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Air Fryer Toaster Oven (120VAC,60Hz,1800W)

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

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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 AirFryer Toaster Oven 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 AirFryer Toaster Oven to the store or retailer where purchased for examination or repair or adjustment.
- 7 The use of accessory attachments not recommended by manufacturer 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 AirFryer Toaster Oven on or near a hot gas or electric burner or in a heated oven.
- 11 Do not use this AirFryer Toaster Oven 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 oven.
- 13 To avoid burns, use extreme caution when removing AirFryer Toaster Oven 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 AirFryer Toaster Oven.
- 15 Do not place any of the following materials in the AirFryer Toaster Oven: paper, cardboard, plastic and similar products.
- 16 Do not cover Crumb Tray or any part of the oven with metal foil This will cause overheating of the oven.
- 17 Oversize foods, metal foil packages and utensils must not be inserted in the AirFryer Toaster Oven, as they may involve a risk of fire or electric shock.
- 18 A fire may occur if the AirFryer Toaster Oven 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 AirFryer Toaster Oven is plugged into electrical outlet.
- 21 Warning: To avoid possibility of fire, NEVER leave AirFryer Toaster Oven unattended during use.
- 22 Use recommended temperature settings for all cooking/baking, roasting and AirFrying.
- 23 Do not rest cooking utensils or baking dishes on glass door.

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- 24 Turn the ON/Oven Timer and the ON/Toaster Timer dials to the OFF position to turn off the AirFryer Toaster Oven.
 - 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 electrical 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 any control 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 AirFryer Toaster Oven 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



customerservice@aosom.com



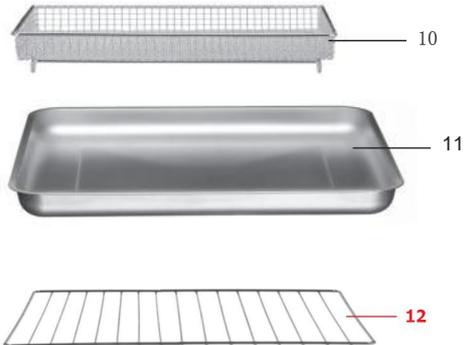
877-644-9366 (Monday-Friday, 6AM-4PM PST)

FEATURES

1. Power Light
2. Oven Timer Dial
3. Oven Temperature Dial
4. Function Dial
5. Toast Timer Dial
6. Light Button



7. Handle
8. Door
9. Crumb Tray
10. AirFryer Basket
11. Baking pan
12. Oven Rack



BEFORE FIRST USE

Place your AirFryer Toaster Oven on a flat surface.

Before using, move oven 2 to 4 inches away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces.

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

GENERAL GUIDELINES

AirFry: This function is used to AirFry meals as a healthy alternative to deep frying in oil. The AirFry function uses a combination of hot air, high fan speed and 4 upper heating elements to prepare a variety of meals that are both delicious and healthier than traditional frying.

Use the provided Baking Pan and AirFryer Basket when using the AirFry function. Place the AirFryer Basket onto the Baking Pan. Use Rack Position 2 for AirFrying.

Bake: Baking is recommended for a variety of foods you would normally prepare in your conventional oven. Baked goods that require a more gentle cooking method, like cakes, muffins and pastry yield best results on Bake. Convection Bake uses a fan to circulate heated air around food to cook faster and is ideal for even browning. It is best used for heartier baked goods such as scones and bread and is also excellent for roasts, poultry, pizza and vegetables.

Use the Baking Pan for fresh pizza (in Rack Position 1) and the rack alone if pizza is frozen (in Rack Position 2). Or cook it on the pizza stone available for purchase on the website.

Broiling: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to top-brown casseroles and gratins. Convection Broil is best for meats and fish, while traditional broil should be reserved for top browning.

Toasting: Always have the Oven Rack in Position 2, as indicated in the diagram at right, for even toasting. Always position your item/items in the middle of the rack.

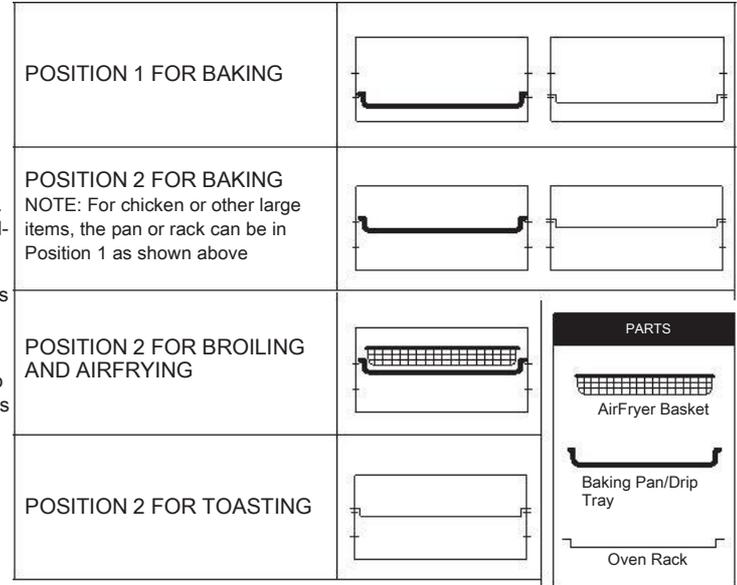
Caution: Aluminum foil is not recommended for covering the AirFryer Toaster Oven accessories. If covered, the foil prevents the fat from dripping into the Drip Tray. Grease will accumulate on the foil surface and may catch fire. If you choose to use

foil to cover the Baking Pan/Drip Tray, be sure foil is cut to neatly fit into the pan and does not touch the wall or heating elements.

WARNING: Placing the Oven Rack in Position 1 or 2 with the rack upward while toasting may result in a fire. Refer to rack position diagram for proper use. Turning off the AirFryer Toaster Oven: Turn BOTH the ON/Oven Timer and the ON/Toast Timer dials to the OFF position. The power light will turn off.

OVEN RACK AND PAN POSITION DIAGRAMS

Each recipe gives you step-by-step directions and will tell you where the Oven Rack and tray should be positioned for best results. Please refer to the diagrams below for Oven Rack positions.



OPERATION

Unwind the power cord Check that the Crumb Tray is in place and that there is nothing in the oven Plug power cord into the wall outlet.

Broil or Convection Broil

Place the AirFryer Basket on top of the Baking Pan to use to Broil in Rack Position 2.

Set the Function Dial to either Broil or Convection Broil Set Temperature Dial to Toast/Broil Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin broiling . The power light will illuminate The timer will ring once when the cycle is complete and the oven will power off . when the time expires To stop broiling, turn the ON/Oven Timer dial to the OFF position

Broiling Tips:

For best results, use the provided AirFryer Basket fitted inside the Baking Pan to broil.

Never use glass oven dishes to broil.

Be sure to keep an eye on food – items can get dark quickly while broiling

Bake or Convection Bake

Fit the Baking Pan or Oven Rack into either rack position (See Rack Positions, page 5)

Set the Function Dial to Bake or Convection Bake Set the Temperature Dial to desired temperature Then turn the ON/Oven Timer dial to the recommended cooking time to turn on the oven .It's recommended to preheat oven for 5 minutes prior to baking delicate items such as cakes and muffins (Incorporate this time into the total baking time).

The power light will illuminate The timer will ring once when time has expired and cycle is complete; the oven will power off.

To stop baking mid-cycle, turn the ON/Oven Timer dial to the OFF position.

Baking Tips:

Select Bake for more delicate items like custards, cakes and eggs

Most baked goods, as well as larger items like chicken, are baked in rack Position 1.

Use Baking Pan in Position 1 for fresh pizza Place frozen pizza directly on the Rack in Position 2 to cook.

Convection Baking Tips:

Select Convection Bake for hearty baked goods that require even browning such as scones and breads, as well as for roasts and poultry Convection Bake is also perfect for baking evenly browned and crispy homemade pizzas.

Most recipes recommend reducing heat or temperature by 25°F when Convection Baking.

Always check for doneness 10 minutes before end of suggested cooking time.

IMPORTANT

All of our recipes have been tested in our test kitchen and are specially developed to work in the AirFryer Toaster Oven.

Warm

Fit provided Baking Pan or Oven Rack into Rack Position 2.

Set the Temperature Dial to Warm Set the Function Dial to Warm Then turn the ON/Oven Timer Dial to the desired warming time to start the oven and begin warming.

The power light will illuminate The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop warming, turn the ON/Oven Timer dial to the OFF position.

Toast

Fit Oven Rack into Position 2 If toasting two items, center them in the middle of the Oven Rack Four items should be evenly spaced – two in front, two in back Six items should be evenly spaced – three in front, three in back.

Set the Function Dial to Toast Set the Temperature Dial to Toast/Broil Turn the ON/Toast Timer Dial to desired shade setting from light to dark within the marked settings to turn on the oven and begin toasting.

The oven power light will illuminate When completed, the timer will ring and turn off

To stop toasting, turn the ON/Toast Timer dial to the OFF position

Important Notes on Toasting.

The Oven Rack must be in Position 2 as indicated in the diagram on page 5

AirFry (Refer to Chart on page 8)

Place the AirFryer Basket onto the Baking Pan AirFry in Rack Position 2

Set the Function Dial to AirFry Set Temperature Dial to desired temperature Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin AirFrying.

The oven power light will illuminate The timer will ring once when the cycle is complete, and the oven will power off when the time expires.

To stop AirFrying, turn the ON/Oven Timer dial to the OFF position

AirFrying Tips:

AirFrying is a healthy alternative to frying Many foods that can be fried, can be AirFried without using excess amounts of oil AirFried foods will taste lighter and less greasy than deep-fried foods.

Most oils can be used for AirFrying Olive oil is preferred for a richer flavor Vegetable, canola or grapeseed oil is recommended for a mild flavor

Distribute oil evenly on food to achieve the crispiest and most golden results Oil can be sprayed or brushed onto foods for AirFrying Alternatively, olive oil and non stick cooking sprays can be used.

An assortment of coatings can be used on AirFry foods.

Some examples of different crumb mixtures include: breadcrumbs, seasoned breadcrumbs, panko breadcrumbs, cornflakes, potato chip crumbs, graham cracker crumbs, quinoa, various flours, etc.

Most foods do not need to be flipped during cooking, but larger items, like chicken cutlets, should be flipped halfway during cooking to ensure quick, even cooking and browning.

When AirFrying large quantities of food that crowd the pan, toss food halfway through cooking to ensure even cooking and coloring.

Use higher temperatures for foods that cook quickly, like bacon and chips, and lower temperatures for foods that take longer to cook like breaded chicken.

Foods will cook more evenly if they are cut to the same size.

Line the Baking Tray with aluminum foil for easy cleanup.

Please note that when most foods cook, they release water . When cooking large quantities for an extended period of time, condensation may build up, which could leave moisture on your countertop.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

Always unplug the oven from the electrical outlet.

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 toaster oven, before cleaning.

To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge . Never use harsh abrasives or corrosive products These could damage the oven surface Never use steel wool pads, etc, on interior of oven.

Oven Rack, Baking Pan, AirFryer Basket and Crumb Tray should be hand-washed in hot, sudsy water or use a nylon scouring pad or nylon brush. They are NOT dishwasher safe.

After cooking greasy foods and after your oven has cooled, always clean top interior of oven If this is done on a regular basis, your oven will perform like new Removing the grease will help to keep toasting consistent, cycle after cycle.

To remove crumbs, slide out the Crumb Tray and discard crumbs Wipe clean and replace To remove baked-on grease, soak the tray in hot, sudsy water or use nonabrasive cleaners Never operate the oven without the Crumb Tray in place.

Never wrap the cord around the outside of the oven .

Use the cord storage cleats on the back of the oven

Any other servicing should be performed by an authorized service representative.

AIRFRYER CHART

The chart below lists recommended cooking times, temperatures, and portions for various types of foods that can be Airfried in the AirFryer Toaster Oven. If portions exceed recommendations, you can toss occasionally while cooking to ensure the crispiest, most even results. Smaller amounts of food may require less time. For best airfry results, use the oven light to periodically check on food.

Food	Recommended Amount	Temperature	Time
Bacon	8 slices	400°F	8 to 10 minutes
Chicken Wings	3 pounds, about 20 wings	400°F	20 to 25 minutes
Frozen Appetizers, (eg, mozzarella sticks, popcorn shrimp, etc)		400°F	5 to 7 minutes
Frozen Chicken Nuggets	1 pound, about 34 frozen chicken nuggets	400°F	10 minutes
Frozen Fish Sticks	12 ounces, about 20 frozen fish sticks	400°F	8 minutes
Frozen Fries	1 to 2 pounds	450°F	15 to 25 minutes
Frozen Steak Fries	1 to 2 pounds	450°F	15 to 25 minutes
Hand-Cut Fries	pieces, about 4 inches long	400°F	15 to 20 minutes
Hand-Cut Steak Fries	2 pounds, about 3 medium-large potatoes, cut into eighths lengthwise	400°F	15 to 20 minutes
Shrimp	1 pound, about 16 extra-large shrimp	375°F	8 to 10 minutes
Tortilla Chips	6, 5-inch tortillas cut into fourths	400°F	5 to 6 minutes, toss halfway through

Airfrying doesn't require oil, but a light spray can enhance browning and crispness. Use an oil sprayer to keep it extra light, or pour a little oil into a bowl, add food, and toss.

RECIPES

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

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APPETIZERS AND SMALL BITES

Traditionally deep-fried favorites are transformed into lighter, healthier versions in the AirFryer Toaster Oven, which requires only a few spritzes of oil to AirFry Plus, we offer many interchangeable dipping sauces that can be enjoyed with more than just the recipes they accompany

Beet Chips with Fresh Dill

Any root vegetable can be sliced thin and airfried for a healthier alternative to packaged potato chips

Makes about 1 to 2 servings

- 1 medium beet (about 5 ounces)
Olive oil, for spraying
 - ¼ teaspoon kosher salt
 - 1 tablespoon fresh dill, chopped
 - ½ teaspoon white wine vinegar
- 1 Place the AirFryer Basket onto the Baking Pan Reserve
 - 2 Slice beet into thin, even slices, about 1mm thick, or use the 3 millimeter setting on the slicing attachment of a food processor Transfer to the reserved basket in a single layer Spray with oil, sprinkle with salt and toss Spread into a single layer
 - 3 Put the assembled pan into Rack Position 2 Set to AirFry at 400°F for 5 minutes, or until edges are browned and crispy
 - 4 When beet chips are ready, transfer to a serving bowl Sprinkle with chopped dill and vinegar and toss to combine

Nutritional information per serving (based on 2 servings):

Calories 51 (41% from fat) • carb. 7g • pro. 1g • fat 2g • sat. fat 0g • chol. 0mg
sod. 322mg • calc. 12mg • fiber 2g

Blooming Onion

Who knew this popular restaurant appetizer was so easy to make?

Makes 1 blooming onion, about 2 to 3 servings

- ½ cup unbleached, all-purpose flour
 - 2 large eggs, beaten well
 - 1 tablespoon buttermilk
 - ½ cup panko breadcrumbs
 - 1½ teaspoons seafood seasoning
 - 1 large Vidalia (or sweet) onion, peeled
 - Nonstick cooking spray
 - Olive oil, for spraying
- 1 Put the flour into a bowl large enough to dip the onion Put the eggs and buttermilk into another bowl, and the panko and seafood seasoning into a third bowl Reserve
 - 2 Trim top of onion to create a flat surface Leave root end intact Turn onion over, so root end faces up, and rest it on its flat surface
 - 3 Without piercing the root, cut the onion into 4 wedges Also without piercing the root, cut each wedge in half; repeat until wedges are about 1 inch thick
 - 4 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
 - 5 Dredge onion in flour, and shake off excess before dipping into the egg mixture, and then, finally coat each layer evenly with the panko mixture
 - 6 Place the AirFryer Basket onto the Baking Pan Spray the basket with the nonstick cooking spray Put the panko-crust onion into the basket Spray with oil Set to AirFry at 400°F for 10 minutes, or until golden and crispy Serve with the Chipotle Mayonnaise on page 28 or the Herbed Yogurt Dip on page 18

Nutritional information per serving (based on 3 servings):

Calories 177 (24% from fat) • carb. 26g • pro. 8g • fat 5g • sat. fat 1g • chol. 144mg
sod. 542mg • calc. 28mg • fiber 1g

Chicken Wings, Two Ways

For a healthier option than deep-frying, AirFry chicken wings Here, we give you two versions, plain and beer-battered for extra crispiness Both can be enjoyed right out of the AirFryer Toaster Oven, or tossed in your favorite sauce

Makes about 20 wing sections

Nonstick cooking spray

Beer-Battered Chicken Wings:

2 pounds chicken wings, tips removed, drumettes and flats separated*

½ cup unbleached, all-purpose flour

½ cup light beer

¾ teaspoon kosher salt

Plain Chicken Wings:

2 pounds chicken wings, tips removed, drumettes and flats separated

¾ teaspoon kosher salt

1 Place the AirFryer Basket onto the Baking Pan Spray the basket with the nonstick cooking spray Reserve

2 If beer battering the wings: In a large bowl combine the flour and beer Sprinkle wings with salt and put them into the bowl with the batter Coat wings in the batter and transfer to the basket

3 If not beer-battering wings: Put the chicken wings into the basket Sprinkle with salt

4 Put the assembled pan into Rack Position 2 Set to AirFry at 400°F for 20 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

*Chicken wings may also be purchased already cut They are often referred to as "party wings" or "winglets"

Nutritional information per wing section (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 section (beer-battered):

Calories 106 (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

⅓ 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

(about 1 teaspoon, enough to cover 1 wing):

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 ⅓ cup sauce, enough to coat 20 wings

¼ cup sesame oil

2 tablespoons soy sauce

2 tablespoons honey

1 2-inch piece ginger, peeled and grated

2 garlic cloves, grated

¼ cup toasted sesame seeds

6 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
(about 1 teaspoon, enough to cover 1 wing):

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

Crab Cakes

With chunks of lump crabmeat, these crab cakes are sure to impress.

Makes about 16 crab cakes

- 16 ounces lump crab meat
- 1 teaspoon extra virgin olive oil
- 1 medium red bell pepper, finely chopped
- 1 jalapeño, seeded and finely chopped
- 3 green onions, sliced
- 1 garlic clove, finely chopped
- ¼ teaspoon kosher salt
- 2 large eggs, lightly beaten
- 1 cup panko breadcrumbs, plus about ½ cup extra for dredging
- ½ cup prepared mayonnaise
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1½ teaspoons seafood seasoning
- Hot sauce (optional)
- Olive oil, for spraying
- Lemon wedges, for serving

- 1 Pick through crabmeat to make sure there are no shells; reserve in refrigerator.

- 2 Put a large skillet over medium heat and add the olive oil. Once the pan is hot and the olive oil shimmers across the pan, add the peppers, green onions and garlic. Sweat for at least 5 minutes, until the vegetables soften slightly; stir in the salt.
- 3 Remove the vegetables from the heat and allow them to cool for a few minutes. Once cool, add the vegetables to the crabmeat. Add the eggs, panko, mayonnaise, Worcestershire, Dijon and seafood seasoning and a dash or two of hot sauce if desired.
- 4 Gently mix all ingredients together. The best way to mix the crab mixture is with clean hands; however, you can also mix with a spoon. Mix carefully to keep the crabmeat intact.
- 5 Using a ¼ cup dry measuring cup, form the mixture into cakes and place them on a clean plate, separating the layers of cakes with wax paper if necessary. Cover with plastic wrap and refrigerate for 1 hour before cooking.
- 6 Dredge the crab cakes in remaining panko crumbs. Place the AirFryer Basket onto the Baking Pan. Put the cakes into the basket and spray with olive oil.
- 7 Put the assembled pan into Rack Position 2. Set to AirFry at 400°F for 10 minutes. Cook until evenly browned. Serve immediately, with lemon wedges on the side.

Nutritional information per crab cake:

Calories 220 (41% from fat) • carb. 17g • pro. 15g • fat 10g • sat. fat 2g • chol. 90mg
sod. 500mg • calc. 106mg • fiber 1g

Crispy Chickpeas

Quickly transform a plain can of chickpeas into a crispy snack Thanks to the AirFry function of the AirFryer Toaster Oven, you will have a great new appetizer for guests

- 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 Pan Put the chickpeas into the basket and spray with oil Sprinkle with the salt, pepper and cumin
- 2 Put the assembled pan into Rack Position 2 Set to AirFry at 350°F for 15 minutes or 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

Fried Pickles

Serve these as an appetizer with the Chipotle Mayonnaise on page 28

Makes 5 to 6 servings

- ½ cup unbleached, all-purpose flour
- 2 large eggs, beaten well
- ½ cup finely ground cornmeal
- 1 teaspoon kosher salt
- ½ teaspoon cayenne pepper
Nonstick cooking spray
- 6 kosher dill pickles (about 10 ounces), cut into ¼-inch discs
Olive oil, for spraying

- 1 Put the flour into a gallon-size bag that seals Put the beaten eggs into a container large enough to dip the pickles Put the cornmeal, salt and cayenne pepper into another gallon-size bag that seals, separate from the flour Reserve
- 2 Place the AirFryer Basket onto the Baking Pan Spray the basket with the nonstick cooking spray Reserve
- 3 Blot the cut pickles on a paper towel Put the pickles into the bag with the flour Seal and shake to evenly coat each pickle slice Remove coated pickles from the bag, shaking off the excess flour Dip each pickle slice into the beaten eggs to evenly coat Transfer to the bag with the cornmeal mixture Seal bag and shake to evenly coat each pickle slice Remove from the bag, shake off the excess and transfer to the assembled basket in a single layer Spray both sides of each pickle slice with oil
- 4 Put the assembled pan into Rack Position 2 Set to AirFry at 400°F for 8 minutes Cook until browned and crispy Let cool slightly

Nutritional information per serving (based on 6 servings):

Calories 109 (22% from fat) • carb. 17g • pro. 4g • fat 3g • sat. fat 1g • chol. 72mg
sod. 955mg • calc. 7mg • fiber 2g

Italian Rice Balls

For the perfect appetizer, serve these rice balls alongside prepared marinara sauce

Makes 8 rice balls

- 1 cup medium-grain white rice
- 2 cups water
- ¼ teaspoon kosher salt
- 1 large egg, beaten well
- 3 tablespoons grated Pecorino Romano cheese
- ¼ cup ricotta cheese
- ¼ cup basil leaves, thinly sliced
- ¼ teaspoon freshly ground black pepper

-
- 1 ounce mozzarella cheese, cut into 1-inch x ¼-inch pieces
 - ¼ cup Italian-style breadcrumbs
 - Olive oil, for spraying
 - 1 cup prepared marinara sauce*, for dipping, optional
- 1 Put the rice, water and salt into a medium saucepan. Bring to a boil, stirring occasionally. Once rice comes to a boil, cover and reduce heat to a simmer until all the water has been absorbed and the rice is tender, about 10 minutes. Cool fully before adding the following egg and cheese mixture; cooling the rice will help prevent the egg from cooking.
 - 2 In a small bowl, combine the egg, Pecorino, ricotta, basil and pepper. While mixing and fluffing the rice with a spoon, mix in the egg and cheese mixture. Spread the rice onto a parchment paper-lined baking sheet. Refrigerate to chill, at least 30 minutes.
 - 3 Once the rice has chilled, use slightly wet hands to scoop 3 table-spoons of rice and form into a ball. Repeat with remaining rice. Stuff each ball with one piece of the mozzarella and re-form if necessary.
 - 4 Place the AirFryer Basket onto the Baking Pan. Put the breadcrumbs into a small bowl. Gently toss each rice ball into the breadcrumbs and transfer to the basket. Spray all sides with oil.
 - 5 Put the assembled pan into Rack Position 2. Set to AirFry at 350°F for 20 minutes. Cook rice balls until evenly golden. Serve immediately, with marinara sauce* on the side if desired.

*Reduce the red pepper flakes in the Diablo Sauce recipe on page 16 to about teaspoon for a delicious marinara sauce.

Nutritional information per rice ball:
 Calories 149 (24% from fat) • carb. 22g • pro. 5g • fat 4g • sat. fat 2g • chol. 35mg
 sod. 195mg • calc. 45mg • fiber 0g

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 Pan. Put the kale leaves into the basket and spray with oil. Put the assembled pan into Rack Position 2.
 - 2 Set to AirFry at 350°F for 5 minutes. Cook until kale is bright and crispy. NOTE: Keep an eye on the kale because it can crisp up very quickly.
 - 3 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

Nachos with Shredded Chicken and Homemade Tortilla Chips

Store-bought tortilla chips can be used in place of the homemade chips in this recipe for a quicker option.

Makes 6 to 8 servings

- 8 whole-wheat tortillas, quartered
- Olive oil, for spraying
- ½ teaspoon kosher salt, divided
- 1 pound chicken thighs, shredded (see recipe on page 23)

-
- 1 can (15.5 ounces) black beans, drained and rinsed
 - 2 plum tomatoes, chopped
 - 1 can (7.25 ounces) pitted black olives, chopped
 - 2 jalapeños, thinly sliced
 - 4 ounces Monterey Jack cheese, shredded
 - 2 green onions, thinly sliced
 - Salsa, for serving
- 1 Place the AirFryer Basket onto the Baking Pan Put of the cut tortillas in the basket Spray tortillas evenly with oil Sprinkle with teaspoon salt Toss
 - 2 Put the assembled pan into the oven in Rack Position 2 Set to AirFry at 400°F for 4 to 5 minutes, or until tortillas are crispy and browned on the edges Remove and transfer to a bowl or plate to reserve Repeat with remaining tortillas
 - 3 When all of the tortillas are ready, remove the AirFryer Basket from the Baking Pan Line the bottom of the pan with aluminum foil Put half of the tortilla chips onto the foil Spread into a single layer Top with half of the remaining ingredients, in the order listed, except for the green onions Top with the remaining tortilla chips and remaining ingredients
 - 4 Put the pan with the nachos into Rack Position 2 Set to Broil for 5 minutes until cheese is melted
 - 5 Remove from the oven and garnish with the sliced green onions Serve immediately with salsa

Nutritional information per serving (based on 8 servings):
 Calories 465 (49% from fat) • carb. 37g • pro. 26g • fat 26g • sat. fat 7g • chol. 65mg
 sod. 1283mg • calc. 150mg • fiber 8g

Pork and Ginger Wontons

Ginger is the star in this dumpling A fun hors-d'oeuvre served with some soy dipping sauce

Makes 48 dumplings

- $\frac{3}{4}$ pound ground pork
 - 1 3-inch piece ginger, peeled and chopped
 - 1 large green onion, chopped
 - 1 tablespoon fresh cilantro leaves, chopped
 - 1 tablespoon soy sauce, reduced sodium
 - 2 teaspoons sesame oil
 - $\frac{1}{2}$ teaspoon rice vinegar
 - Water and cornstarch, for assembling dumplings
 - 48 wonton wrappers
 - Vegetable oil, for spraying
- 1 In a medium mixing bowl, combine the pork, ginger, green onion, cilantro, soy sauce, sesame oil and vinegar Mix well with hands or a spoon
 - 2 Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornstarch, plus a pastry brush Sprinkle the work surface with cornstarch and arrange wonton wrappers in rows on the work surface (starting with two rows of 3)
 - 3 Put 1 teaspoon of filling in the center of each wrapper Brush the edges of each wrapper with water and then fold the wrapper in half to make a triangle, sealing in the filling and also sealing together the damp edges
 - 4 Pull the edges on the long side of the triangle together and seal Continue with remaining filling and wrappers Toss the wontons very lightly with cornstarch once they are prepared
 - 5 Place the AirFryer Basket onto the Baking Pan and lightly spray Put one half of the wontons into the basket and spray with oil Put the assembled pan into Rack Position 2 Set to AirFry at 375°F for 10 minutes and cook until wontons are evenly browned Remove and repeat with the second batch of wontons
 - 6 Serve wontons with a soy dipping sauce

Nutritional information per serving (3 wontons):
 Calories 141 (35% from fat) • carb. 14g • pro. 8g • fat 6g • sat. fat 2g • chol. 33mg
 sod. 189mg • calc. 17mg • fiber 0g

Potato Wedges with Crumbled Bacon and Blue Cheese

Top these with a fried egg for the ultimate breakfast

Makes 3 to 4 servings

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

- 1 Place the AirFryer Basket onto the Baking Pan Put bacon slices into the basket Put the assembled pan into Rack Position 2 Set to AirFry at 400°F for 10 minutes Cook until bacon is browned and crispy Reserve
- 2 While bacon is airfrying, slice potatoes into eighths When bacon is ready, transfer to a serving plate
- 3 Put potato wedges into the basket Spray evenly with oil Sprinkle with salt and toss Spread into a single layer
- 4 Put the assembled pan into Rack Position 2 Set to AirFry at 400°F for 15 minutes, and cook until potatoes are golden and crispy While potatoes are airfrying, crumble bacon
- 5 Once potatoes are done, sprinkle with bacon and crumbled blue cheese Bake at 400°F for 2 minutes, or until cheese is slightly melted Serve immediately

Nutritional information per serving (based on 4 servings):

Calories 208 (45% from fat) • carb. 20g • pro. 9g • fat 1g • sat. fat 4g • chol. 23mg
sod. 764mg • calc. 42mg • fiber 1g

Shrimp Diablo

Adjust the spice in the sauce to taste by adjusting the amount of crushed red pepper Remember to start with less than you think – you can always add more!

Makes 4 to 5 first-course servings

- ¼ cup extra virgin olive oil
- 2 garlic cloves, smashed
- 1½ to 2 teaspoons crushed red pepper
- 1 can (28 ounces) whole plum tomatoes, roughly chopped
- 2¼ teaspoons kosher salt, divided
- 1 pound large shrimp (about 16), peeled, cleaned and rinsed
- ¼ cup white rice flour
- Olive oil for spraying
- Crusty bread, for dipping

- 1 Put the olive oil, garlic and red pepper into a medium saucepan over medium-low heat Gently simmer until fragrant, about 5 to 10 minutes Be careful not to have the heat too high or the garlic will burn
- 2 Add the tomatoes and increase the heat so the mixture comes to a rolling simmer Simmer until sauce is reduced by half, about 30 minutes Once reduced, stir in ¾ teaspoon of the salt There should be about 2 cups of sauce
- 3 Once the sauce is ready, dry the cleaned shrimp really well Sprinkle evenly with the remaining salt Lightly coat the shrimp with rice flour
- 4 Place the AirFryer Basket onto the Baking Pan Put the floured shrimp into the basket and spray with olive oil Put the assembled pan into Rack Position 2 Set oven to AirFry at 375°F for 10 minutes Cook until shrimp are evenly golden and crispy
- 5 Serve shrimp with some crusty bread and the warm sauce for dipping

Nutritional information per serving (based on 5 servings):

Calories 283 (57% from fat) • carb. 14g • pro. 14g • fat 20g • sat. fat 3g
chol. 114mg • sod. 897mg • calc. 100mg • fiber 2g

Spinach, Gruyère and Artichoke Dip

A bit of a twist on the standard spinach artichoke dip, for the more grown-up palate. The combination of Gruyère and Parmesan gives the dip a pleasant nuttiness. No special pan required – we found that using a pie plate was the best and quickest way to warm this dish.

Makes about 2 cups

- Olive oil or nonstick cooking spray
 - 12 ounces cream cheese, room temperature and cut into 1-inch pieces (regular or reduced-fat style, such as Neufchâtel, may be used)
 - 2 ounces Gruyère cheese, finely grated
 - 1 ounce Parmesan cheese, finely grated
 - 1 garlic clove, finely chopped
 - ½ small shallot, finely chopped
 - 8 ounces frozen spinach, thawed and drained well
 - 1 can (15 ounces) quartered artichoke hearts, drained
 - 2 tablespoons heavy cream
 - ½ teaspoon crushed red pepper
- 1 Fit the oven with the Rack in Position. 1. Lightly coat a 9-inch pie or cake pan with olive oil or nonstick cooking spray; reserve.
 - 2 Put the cream cheese into a mixing bowl. Using a hand mixer, mix until softened. Add remaining ingredients and mix on Low to fully combine.
 - 3 Transfer mixture to the prepared pie/cake pan and transfer to the oven. Set to Bake at 350°F for 20 minutes, and then switch to Broil for an additional 5 minutes, or until top is nicely browned.
 - 4 Serve immediately with pita chips, crusty bread and crisp vegetables.

Nutritional information per serving (2 tablespoons):

Calories 99 (61% from fat) • carb. 5g • sugars 1g • pro. 5g • fat 7g • sat. fat 4g
chol. 23mg • sod. 169mg • calc. 93mg • fiber 3g

Spring Rolls with Sweet Chile Dipping Sauce

Make a favorite takeout dish at home without deep-frying – these appetizers are packed with fresh ingredients and great flavor.

Makes 1 cups dipping sauce and 28 spring rolls

Sweet Chile Dipping Sauce:

- 1 to 1½ red chiles, such as Fresno, cut into 1-inch slices
- 1 garlic clove, smashed
- 1 tablespoon unsweetened rice wine vinegar
- 1 cup water
- ⅓ cup granulated sugar
- 1 tablespoon plus 1 teaspoon cornstarch, dissolved in
- 1 tablespoon water
- ¼ teaspoon kosher salt

Spring Rolls:

- 6 green cabbage leaves (about 10 ounces), shredded or thinly sliced
- 3 medium carrots (about 6 ounces), julienned
- 1 1-inch piece fresh ginger, peeled and julienned
- 3 green onions, thinly sliced
- ½ small green chile, like jalapeño or serrano, finely chopped
- ⅓ cup fresh basil leaves, thinly sliced
- ½ cup fresh cilantro leaves, chopped
- 2 tablespoons vegetable oil
- 1 tablespoon fish sauce
- ½ lime, juiced
- ½ teaspoon kosher salt
- ½ block extra-firm tofu, cut into 28 thick julienne strips
- 28 egg roll wrappers

- 1 Prepare the Sweet Chile Dipping Sauce: Put chile slices and garlic into a small, heavy-bottomed pot. Heat on medium-high heat until hot and fragrant. Remove from heat and add the vinegar. Return pot to heat and cook until vinegar is mostly reduced.

- 2 Add water and sugar; stir. Bring mixture to a boil and cook until sugar is dissolved. Add the cornstarch mixture to the pot and stir. Boil while stirring, to thicken, at least 1 minute.
- 3 Remove pot from heat, add the salt and, with a hand blender or blender, blend on High until chile slices and garlic are puréed and mixture is homogeneous. Enjoy hot, or allow to cool to room temperature. NOTE: Dip will become thicker and more gelatinous as it cools.
- 4 Make the Spring Rolls: Put all of the filling ingredients, except the tofu, into a mixing bowl. Combine and reserve. Put AirFryer Basket onto the Baking Pan Reserve.
- 5 Place one piece tofu in the center of one wrapper, and top with about 1 tablespoon of filling. Fold the bottom of the wrapper upward, over the filling. Fold the right side over and then the left, and roll up to secure the spring roll. Brush the edge with water to seal. Transfer to assembled basket Reserve and repeat with remaining wrappers. Spray both sides of the spring roll with oil.
- 6 Put the assembled Baking Pan into rack Position 2. Set to AirFry at 400°F for 10 minutes. Cook until golden brown on all sides. Flip halfway through cooking if necessary.
- 7 Serve immediately with the Sweet Chile Dipping Sauce.

Nutritional information per serving of Sweet Chile Dipping Sauce (1 tablespoon):

Calories 14 (1% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg
sod. 29mg • calc. 1mg • fiber 0g

Nutritional information per Spring Roll:

Calories 53 (34% from fat) • carb. 7g • pro. 2g • fat 2g • sat. fat 0g • chol. 1mg
sod. 152mg • calc. 22mg • fiber 1g

Veggie Sticks with Herbed Yogurt Dip

The vegetables in this recipe can be substituted with any of your favorites.

Makes 4 to 6 servings

Herbed Yogurt Dip:

- 1 garlic clove
- 1 tablespoon fresh mint leaves
- 7 ounces plain, non-fat Greek yogurt
- 1 teaspoon fresh lemon juice
- ¼ teaspoon kosher salt, divided

Veggie Sticks:

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

- 1 Prepare Herbed Yogurt Dip: Put garlic and mint into the work bowl of a mini food processor. Pulse until roughly chopped. Scrape down sides; add yogurt, lemon juice and salt. Process on High until completely puréed and homogeneous. Transfer to a serving bowl, cover, and refrigerate until ready to use.
- 2 Make Veggie Sticks: Place the AirFryer Basket onto the Baking Pan Reserve. Put the flour and eggs into 2 separate, individual containers large enough to dip the vegetables into. Combine the panko, cheese,

spices and salt into another container, also large enough to dip the vegetables into

- 3 Dredge each of the vegetables in the flour, and shake off the excess before dipping into the eggs and then finally coating evenly with the panko mixture. Once half are coated, transfer to the assembled pan in a single layer. Spray both sides with oil.
- 4 Place the assembled pan into Rack Position 2. Set to AirFry at 375°F for 10 minutes. Cook until golden. While the first batch is cooking, coat the remaining vegetables. Reserve until ready to AirFry. When veggies sticks are ready, transfer to a serving plate. Taste and adjust seasoning with more salt or a squeeze of lemon, if desired. Serve immediately with the reserved Herbed Yogurt Dip.

Nutritional information per serving of Herbed Yogurt Dip (based on 1 tablespoon):
Calories 8 (1% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg
sod. 48mg • calc. 20mg • fiber 0g

Nutritional information per serving of Veggie Sticks (based on 6 servings):
Calories 210 (37% from fat) • carb. 25g • pro. 8g • fat 9g • sat. fat 2g • chol. 95mg
sod. 282mg • calc. 42mg • fiber 5g

MAIN COURSES

The AirFryer Toaster Oven, not only can AirFry, but it also bakes and broils — with convection if you'd like — to put a full meal on your table in record time!

Chicken Tenders

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

Makes about 6 servings

- 1 cup unbleached, all-purpose flour
- 2 large eggs, lightly beaten
- 1 cup panko breadcrumbs
- 1 to 1½ pounds thinly sliced chicken breast
- ¾ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper
- Olive oil, for spraying

- 1 Put the flour, eggs and panko into individual containers large enough for dipping the chicken.
- 2 Sprinkle the chicken with the salt and pepper completely, on both sides. Dredge each cutlet in flour and shake off the excess before dipping into eggs, and then finally coating evenly with the panko breadcrumbs.
- 3 Place the AirFryer Basket onto the Baking Pan. Put the prepared cutlets in the basket and spray both sides with olive oil. Put the assembled pan into Rack Position 2. Set to AirFry at 400°F for 15 minutes. Cook until chicken is evenly browned on both sides (flipping halfway through) and the internal temperature registers 165°F.
- 4 Serve immediately.

Nutritional information per serving (based on 6 servings)
Calories 204 (30% from fat) • carb. 15g • pro. 20g • fat 7g • sat. fat 1g • chol. 110mg
sod. 393mg • calc. 14mg • fiber 1g

Classic Roast Chicken

Simple spices go a long way in this roast chicken recipe

Makes 4 to 6 servings

- 1 Whole chicken (4 pounds)
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 lemon, halved
- 1 teaspoon extra virgin olive oil
- 2 teaspoons herbes de Provence or other dried herbs like rosemary and thyme
- 3 garlic cloves, smashed
- 1 Line the Baking Pan with aluminum foil
- 2 Pat the chicken dry and sprinkle with salt, pepper and lemon juice. Put the lemon half into the chicken's cavity. Put the chicken on the prepared baking tray and drizzle with olive oil. Rub with herbs and garlic cloves. Put the garlic cloves into the chicken's cavity with the lemon. Truss if desired.
- 3 Put the Baking Pan with the chicken into Rack Position 1. Set to Convection. Bake at 400°F for 25 minutes. When timer expires, reduce temperature to 350°F and bake for an additional 20 minutes, or until golden and crispy and chicken thighs register 165°F on an instant-read thermometer.
- 4 Let chicken rest for 10 minutes; carve and serve.

Nutritional Information per serving (based on 6 servings):

Calories 707 (56% from fat) • carb. 4g • pro. 73g • fat 43g • sat. fat 12g • chol. 230mg
sod. 578mg • calc. 61mg • fiber 1g

Fish Tacos with Peach Salsa

Using just a few spritzes of olive oil, the AirFry feature takes the guilt out of eating fried fish

Makes 8 tacos

Peach Salsa:

- 2 large tomatoes, diced
- 1 medium peach, diced
- ½ small red onion, diced
- ½ jalapeño, seeded and finely chopped
- 1 small garlic clove, finely chopped
- ⅓ cup cilantro, roughly chopped
- ¾ teaspoon kosher salt
- ¼ teaspoon granulated sugar
- ¼ cup extra virgin olive oil
- ½ lime, juiced

Fish Tacos:

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

- 1 Combine all of the salsa ingredients into a small bowl. Stir, and reserve until ready to serve.
- 2 Place the AirFryer Basket onto the Baking Pan. Put 8 of the tortillas into the basket. Put the assembled pan into Rack Position 2. Set to AirFry at 400°F for 5 minutes, or until tortillas are warmed through. Transfer warmed tortillas to a serving plate and cover with aluminum foil. Repeat with remaining tortillas.

- 3 While tortillas are eggs into individual containers large enough to dip the fish pieces. Evenly sprinkle the cod pieces with the remaining salt.
- 4 Dredge each piece of fish in flour and shake off the excess before dipping into eggs, and then finally coating evenly with flour again.
- 5 Coat the AirFry basket with nonstick cooking spray. Put the floured fish into the assembled basket. Spray each piece of cod with oil on both the tops and bottoms. Put the assembled pan into Rack Position 2. Set to AirFry at 400°F for 10 minutes. Cook until cod is golden and crispy on all sides.
- 6 When cod is ready, transfer one piece of fish to one tortilla. Top with a spoonful of salsa and radishes. Repeat with remaining tacos.
- 7 Serve immediately with lime wedges and an extra pinch of salt if desired.

Nutritional information per taco:

Calories 128 (19% from fat) • carb. 18g • pro. 8g • fat 3g • sat. fat 1g • chol. 35mg
sod. 285mg • calc. 33mg • fiber 2g

Maple-Pecan BLT

This BLT is slightly sweeter than the bacon, lettuce and tomato sandwiches you're used to.

Makes 2 sandwiches

- 4 slices soft white bread
- 3 slices bacon, halved
- ½ medium avocado
- Pinch kosher salt
- 4 green leafy lettuce leaves
- 1 medium tomato, sliced
- 1 tablespoon pure maple syrup
- 2 tablespoons finely chopped pecans

- 1 Toast bread according to shade preference. Reserve. While bread is toasting, place the AirFryer Basket onto the Baking Pan. Put bacon slices into the basket. Once toast is finished, put the assembled pan into Rack Position 2. Set to AirFry at 400°F for 10 minutes. Cook bacon until browned and crispy.
- 2 While bacon is AirFrying, start assembling sandwiches by mashing half of the avocado onto 2 of the toast slices. Sprinkle each with a pinch of salt. Put 2 pieces of lettuce and several slices of tomato onto the remaining 2 slices of toast.
- 3 When bacon is finished, remove assembled pan and transfer to a flat surface. Brush the tops of the bacon with maple syrup, then sprinkle with chopped pecans. Flip and repeat on other side.
- 4 Put the assembled pan, with the pecan-crusted bacon, back into Rack Position 2. Set to AirFry at 400°F for an additional 2 to 3 minutes, or until pecans are golden.
- 5 When bacon is done, divide between the toast slices with the tomato and lettuce. Top the bacon with one of the avocado toast slices to form a sandwich.

Nutritional information per sandwich:

Calories 377 (46% from fat) • carb. 41g • pro. 12g • fat 20g • sat. fat 4g • chol. 23mg
sod. 885mg • calc. 323mg • fiber 3g

Meatball Grinder

A crowd-pleasing meal with simple ingredients and minimal effort.

Makes 4 servings

Meatballs:

- 1 pound ground beef
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder

Meatball Grinders:

- 4 mini grinder rolls (about 5 inches long)
- ½ cup prepared marinara sauce*, plus extra for serving
- 6 ounces fresh mozzarella, thinly sliced

- 1 Make the Meatballs: Mix meat together well with spices and then form into 8 equal balls
- 2 Place on the Baking Pan and into Rack Position 2 Set to Convection Bake at 400°F for 20 minutes Cook until meatballs are evenly browned on all sides
- 3 Make the Meatball Grinders: Split rolls in half lengthwise and cut all meatballs in half Place 4 meatball halves on the bottom part of the roll Coat the meatballs with 2 tablespoons of marinara sauce and then place mozzarella slices on top of the meat, as well on the top half of the grinder roll
- 4 Place open sandwich halves on clean Baking Pan into Rack Position 2 Set oven to Broil for about 8 to 10 minutes, cooking until cheese is melted
- 5 Assemble sandwiches, slice in half and serve

*Reduce the red pepper flakes in the Diablo Sauce recipe on page 16 to

Nutritional information per sandwich:

Calories 435 (55% from fat) • carb. 17g • pro. 33g • fat 27g • sat. fat 12g • chol. 106mg sod. 713mg • calc. 70mg • fiber 1g

Pan-Roasted Salmon Dinner

This one-sheet dinner takes barely any time to prepare and cook

Makes 2 servings

- ½ pound wild salmon
- 1 cup cherry tomatoes
- ½ bunch asparagus, trimmed

- ½ cup Kalamata olives, pitted and roughly chopped
- 1 garlic clove, sliced
- 1 to 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

- 1 Line Baking Pan with aluminum foil Put salmon, tomatoes, asparagus, olives and garlic onto the Baking Pan Drizzle with olive oil and sprinkle with salt and pepper
- 2 Put the Baking Pan with the salmon into Rack Position 2 Set to Convection Broil for 15 minutes and cook until salmon is opaque and vegetables are browned For medium-cooked salmon, check at 10 minutes; salmon should reach an internal temperature of 125°F

Nutritional information per serving (based on 2 servings):

Calories 353 (56% from fat) • carb. 8g • pro. 31g • fat 22g • sat. fat 2g • chol. 81mg sod. 891mg • calc. 47mg • fiber 3g

Pizza with Arugula, Prosciutto and Fig Jam

Gourmet pizza that anyone can make

Makes 1 pizza, 8 slices

Nonstick cooking spray or 1 tablespoon extra virgin olive oil

- 1 pound pizza dough, room temperature
- ¼ cup fig jam
- ¼ pound prosciutto, thinly sliced
- 3 ounces goat cheese
- 1 cup baby arugula

- 1 Set the oven to Convection Bake at 450°F Allow to preheat for 10 to 15 minutes

- 2 Generously coat the Baking Tray with nonstick cooking spray or olive oil Put the pizza dough on the tray Spread out the dough to evenly cover the entirety of the tray Spread the jam evenly on the dough, leaving a 1-inch border for the crust (lightly coating the dough with olive oil can help with spreading the jam evenly) Top with the prosciutto and goat cheese
- 3 Put the Baking Tray into Rack Position 1 Bake for 8 to 10 minutes until cheese is melted and lightly brown and the bottom crust is golden It is recommended to turn the tray halfway through baking time for best results
- 4 Remove pizza and top with the arugula Let arugula slightly wilt for 2 minutes before serving

*Baking pizza on a baking/pizza stone gives you the crispiest crust; similar to pizza prepared in a brick oven Go to Website for details on how to purchase

Nutritional Information per slice:

Calories 255 (30% from fat) • carb. 37g • pro. 11g • fat 9g • sat. fat 3g • chol. 16mg
sod. 716mg • calc. 36mg • fiber 4g

Pizza Margherita

Simple and delicious—and quicker than takeout!

Makes 1 pizza, 8 slices

Nonstick cooking spray or 1 tablespoon extra virgin olive oil

- 1 pound pizza dough, room temperature
- ¾ cup pizza sauce
- 2 tablespoons grated Parmesan
- 3 ounces fresh mozzarella, thinly sliced
- 6 to 8 basil leaves, torn into pieces

- 1 Set oven to Convection Bake at 450°F Allow to preheat for 10 to 15 minutes
- 2 While the oven is preheating, generously coat the Baking Tray with nonstick cooking spray or the olive oil Put the pizza dough on the tray Stretch dough in an even layer to cover the entirety of the tray Add the sauce into the center of the dough Leaving a 1-inch border for the crust, spread sauce into a thin, even layer Sprinkle with the Parmesan and top with the mozzarella
- 3 Put the Baking Tray into Rack Position 1 Bake for 8 to 10 minutes until cheese is melted and lightly brown and the bottom crust is golden It is recommended to turn the tray halfway through baking time for best results
- 4 Sprinkle with basil before serving

*Baking pizza on a baking/pizza stone gives you the crispiest crust; similar to pizza prepared in a brick oven Go to Website for details on how to purchase

Nutritional Information per slice:

Calories 217 (29% from fat) • carb. 32g • pro. 15g • fat 8g • sat. fat 2g • chol. 7mg
sod. 402mg • calc. 46mg • fiber 5g

Roasted Chicken Thighs with Smoked Paprika and Lime

A moist and flavorful main course, ready in 30 minutes

Makes about 4 chicken thighs

- 1 pound chicken thighs, bone-in
- 1 tablespoon extra virgin olive oil
- ½ teaspoon kosher salt
- ½ teaspoon smoked Spanish paprika
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground cumin
- ½ lime, juiced

1 Line the Baking Pan with aluminum foil Put the chicken thighs onto the Baking Pan Drizzle with olive oil and sprinkle evenly with the salt, paprika, pepper, cumin and lime juice Put the Baking Pan into Rack Position 2

2 Set to Convection Bake at 425°F for 25 minutes Cook until skin is crispy and the internal temperature reaches 165°F Let rest for 10 minutes before serving

Nutritional information per chicken thigh with skin:

Calories 313 (62% from fat) • carb. 1g • pro. 29g • fat 21g • sat. fat 5g • chol. 105mg
sod. 362mg • calc. 16mg • fiber 0g

Roasted Lamb Chops with Rosemary and Garlic

This traditional lamb preparation can be enjoyed any night of the week

Makes 4 servings

- 4 garlic cloves, crushed
- 1 tablespoon chopped fresh rosemary (leaves from about 3 to 4 rosemary sprigs)
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 8 loin lamb chops, about 2 pounds
- ½ teaspoon kosher salt

- 1 Stir the garlic, rosemary, pepper and olive oil together in a stainless steel bowl Add the lamb chops and toss together to fully coat Let rest at room temperature for about 30 minutes The lamb can also be marinated overnight in the refrigerator at this point for maximum flavor
- 2 Once rested, line the Baking Pan with aluminum foil Put the lamb chops on the pan and sprinkle evenly with the salt
- 3 Put the Baking Pan with the lamb into Rack Position 2 Set to Convection Bake at 425°F for 15 minutes, cooking until the internal

temperature reads 130°F for medium rare Let chops rest for about 5 minutes once removed from the oven before serving

Nutritional information per serving (2 chops):

Calories 284 (46% from fat) • carb. 1g • pro. 36g • fat 14g • sat. fat 5g • chol. 109mg
sod. 395mg • calc. 33mg • fiber 0g

Sausage and Kale Quiche

Great for a Sunday brunch, this quiche will please any crowd The recipe for the crust, Pâté Brisée, makes enough for two quiches, so freeze the other half to have on hand for next time

Makes 8 to 10 servings

Pâté Brisée:

- 2 cups unbleached, all-purpose flour
- 1 teaspoon kosher salt
- 2 sticks (16 tablespoons) unsalted butter, cold, cut into 1-inch pieces
- 3 to 4 tablespoons ice water

Filling:

- 1½ teaspoons olive oil
- 1 garlic clove, finely chopped
- 1 small shallot, finely chopped
- ¼ teaspoon kosher salt, divided
- Pinch freshly ground black pepper
- 4 large lacinato kale leaves, tough stems removed and thinly sliced
- ¼ teaspoon fresh thyme leaves
- 1 hot Italian sausage link (about 3 ounces), chopped or crumbled (if using fresh, remove casing)
- ½ cup whole milk
- ½ cup heavy cream
- 4 large eggs
- 1 ounce Gruyère or Swiss cheese, shredded

- 1 Prepare the Pâté Brisée: Put the flour and salt into a food processor fitted with the chopping blade. Process to sift, about 10 seconds. Add the butter and pulse until the mixture resembles coarse crumbs, about 6 to 8 pulses. Pour in water 1 tablespoon at a time and pulse until mixture starts to come together – you may not need all of the water. (To test if the dough is hydrated well enough, remove cover and pinch the mixture. If it holds, it is done.) Transfer to a lightly floured surface and knead once or twice to bring together. Divide dough equally into two pieces* and form each into a flat disk; wrap in plastic wrap and refrigerate until ready to use, a minimum of 30 minutes.
- 2 On a lightly floured surface, roll out one of the pastry disks into an 11-inch circle that is about 1/8 inch thick. Reverse the dough onto the rolling pin and unroll it evenly over a 9-inch tart pan. Press the dough lightly into the pan, lifting the edges and working it gently down into the bottom edge of the pan. Trim off excess dough by rolling the pin over the top of the pan. With your thumbs, push the dough 1/8 inch above the edge of the mold, to make an even, rounded rim of dough around the inside circumference of the pan. Chill in refrigerator for about 30 minutes.
- 3 Fit the oven with the rack in Position 1. Using a fork, prick the dough evenly all over, but make sure not to go entirely through the dough. Line the shell with parchment and weigh it down with dried beans or rice. Set the oven to Bake at 350°F for 20 minutes. After 5 minutes, put the tart shell in the oven and bake until the dough under the parchment is no longer wet, about 12 to 15 minutes. Remove the beans/rice and parchment and continue baking for another 2 minutes, until the shell is golden brown.
- 4 Prepare the filling: Put the oil into a medium skillet set over medium/medium-low heat. Once oil is hot, add the garlic and shallot with a pinch of the salt and the pepper. Sauté until softened and fragrant, but has picked up no color. Add the kale, remaining salt and the thyme. Sauté until the kale is bright and wilted. Remove and reserve.
- 5 Increase the heat to medium-high. Once hot, add the sausage, breaking it up with a heatproof utensil/spatula while cooking. Sauté until browned and fully cooked (no pink present if using fresh sau-

sage) Remove to cool. Evenly spread the cooled vegetables and sausage over the baked tart shell.

- 6 Whisk the milk, cream and eggs together, then pour into the tart shell. Top with the cheese.
- 7 With the rack still in Position 1, carefully transfer quiche to the oven. Set to Bake at 300°F for 10 minutes, cooking until center is just set.
- 8 Remove and allow to cool for 5 to 10 minutes before slicing and serving. Quiche is best served the same day, but can be stored in the refrigerator for up to 5 days. Reheat for best results.

*Extra dough can be stored in the refrigerator for up to 1 week and in the freezer for up to 2 months.

Nutritional information per serving (based on 10 servings):
 Calories 269 (73% from fat) • carb. 11g • pro. 7g • fat 22g • sat. fat 12g • chol. 127mg
 sod. 300mg • calc. 60mg • fiber 0g

Simply Broiled Burgers

These burgers are a perfect base for any of your favorite burger toppings.

Makes four, 6-ounce burgers

- 24 ounces ground beef, 80% lean
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder

- 1 Form ground beef into 4 patties. Brush each with olive oil on both sides and sprinkle with an even amount of salt, pepper and garlic powder.
- 2 Place the AirFryer Basket onto the Baking Pan. Put burgers into the basket and put assembled pan into Rack Position 2.

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- 3 Set to Convection Broil for 15 minutes, stopping to flip burgers halfway through cooking Serve immediately

Nutritional information per burger:

Calories 464 (74% from fat) • carb. 0g • pro. 29g • fat 38g • sat. fat 14g • chol. 121mg
sod. 704mg • calc. 32mg • fiber 0g

SIDES

Perfect accompaniments to main courses cooked quickly with minimal ingredients and barely any cleanup

Brussels Sprouts with Pancetta

A perfect side dish to any meal – the saltiness of the pancetta complements the earthiness of the sprouts, and a finish of red wine vinegar provides an unexpected, but welcome tang

Makes 4 servings

- 1 pound Brussels sprouts, trimmed and halved
- 1 shallot, thinly sliced
- 1 ounce pancetta, diced
- 1 tablespoon olive oil
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 2 teaspoons red wine vinegar

- 1 Line the Baking Pan with aluminum foil Put all of the ingredients, except for the vinegar, onto the Baking Pan Toss to evenly coat Spread into a single layer
- 2 Put the assembled pan into Rack Position 2 Set to Convection Bake at 400°F for 15 minutes Cook until sprouts are crispy and tender
- 3 Remove sprouts from the pan and put them into a serving bowl Toss with vinegar Taste and adjust seasoning as desired

Nutritional information per serving:

Calories 108 (46% from fat) • carb. 11g • pro. 5g • fat 6g • sat. fat 1g • chol. 6mg
sod. 230mg • calc. 50mg • fiber 4g

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
Olive oil, for spraying
- 1 teaspoon kosher or seasoned salt
- 1 Cut potatoes into 1/2-inch thick pieces, about 4 inches long Pat dry completely
- 2 Place the AirFryer Basket onto the Baking Pan Put the dried potatoes into the pan Spray with oil Sprinkle with salt and toss Spread into a single layer
- 3 Put the assembled pan into Rack Position 2 Set to AirFry at 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

Roasted Acorn Squash

Try this out as a simple side dish It takes a minimal amount of time from preparation to table; it is super tasty, with the bonus of being really good for you!

Makes about 4 servings

- 1 teaspoon extra virgin olive oil
- 1 medium acorn squash, cut into about 12 wedges
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

1/4 teaspoon chili powder

- 1 Line the Baking Pan with aluminum foil and spread evenly with olive oil Add the squash wedges and then sprinkle evenly with salt, pepper and chili powder
- 2 Put the Baking Pan with the squash into Rack Position 2 Set to Convection Bake at 400°F for 25 minutes Squash is ready when softened and evenly browned
- 3 Serve immediately

Nutritional information per serving:
Calories 104 (9% from fat) • carb. 24g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg
sod. 269mg • calc. 54mg • fiber 5g

Roasted Fennel, Carrots and Parsnips

Makes 4 servings

- 2 fennel bulbs, trimmed and quartered
- 3 medium carrots, cut into 1-inch pieces
- 1 large parsnip, cut into 1-inch pieces
- 1 garlic clove, smashed
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
Pinch ground cinnamon
- 1 teaspoon fresh thyme leaves
- 1 Line the Baking Pan with aluminum foil Put all of the ingredients onto the Baking Pan and toss Spread into a single layer
- 2 Transfer the Baking Pan with the vegetables into Rack Position 2 Set to Convection Bake at 400°F for 20 minutes Cook until vegetables are browned and tender

Nutritional information per serving:
Calories 170 (54% from fat) • carb. 18g • pro. 2g • fat 11g • sat. fat 2g • chol. 0mg
sod. 360mg • calc. 85mg • fiber 6g

Sweet Potato Fries with Chipotle Mayonnaise

A more nutritious alternative to regular French fries

Makes 2 to 3 servings

Chipotle Mayonnaise:

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

Sweet Potato Fries:

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

- 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 homogeneous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
- 2 Make Sweet Potato Fries: Place the AirFryer Basket onto the Baking Pan. Put the cut sweet potatoes into the basket. Spray with oil. Sprinkle with salt and toss. Spread into a single layer.
- 3 Put the assembled pan into the oven in Rack Position 2. Set to AirFry at 400°F for 15 minutes. Cook until golden brown and crispy.
- 4 When sweet potatoes are ready, transfer to a serving bowl. Serve immediately with reserved Chipotle Mayonnaise on the side.

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

SWEET TREATS

From Blueberry Muffins for breakfast to a rich Chocolate Cake with salted Caramel Frosting for dessert, the AirFryer Toaster Oven

can handle any baking task. Plus, the AirFrying feature makes making fried treats, like doughnuts, possible with less calories and barely any mess!

Baked Apples

Your kitchen will be filled with the smell of warm, fall spices while these bake.

Makes 4 servings

- 4 firm apples, a sweet-tart variety works well, such as Pink Lady
 - ¼ cup rolled oats (not quick cooking)
 - 2 tablespoons chopped pecans
 - 1 tablespoon unbleached, all-purpose flour
 - 1 tablespoon light brown sugar
 - 2 pinches ground cinnamon
 - Pinch kosher salt
 - Pinch ground nutmeg
 - 2 tablespoons unsalted butter, cubed
- 1 Line the Baking Pan with aluminum foil or parchment paper; reserve. Core the apples, but do not cut through the bottom; reserve.
 - 2 Put the oats, pecans, flour, sugar, cinnamon, salt and nutmeg into a small mixing bowl. Stir to combine. Add the butter and, using your hands, mix together by pinching the mixture to form clumps. Make sure the ingredients are evenly combined.
 - 3 Divide the oat mixture among the apples. Press in to fill. Transfer to the prepared Baking Pan and put into the oven in Rack Position 1.

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- 4 Set to Bake at 350°F for 35 minutes Cook until apples are tender and tops are crispy and browned

Nutritional information per apple:

Calories 243 (31% from fat) • carb. 42g • pro. 3g • fat 9g • sat. fat 4g • chol. 15mg
sod. 38mg • calc. 21mg • fiber 7g

Blueberry Muffins

A favorite muffin, these are quick to put together, and baking them in the AirFryer Toaster Oven brings them to the table quickly

Makes 6 muffins

- 1 cup plus 1 tablespoon unbleached, all-purpose flour, divided
 - 1½ teaspoons baking powder
 - ¼ teaspoon kosher salt
 - Pinch ground cinnamon
 - 4 tablespoons (½ stick) unsalted butter, room temperature
 - ¾ cup granulated sugar
 - 1 large egg
 - ½ teaspoon pure vanilla extract
 - ¼ cup whole milk
 - 1 cup blueberries, fresh or frozen
 - Softened butter or nonstick cooking spray
- 1 Put 1 cup of the flour, baking powder, salt and cinnamon into a mixing bowl Whisk to combine; reserve
 - 2 Put the butter and sugar into a large mixing bowl Using a hand mixer, mix the two together until light and creamy Gradually add the egg and vanilla extract; mix on low to fully combine
 - 3 Alternating between the two, add the dry ingredients and the milk in a few additions, starting and ending with the dry ingredients Gently mix to just combine
 - 4 Toss the blueberries with the tablespoon of flour and then add to the batter Gently fold to combine

- 5 Fit the oven with the rack in Position 1 Lightly coat a 6-cup muffin tin with the butter or cooking spray Scoop the batter into the tin – they may be very full This is OK
- 6 Set to Bake at 325°F for 25 minutes After 5 minutes, place muffins in preheated oven Muffins are finished when lightly golden and spring back to touch Serve immediately, or store, covered, at room temperature for up to 3 days

Nutritional Information per muffin:

Calories 269 (41% from fat) • carb. 17g • pro. 15g • fat 10g • sat. fat 2g • chol. 90mg
sod. 500mg • calc 19mg • fiber 1g

Cinnamon Sugar Doughnut Bites

Not that they will likely hang around, but these doughnuts are best eaten just after cooking

Makes 16 doughnuts

- ¾ teaspoon active dry yeast
 - ½ teaspoon plus 1½ teaspoons granulated sugar, divided
 - 1 tablespoon warm whole milk (105°F to 110°F)
 - ¾ cup bread flour, plus more for mixing (up to ¼ cup)
 - 2 pinches kosher salt
 - 2 pinches ground cinnamon
 - Pinch ground nutmeg
 - 1 large egg, lightly beaten
 - 2 tablespoons buttermilk
 - ½ teaspoon pure vanilla extract
 - 1 tablespoon unsalted butter, room temperature and cubed
 - Nonstick cooking spray
 - Melted butter for finishing (approximately 2 tablespoons)
 - Cinnamon sugar, for finishing (if preparing at home, combine ¼ cup granulated sugar with 1 tablespoon ground cinnamon)
- 1 In a small bowl, dissolve the yeast and teaspoon sugar in the warm milk Let stand 5 to 10 minutes, or until mixture is foamy

- 2 Put ¼ cup of the flour, the remaining sugar, salt, cinnamon and nutmeg into a large mixing bowl Whisk to combine Once yeast has proofed, add it to the flour/sugar Using a wooden spoon, stir to combine
- 3 Whisk the egg, buttermilk and vanilla extract together and then slowly mix into the flour mixture Lightly dust a clean work surface with flour and transfer dough to the surface, dusting lightly with flour Using your hands to knead, add additional flour as necessary, 1 teaspoon at a time, to keep dough from sticking to your hands Add the butter, 1 piece at a time, until all has been mixed into the dough Again, continue adding flour, 1 teaspoon at a time, to keep dough from sticking to your hands The dough should be tender and smooth, and when pulled should not break apart
- 4 Form dough into a ball and put in a clean mixing bowl, cover with plastic wrap and allow to rest for 1 hour After 1 hour, gently turn dough over and press dough down (do not punch) Cover and allow to rest for another hour
- 5 Place the AirFryer Basket into the Baking Pan Lightly coat with non-stick cooking spray Line a separate baking sheet with parchment paper Divide the dough into 16 pieces Working with one piece at a time (keeping the others covered loosely with plastic wrap), form into a small ball and roll between hands to ensure that it is smooth Put round on the lined baking sheet and cover loosely with plastic wrap Repeat with the remaining pieces of dough
- 6 Once 8 doughnuts have been formed, transfer them to the AirFryer Basket and put into the oven in Rack Position 2 Set to AirFry at 350°F for 5 minutes AirFry until doughnuts just get a bit of color at the edges Repeat with remaining doughnuts
- 7 While doughnuts are AirFrying, melt additional butter in a small saucepan set over low heat Put cinnamon sugar in a shallow bowl Reserve
- 8 Remove doughnuts from oven and immediately brush with butter on all sides and then gently toss in cinnamon sugar Serve immediately

Nutritional information per doughnut:
 Calories 66 (43% from fat) • carb. 8g • pro. 1g • fat 3g • sat. fat 2g • chol. 20mg
 sod. 25mg • calc. 7mg • fiber 0g

Cherry-Ginger Scones

Scones call for a gentle hand, so be sure not to over-mix – the dough will come together in its true form as you shape them

Makes 8 scones

- 2½ cups unbleached, all-purpose flour
- ¼ cup granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon kosher salt
- 2 tablespoons finely chopped crystallized ginger
- 6 tablespoons unsalted butter, cold and cubed
- ⅔ cup buttermilk
- 1 large egg, lightly beaten
- 1 cup dried cherries
- 1 egg white, beaten, for brushing on glaze

- 1 Line the Baking Pan with parchment paper; reserve
- 2 Put the flour, sugar, baking powder, salt and ginger into the work bowl of a Food Processor fitted with the chopping blade Process to combine, about 10 seconds Add the butter and pulse until the mixture resembles coarse crumbs
- 3 In a liquid measuring cup, combine the buttermilk and egg Add half of the liquid mixture to the work bowl and pulse twice to mix Add remaining liquid and pulse again until just combined
- 4 Remove the dough and place onto a clean counter/large cutting board Add the cherries and fold into dough until evenly combined
- 5 Form the dough into a 10-inch-long cylinder Using a sharp knife, cut into 8 equal pieces and transfer to the prepared pan Brush each scone with the egg white

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- 6 Set to Convection Bake at 350°F for 30 minutes After 5 minutes, place the pan with the scones into the oven in Rack Position 1 Bake until golden brown, about 20 to 25 minutes

Nutritional information per scone:

Calories 304 (27% from fat) • carb. 48g • pro. 5g • fat 9g • sat. fat 6g • chol. 47mg sod. 224mg • calc. 58mg • fiber 2g

Chocolate Layer Cake with Salted Caramel Frosting

Chocolate, caramel and salt are an unstoppable combination If looking to save time, you can purchase caramel sauce to mix into the frosting

Makes 1 cake, 12 servings

Chocolate Cake:

- 1 cup unbleached, all-purpose flour
- 1/3 cup cocoa powder, sifted
- 1 teaspoon espresso powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 8 tablespoons (1 stick) unsalted butter, cubed and room temperature
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1 large egg
- 1 large egg yolk
- 1 teaspoon pure vanilla extract
- 1/2 cup buttermilk

Frosting:

- 16 tablespoons (2 sticks) plus 2 tablespoons unsalted butter, cubed and room temperature, divided
- 1 1/2 cups confectioners' sugar, sifted
- 1/4 teaspoon kosher salt

- 1/2 teaspoon pure vanilla extract
- 4 tablespoons heavy cream, divided
- 1/4 cup granulated sugar
- Water
- Flaked sea salt, for sprinkling (optional)

- 1 Prepare the cake: Fit the oven with the rack in Position 1 Coat a 9-inch round cake pan with softened butter or nonstick cooking spray; reserve
- 2 Put the flour, cocoa powder, espresso powder, baking soda, baking powder and salt into a large mixing bowl Whisk to combine; reserve
- 3 Put butter and sugars into a large mixing bowl Using a hand or stand mixer, mix the butter and sugars together until light and creamy On a low speed, slowly add the egg, yolk and vanilla extract Scrape down as necessary
- 4 Add 1/3 of the dry ingredients and, while mixing on low, add of the buttermilk While still mixing on low, gradually add an additional 1/3 of the dry ingredients and then the rest of the buttermilk Finish with the remaining dry ingredients and gently mix until combined
- 5 Transfer the batter to the prepared cake pan
- 6 Set to Bake at 350°F for about 20 minutes After 5 minutes, transfer the cake to the preheated oven Bake until cake springs back to the touch, about 15 minutes Remove from oven and allow to fully cool Once room temperature, transfer to a refrigerator to chill
- 7 Prepare the frosting: Using a hand or stand mixer, mix 2 sticks of the butter, confectioners' sugar and salt until light and creamy Add the vanilla extract and 2 tablespoons of the cream and continue to mix until fluffy Reserve
- 8 Put the granulated sugar with enough water to just cover (should resemble wet sand) in a heavy-bottomed medium saucepan Set over medium heat and allow to cook until sugar is the color of light maple syrup As soon as the sugar achieves that color, remove from heat

and very carefully whisk in the remaining 2 tablespoons of butter and cream Cool to room temperature

9 Once cool, mix 3 tablespoons of the caramel sauce into the frosting; reserve the remaining tablespoon for finishing the cake

10 Once the cake is sufficiently cooled, remove from the refrigerator and halve to make two even layers Put one onto a cake stand or plate and top with half of the frosting Place the second layer on top and finish with the remainder of the frosting Decorate as desired and drizzle with the reserved caramel sauce and a pinch of flaked sea salt, if desired

Nutritional information per serving:

Calories 399 (41% from fat) • carb. 41g • pro. 3g • fat 25g • sat. fat 15g • chol. 98mg
sod. 175mg • calc. 18mg • fiber 1g

Crunchy Granola

Granola is an easy and healthy alternative to packaged cereals Accompany this fragrant granola with a scoop of your favorite yogurt or fruit

Makes about 4 cups

- 1½ cups rolled oats (not quick cooking)
- ¾ cup raw nuts (pecans or pistachios work very well)
- ½ cup unsweetened coconut, shredded or flaked
- ¼ cup hulled sunflower seeds
- ¼ cup hulled pumpkin seeds (pepitas)
- ¼ cup coconut oil, melted
- ¼ cup pure maple syrup
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- Pinch ground nutmeg
- ½ cup dried fruit (chopped if larger than berry-sized)

1 Line the Baking Pan with aluminum foil or parchment paper; reserve

2 In a large mixing bowl, combine all ingredients except for the dried fruit Spread evenly on the prepared Baking Pan Transfer the pan with the granola to the oven in Rack Position 2 Set to Bake at 300°F for 20 minutes Cook until nicely toasted, stirring halfway through

3 When the granola is ready, remove from oven, add the dried fruit and stir to combine

4 Cool completely on Baking Pan Transfer to an airtight container to store for up to 3 weeks

Nutritional information per serving (½ cup):

Calories 290 (54% from fat) • carb. 29g • pro. 6g • fat 18g • sat. fat 5g • chol. 0mg
sod. 138mg • calc. 19mg • fiber 4g

“Fried” Apples

Crushed graham crackers provide a perfectly sweet crust for apple slices A healthy after-school snack for kids

Makes 2 servings

- ½ apple, cored and sliced*
- 1 tablespoon unsalted butter, melted
- ⅓ cup graham cracker crumbs

1 Place the AirFryer Basket onto the Baking Pan; reserve

2 Brush the apple slices with the butter, then coat with the graham cracker crumbs

3 Put the coated apples into the basket and put the assembled pan into Rack Position 2

4 Set to AirFry at 400°F for 10 minutes Cook until apples are nicely browned around the edges Serve immediately

*You can increase this recipe by using a whole apple and cooking in two batches

Nutritional information per serving:
Calories 126 (29% from fat) • carb. 22g • pro. 1g • fat 4g • sat. fat 2g • chol. 8mg
sod. 124mg • calc. 4mg • fiber 2g

Peanut Butter Swirl Brownies

Fudgy and rich, these brownies are just the thing when you need a quick chocolate fix

Makes 16 brownies

Nonstick cooking spray
1½ sticks (¾ cup) unsalted butter, cubed
4 ounces unsweetened chocolate, chopped
4 ounces bittersweet chocolate, chopped
2 tablespoons cocoa powder
2 teaspoons espresso powder
3 large eggs
1½ cups granulated sugar
2 teaspoons pure vanilla extract
½ cup unbleached, all-purpose flour
¾ teaspoon kosher salt
½ cup peanut butter
¼ cup confectioners' sugar
2 tablespoons unsalted butter, melted and cooled
Pinch kosher salt

- 1 Fit the oven with the rack in Position 1. Lightly coat a 9-inch square baking pan with nonstick cooking spray and line with parchment paper. Reserve.
- 2 Put the butter and both chocolates into a heatproof bowl and place over a pot of simmering water. Once the butter/chocolate mixture is almost completely melted, stir in cocoa powder and espresso powder. Set aside to cool to room temperature.

- 3 Using a hand mixer, beat the eggs to break them up, then gradually add the sugar. Mix until light and thickened, about 1 to 2 minutes. Add vanilla extract and beat until well combined.
- 4 Stir the flour and salt into the chocolate mixture until just incorporated. Fold the chocolate mixture into the egg mixture until the batter is no longer streaky; reserve.
- 5 Prepare the peanut butter swirl by combining the peanut butter, confectioners' sugar and melted butter and stirring until combined.
- 6 Pour the batter into prepared pan. Dollop the peanut butter mixture on top and, using a fork or knife, decoratively swirl into the batter.
- 7 Set to Bake at 350°F for 25 minutes. After 5 minutes, transfer the pan to the preheated oven. Bake until edges are just dry, about 20 minutes. Cool completely and chill in the refrigerator overnight before cutting and serving.

Nutritional information per brownie:
Calories 317 (57% from fat) • carb. 32g • pro. 5g • fat 21g • sat. fat 11g • chol. 61mg
sod. 107mg • calc. 17mg • fiber 2g

