a box grater. Mix the grated potato with the salt, pepper and paprika. Form into tablespoon-size nuggets.
2. Place the AirFryer Basket onto the Baking/Drip Pan and spray well with nonstick cooking spray. Place the sweet potato tots evenly on the basket. Lightly coat with olive oil.
3. AirFry in the upper position with the temperature set to 400°F for 12 to 15 minutes. Tots are done when the edges are golden. Flip halfway through cooking to ensure even browning.

Nutritional information per tot:

*Calories 29 (10% from fat) • carb. 6g • pro. 0g • fat 0g • sat. fat 0g
chol. 0mg • sod. 52mg • calc. 9mg • fiber 1g*

French Fries

These crispy fries can be served with any of your favorite seasonings or sauces.

Makes 2 to 3 servings

- 1 pound (about 3 medium) russet potatoes**
- 1 teaspoon kosher or seasoned salt**
- Olive oil, for spraying**

1. Cut potatoes into ¼-inch thick pieces, about 4 inches long. Pat dry completely.
2. Place the AirFryer Basket onto the Baking/Drip Pan. Put the dried potatoes into the pan. Spray with oil. Sprinkle with salt and toss. Spread into a single layer.
3. AirFry in the upper position with temperature set to 400°F for 15 minutes, cooking until desired crispiness is achieved.
4. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per serving (based on 3 servings):

*Calories 138 (10% from fat) • carb. 27g • pro. 4g • fat 2g • sat. fat 0g
chol. 0mg • sod. 389mg • calc. 0mg • fiber 2g*

Sweet Potato Fries with Chipotle Mayonnaise

A more nutritious alternative to regular French fries.

Makes 2 to 3 servings

- 1 pound sweet potatoes (about 2 medium), cut into ¼-inch thick pieces, about 4 inches long**
- ½ teaspoon kosher salt**
- Olive oil, for spraying**
- ½ cup mayonnaise**
- 1 chipotle chile in adobo, finely chopped**
- ¼ teaspoon fresh lemon juice**

1. Prepare Chipotle Mayonnaise: Put mayonnaise, chipotle and lemon juice in the work bowl of a mini food processor. Process on High until completely puréed and homogenous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.

2. Make Sweet Potato Fries: Place the AirFryer Basket onto the Baking/Drip Pan. Put the cut sweet potatoes into the basket. Spray with oil. Sprinkle with salt and toss. Spread into a single layer.
3. AirFry in the upper position with the temperature set to 400°F for 15 minutes. Cook until edges are golden brown and crispy.
4. When sweet potatoes are ready, transfer to a serving bowl. Serve immediately with reserved Chipotle Mayonnaise on the side.

*Nutritional information per serving of Chipotle Mayonnaise
(based on 1 tablespoon):*

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

*Nutritional information per serving of Sweet Potato Fries
(based on 3 servings):*

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

Pimiento Mac 'n Cheese Cups

Bring Southern flare to a childhood favorite. These cups are full of comfort.

Makes 6 individual servings

- ½ cup whole milk**
- 4 ounces cream cheese**
- 1 cup grated sharp Cheddar cheese, about 4 ounces**
- ⅛ teaspoon cayenne pepper**
- 1 to 2 dashes hot sauce**
- 4 ounces elbow macaroni, cooked per package instructions**
- 2 ounces drained, diced pimiento peppers (about ¼ cup)**
- 2 tablespoons mayonnaise**

Kosher salt and black pepper to taste

**¼ cup crushed saltine crackers, about 5 crackers, divided
Butter for greasing**

1. In a small saucepan, combine milk and cream cheese over medium-low heat, stirring with a wooden spoon until smooth. Add Cheddar cheese and continue to cook, stirring constantly, until thick and creamy. Remove cheese mixture from heat and stir in cayenne and hot sauce.
2. Add elbows, pimiento peppers and mayonnaise to cheese mixture and stir until combined. Season to taste with salt and pepper.
3. Thoroughly grease a 6-cup muffin pan with butter and dust the inside of each cup with half of the crushed crackers. Divide the macaroni and cheese among the cups and sprinkle with the remainder of the crushed crackers.
4. Place muffin pan directly on the bottom of the AirFryer and set temperature for 350°F for 10 minutes, baking until bubbly and tops are golden brown. Allow to cool slightly, about 5 to 10 minutes. Run a knife along the edge of each cup to loosen from pan. Serve warm.

Nutritional information per cup:

*Calories 264 (58% from fat) • carb. 18g • pro. 9g • fat 17g
sat. fat 0g • chol. 47mg • sod. 285mg • calc. 170mg • fiber 1g*

Blueberry Crumble

A quick and simple dessert. Be sure to cool slightly to allow the filling to set up a bit prior to serving.

Makes 6 servings

Filling:

- ¼ **cup granulated sugar**
- ¼ **cup packed light brown sugar**
- 1 tablespoon tapioca starch**
- ¼ **teaspoon kosher salt**
- Pinch ground cinnamon**
- Pinch ground ginger**
- ¼ **teaspoon pure vanilla extract**
- 4 cups fresh blueberries**

Topping:

- ¾ **cup unbleached, all-purpose flour**
 - ½ **cup rolled oats (not quick cooking)**
 - ½ **cup packed light brown sugar**
 - ¼ **teaspoon ground cinnamon**
 - ¼ **teaspoon kosher salt**
 - 6 tablespoons unsalted butter, cold and cubed**
1. Put the sugars, starch, salt, and spices in a small mixing bowl; whisk to combine. Add the vanilla extract and blueberries and stir until blueberries are well coated. Using a large fork, or a potato masher, mash the blueberries until about half have burst open; reserve.
 2. Put all of the topping ingredients, except for the butter, in a medium mixing bowl. Whisk to combine. Add the butter and, using your fingers, combine until large crumbs form. (Alternatively, this topping can be made using a Cuisinart® Food Processor fitted with the chopping blade. Put all dry

ingredients in the work bowl fitted with the chopping blade. Pulse to combine. Add the butter and pulse until large clumps have formed.)

3. Transfer the berry mixture to an 8-inch round pan. Sprinkle the crumble topping over the berries.
4. Transfer the pan to the Baking/Drip Pan and place in the lower position.
5. Set temperature to 300°F and AirFry for 15 minutes. Crumble is done when the filling is bubbling and the topping is evenly browned.
6. Remove and allow to cool slightly prior to serving.

Nutritional information per serving:

*Calories 357 (29% from fat) • carb. 63g • pro. 3g • fat 12g
sat. fat 7g • chol. 30mg • sod. 191mg • calc. 7mg • fiber 3g*

Cinnamon Apples

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

Makes 2 servings

- 1 medium apple**
- ¼ **teaspoon ground cinnamon**

1. Peel and core apple. Cut into thin wedges, about 16 total. Toss apple slices well with cinnamon to thoroughly coat.
2. Place the AirFryer Basket onto the Baking/Drip Pan. Add the apple slices in a single layer. AirFry in the upper position with the temperature set to 350°F for 15 minutes, until apples are slightly softened and fragrant.

Nutritional information per serving:

*Calories 39 (2% from fat) • carb. 10g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 6mg • fiber 1g*

Chocolate Lava Cake

This was made popular in the 1980s and has been a hit ever since. The Cuisinart® AirFryer makes it a breeze to bake.

Makes 4 servings

- 8 tablespoons (1 stick) unsalted butter**
- 6 ounces semisweet chocolate, chopped**
- 2 large eggs**
- 2 large egg yolks**
- ½ teaspoon pure vanilla extract**
- ¼ cup granulated sugar**
- ½ teaspoon espresso powder**
- ¼ teaspoon kosher salt**
- 2 tablespoons unbleached, all-purpose flour**
- Unsalted butter, softened for ramekins**
- Chocolate powder, for dusting**

1. Put the butter and chocolate into the top of a double boiler set over medium heat (or a heatproof bowl set atop a pot of simmering, not boiling, water). While stirring, keep over heat until chocolate and butter have almost completely melted. Remove from heat and cool slightly.
2. While chocolate and butter are melting, put the eggs, yolks, vanilla extract and sugar in a mixing bowl. Whisk until well combined. Add the chocolate-butter mixture and then the remaining ingredients. Whisk until smooth.
3. Butter four 5-ounce ramekins and dust with cocoa powder. Tap ramekins to remove any excess.
4. Divide the batter among the four ramekins. Tap on counter a few times to remove air bubbles. Put onto the Baking/Drip Pan and place in the lower position. Set the temperature to 350°F for 15 minutes, and AirFry until edges are really dry and the

center is slightly jiggly. Allow to rest for 2 to 5 minutes in the oven before inverting onto plate.

Nutritional information per serving:

*Calories 689 (50% from fat) • carb. 50g • pro. 7g • fat 39g • sat. fat 23g
chol. 245mg • sod. 192mg • calc. 45mg • fiber 3g*

S'mores

No campfire needed with these s'mores.

Makes 4 servings

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

1. Place the AirFryer Basket onto the Baking/Drip Pan. Put 8 graham cracker squares on the basket. Place a chocolate square in the center of each cracker, and top each with a marshmallow.
2. Put the basket in the upper position. Set to 350°F for 5 minutes. AirFry until the marshmallows are lightly toasted (start checking at 4 minutes).
3. Carefully remove from the AirFryer and transfer to a plate. Top each with remaining crackers.

Nutritional information per serving:

*Calories 479 (25% from fat) • carb. 87g • pro. 7g • fat 14g • sat. fat 6g
chol. 0mg • sod. 317mg • calc. 54mg • fiber 2g*

Dessert Wontons Two Ways

Get everyone involved in creating their own wonton at your next party – sure to make a sweet memory!

Makes 24 wontons

Chocolate-Peanut Butter-Banana:

- ¼ cup heavy cream**
- 4 ounces good quality semisweet chocolate, finely chopped**
- ½ cup creamy natural peanut butter**
- 24 ½-inch thick slices of banana, about 2 ripe bananas**

Strawberry-Nutella® Filling:

- 1 cup sliced strawberries**
- 2 teaspoons granulated sugar**
- 1 cup Nutella®, or alternative chocolate-hazelnut spread**
- 1 large egg**
- 24 square wonton wrappers**
- Nonstick cooking spray**
- Confectioners' sugar for dusting**

1. For the chocolate-peanut butter-banana filling, start out by heating heavy cream over medium-low heat until steaming. Remove from heat, add chocolate and let stand for about 3 minutes. Using a heatproof spatula or whisk, stir until smooth and shiny. Allow to cool slightly.
2. Meanwhile, in a small bowl, mix the egg with 1 tablespoon of water. Lay out wonton wrappers, starting with 12 (keep the remaining 12 covered with a damp towel). Working quickly, put one slice of banana into the center of each wrapper, topped with 1 teaspoon of peanut butter and 1 teaspoon of chocolate ganache. Use your finger to paint the edges of each wrapper with the egg wash. Shape each wonton by pinching the

opposing corners of each square together. Repeat with the remaining 12 wrappers.

3. If using the Strawberry-Nutella® filling, mix cut strawberries with 2 teaspoons of sugar and allow to macerate for 5 to 10 minutes. Fill the center of each wonton with 2 teaspoons of Nutella® and top with 2 strawberry slices. Follow the same egg wash and shaping procedure from step 2 above.
4. Place the AirFryer Basket onto the Baking/Drip Pan. Spray with nonstick cooking spray. Arrange wontons in the basket. Lightly spray with oil. AirFry in the upper position with the temperature set to 350°F for 8 to 10 minutes until golden brown.
5. Remove wontons from basket. Serve warm, dusted with powdered sugar.

Nutritional information per Chocolate-Peanut Butter-Banana wonton:

*Calories 91 (47% from fat) • carb. 11g • pro. 3g • fat 5g • sat. fat 2g
chol. 5mg • sod. 51mg • calc. 6mg • fiber 1g*

Nutritional information per Strawberry-Nutella wonton:

*Calories 57 (34% from fat) • carb. 8g • pro. 1g • fat 2g • sat. fat 1g
chol. 2mg • sod. 49mg • calc. 10mg • fiber 0g*

