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FISH STICKS

INGREDIENTS:

- 2 large eggs**
- 3 tbsp. milk**
- 2 cups panko breadcrumbs**
- 1 cup white flour**
- 1 lb cod, cut into sticks**
- 1 tbsp. olive oil**
- ¼ tsp. sea salt**
- ½ tsp. ground black pepper**
- tartar sauce, for serving**

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 350° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
8. Place the fish sticks (four sticks per batch) in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
9. Set the cooking temperature to 350° F and the cooking time to 12 mins. Flip the fish sticks halfway through the cooking time.
10. Serve with the tartar sauce.

GARLIC KNOTS

1. Roll the pizza dough out until $\frac{1}{2}$ in. thick.
2. Slice the dough lengthwise to form strips approximately $\frac{3}{4}$ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
8. Place the knots in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
9. Set the cooking temperature to 360° F and the cooking time to 12 mins. Flip the knots halfway through the cooking time.
10. Serve with the marinara sauce.

INGREDIENTS:

- 1 lb frozen pizza dough**
- $\frac{1}{2}$ cup olive oil**
- 1 tbsp. garlic**
- 1 tsp. sea salt**
- 1 tbsp. chopped fresh parsley**
- 1 tbsp. grated Parmesan cheese**
- marinara sauce, for serving**





ONION RINGS

INGREDIENTS:

**4 oz. frozen onion rings,
battered**

1. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
2. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
3. Place the onion rings in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
4. Set the cooking temperature to 400° F and the cooking time to 10 mins.
5. When the cooking time is complete, remove the Outer Basket and toss the onion rings.
6. Place the Outer Basket back into the Power AirFryer.
7. Set the cooking temperature to 400° F and the cooking time to 10 mins. (additional time may be required to reach the desired doneness).

FRENCH FRIES

1. Place a pot on the stove top. Place the potatoes in the pot and cover the potatoes with water. Blanch the potatoes over high heat until tender.
2. Remove the potatoes from the pot, let cool, and cut the potatoes into fries.
3. Toss the fries with the olive oil, sea salt, and black pepper in a bowl.
4. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
5. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
6. Place the French fries in the Outer Basket, being careful not to overfill, and place the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 400° F and the cooking time to 18 mins. Shake the Outer Basket periodically and toss the fries halfway through the cooking time.

INGREDIENTS:

2 russet potatoes

1 tbsp. olive oil

1 tbsp. sea salt

½ tsp. ground black pepper





FRIED CHICKEN

INGREDIENTS:

- 1 cup whole buttermilk**
- 2 chicken thighs with skin, raw**
- 2 cups white flour**
- 1 tbsp. ground black pepper**
- 1 tbsp. garlic powder**
- 1 tsp. onion powder**
- ½ tsp. poultry seasoning**
- 1 tsp. cumin**
- 1 tbsp. paprika**
- 1 tbsp. sea salt**
- 1 tbsp. olive oil**

1. Pour the buttermilk into a bowl and soak the chicken in the buttermilk for 2 hrs. in the refrigerator.
2. Combine the flour, black pepper, garlic powder, onion powder, poultry seasoning, cumin, paprika, sea salt, and olive oil in a separate bowl and mix well to make the flour mixture.
3. Dip the chicken into the flour mixture, then the buttermilk, and finally into the flour mixture again. Repeat until all the chicken is coated.
4. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
5. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
6. Place the chicken in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 360° F and the cooking time to 20 mins. Turn the chicken every 5 mins. until the chicken reaches the desired crispness.

HOT WINGS

1. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
2. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
3. Place the chicken wings in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
4. Set the cooking temperature to 400° F and the cooking time to 25 mins. Flip the chicken wings halfway through the cooking time.
5. Remove the chicken wings and toss with the buffalo sauce.
6. Return the chicken wings to the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 400° F and the cooking time to 8 mins. Toss the wings halfway through the cooking time.

INGREDIENTS:

**6 chicken wings
drumettes, raw**

½ cup buffalo sauce





MAC & CHEESE BALLS

INGREDIENTS:

2 cups leftover macaroni and cheese

½ cup shredded cheddar cheese

1 cup plain breadcrumbs

¾ cup white flour

3 eggs

2 cups milk

1. Combine the macaroni and cheese and cheddar cheese in a bowl.
2. Pour the flour into a second bowl.
3. Pour the breadcrumbs into a third bowl.
4. Combine the eggs and milk in a fourth bowl and mix.
5. Use a small ice cream scoop to make ping pong-size balls out of the macaroni and cheese mixture.
6. Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs.
7. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
8. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
9. Place the mac and cheese balls in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
10. Set the cooking temperature to 360° F and the cooking time to 10 mins. Rotate the mac and cheese balls halfway through the cooking time.

MOZZARELLA STICKS

1. Cut the mozzarella cheese into 3 x ½-in. sticks.
2. Pour the flour into a bowl.
3. Combine the egg and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1-2 hrs.).
7. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
8. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
9. Place the mozzarella sticks in the Outer Basket, being careful not to overfill. Insert the Outer Basket into the Power AirFryer.
10. Set the cooking temperature to 400° F and the cooking time to 12 mins.

INGREDIENTS:

1 lb mozzarella cheese block

¼ cup white flour

1 cup plain breadcrumbs

2 eggs

3 tbsp. nonfat milk





COCONUT SHRIMP

INGREDIENTS:

- 12 large shrimp, raw**
- 1 cup unsweetened coconut, dried**
- 1 cup panko breadcrumbs**
- ½ cup white flour**
- 1 tbsp. cornstarch**
- ½ cup egg white, raw**

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated.
6. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 350° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
8. Place the shrimp in the Outer Basket, being careful not to overcrowd. Insert the Outer Basket into the Power AirFryer.
9. Set the cooking temperature to 350° F and the cooking time to 10 mins. Turn the shrimp halfway through the cooking time.

BACON-WRAPPED TATER TOTS

1. Wrap each tater tot with a piece of bacon.
2. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
3. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
4. Place the tater tots in the Outer Basket, being careful not to overcrowd. Insert the Outer Basket into the Power AirFryer.
5. Set the cooking temperature to 400° F and the cooking time to 8 mins.
6. Transfer the tater tots to a plate.
7. Spread the cheddar cheese and scallions over the tater tots and serve with the sour cream.

INGREDIENTS:

1 16-oz bag frozen tater tots, extra crispy

1 lb medium-size bacon slices

½ cup shredded cheddar cheese

4 scallions

3 tbsp. sour cream





BEEF EMPANADAS

INGREDIENTS:

- 1 tbsp. olive oil**
- 1 lb ground beef**
- 2 cloves garlic, peeled & minced**
- 1 small onion, peeled & minced**
- ½ green pepper, seeded & diced**
- ½ tsp. cumin**
- ¼ cup tomato salsa**
- sea salt, to taste**
- ground black pepper, to taste**
- 1 egg yolk**
- 1 tbsp. milk**
- 1 pack empanada shells**

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, sea salt, and black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash.
6. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
8. Place the empanadas (one or two per batch) in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
9. Set the cooking temperature to 400° F and the cooking time to 10 mins.

CHICKEN TENDERS

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs.
5. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
6. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
7. Place the chicken tenders in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
8. Set the cooking temperature to 400° F and the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.

INGREDIENTS:

½ cup white flour

3 large eggs

2 oz milk

1 cup panko breadcrumbs

6 chicken tenders

1 tsp. sea salt

½ tsp. ground black pepper

1 tsp. olive oil





SPRING ROLLS

INGREDIENTS:

2 tbsp. grapeseed oil
2 cups sliced & chopped cabbage
½ lb shiitake mushrooms, destemmed & sliced
1 tsp. minced ginger
1 clove garlic, peeled & minced
3 scallions, chopped
8 oz water chestnuts, diced
½ lb cooked shrimp, chopped
sea salt, to taste
ground black pepper, to taste
1 egg yolk
1 tbsp. water
6–8 spring roll wrappers
sweet chili sauce or a sauce of your choice, for serving

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage.
2. Sauté the mushrooms, ginger, garlic, and scallions. Remove and reserve the mushrooms, ginger, garlic, and scallions.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each spring roll wrapper on the counter top. Coat each spring roll wrapper with the egg wash. Place 2 tbsp. of filling on the top of each wrapper and roll each wrapper, folding the sides as you roll.
7. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
8. Set the cooking temperature to 360° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
9. Place the spring rolls in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
10. Set the cooking temperature to 360° F and the cooking time to 15 mins. Turn the spring rolls periodically.
11. Serve with the sweet chili sauce.

ROAST TURKEY REUBEN

1. Spread the butter on one side of 2 slices of bread.
2. Lay the buttered bread slices, buttered side down, on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
5. Set the cooking temperature to 310° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
6. Place the sandwiches (one per batch) in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 310° F and the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
8. Slice the sandwiches before serving.

INGREDIENTS:

- 2 tbsp. unsalted butter**
- 4 slices rye bread**
- 8 slices Swiss cheese**
- 8 slices roasted turkey breast, skin removed**
- 4 tbsp. coleslaw**
- 2 tbsp. Russian dressing**



PEACH TURNOVER

INGREDIENTS:

- 1 ready-made pie dough**
- 8 tbsp. peach pie filling**
- 1 tbsp. sugar**

1. Unroll the pie dough and cut the dough into four squares.
2. Fill each pie square with 2 tbsp. peach pie filling. Fold the squares over to make triangles and use a fork to seal the edges.
3. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
4. Set the cooking temperature to 310° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
5. Place the turnovers in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
6. Set the cooking temperature to 310° F and the cooking time to 15 mins. Flip the turnovers halfway through the cooking time.
7. Remove the turnovers and sprinkle with the sugar.

CRUNCHY FRENCH TOAST

INGREDIENTS:

EGG MIXTURE

- 1 large egg**
- 1 tsp. vanilla**
- ¼ tsp. salt**
- 1 tbsp. unsalted butter, melted**
- ¼ cup heavy cream**
- 1 ripe banana, mashed**

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- 1 brioche loaf, cut into 12 slices**

- 1 cup cinnamon crunch cereal, crushed finely**

TOPPING

- ½ cup chopped pecans**
- ½ cup dried cranberries**
- 1 ripe banana, sliced**
- maple syrup**

1. Mix the egg, vanilla, salt, butter, cream, and the mashed banana in a bowl.
2. Dip the brioche slices into the egg mixture and coat the bread with the cereal crumbs.
3. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
4. Set the cooking temperature to 400° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
5. Place the French toast slices (one per batch) in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
6. Set the cooking temperature to 400° F and the cooking time to 10 mins. Flip the French toast halfway through the cooking time.
7. Top with the pecans, cranberries, banana slices, and syrup.

CHOCOLATE— HAZELNUT SPREAD CROISSANT

1. Unroll the crescent dough and separate into triangles.
2. Spread about 1 tsp. chocolate hazelnut spread over the top of each triangle, leaving about $\frac{1}{4}$ in. of space around the edges.
3. Roll each triangle up and over the filling from the widest end to the top point. Gently form into a crescent shape.
4. Insert the Fry Tray into the Outer Basket. Insert the Outer Basket into the Power AirFryer.
5. Set the cooking temperature to 350° F and the cooking time to 3 mins. Let the Power AirFryer preheat.
6. Place the croissants (two per batch) in the Outer Basket. Insert the Outer Basket into the Power AirFryer.
7. Set the cooking temperature to 350° F and the cooking time to 7 mins.

INGREDIENTS:

- 1 8-oz can crescent rolls
- 8 tsp. chocolate hazelnut spread



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