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# 55 KETO AIR-FRYER RECIPES

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ELLA ROSS

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Quick & Easy 55 Keto Air- Fryer Recipes by Love Keto Published by Ella Ross.

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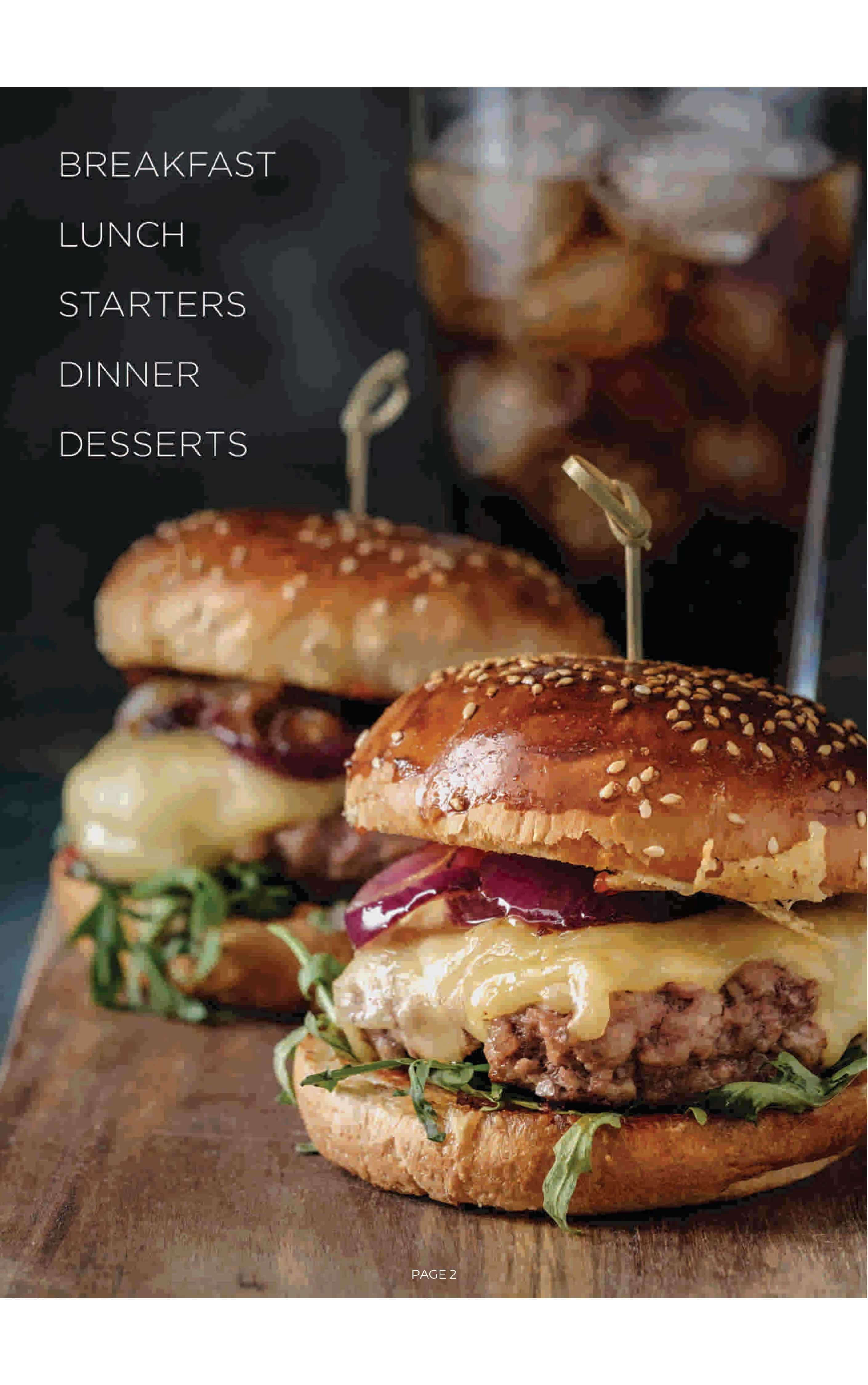
BREAKFAST

LUNCH

STARTERS

DINNER

DESSERTS



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BREAKFAST

HARD COOKED EGGS



## BREAKFAST



# HARD COOKED EGGS

### INGREDIENTS

**6 Large eggs**

### PROCESS

Carefully put the eggs in a single layer in the air fryer basket. Bake for at least 8 minutes for a slightly runny yolk, or 12 to 15 minutes for a firmer yolk. You may need to experiment with your air fryer to find the best time. Remove the eggs from the air fryer carefully, using tongs, and immediately place them in a bowl of very cold water. Let the eggs stand in the cold water for 5 minutes, then gently crack the shell under water. Let the eggs stand for another minute or two, then peel and eat.



**PREPERATION TIME**  
1 MINUTE



**TEMPERATURE**  
150°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
SERVES 6

***Ingredient tip:** Make a lot of eggs in advance for a super quick and nutritious breakfast. They will keep in the refrigerator for three days. For food safety reasons, never ever store cooked eggs at room temperature.*

BREAKFAST

ASPARAGUS STRATA



## BREAKFAST



# ASPARAGUS STRATA

### INGREDIENTS

**6 Asparagus spears, cut into pieces**  
**2 Slices whole- wheat bread, cut into cubes**  
**4 Eggs**  
**3 Tablespoons whole milk**  
**1/2 Cup grated Havarti or Swiss cheese**  
**2 Tablespoons chopped flat leaf parsley**  
**Pinch salt**  
**Freshly ground black pepper**

### PROCESS

Place the asparagus spears and 1 tablespoon water in a 6-inch baking pan and place in the air fryer basket. Bake for 3 to 5 minutes or until crisp and tender. Remove the asparagus from the pan and drain it. Spray the pan with non-stick cooking spray. Arrange the bread cubes and asparagus into the pan and set aside. In a medium bowl, beat the eggs with the milk until combined. Add the cheese, parsley, salt, and pepper. Pour into the baking pan. Bake for 11 to 14 minutes or until the eggs are set and the top starts to brown.



**PREPERATION TIME**  
12 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
17 MINUTES



**SERVING**  
SERVES 4

***Substitution tip:** Use other vegetables in place of the asparagus. Leftover veggies work well. Use cooked peas, broccoli, green beans, or zucchini in this flavorful recipe.*

BREAKFAST

SHRIMP AND RICE FRITTATA



## BREAKFAST



# SHRIMP AND RICE FRITTATA

### INGREDIENTS

**4 Eggs**  
**Pinch salt**  
**1/2 Teaspoon dried basil**  
**Nonstick cooking spray**  
**1/2 Cup cooked rice**  
**1/2 Cup chopped cooked shrimp**  
**1/2 Cup baby spinach**  
**1/2 Cup grated cheese**

### PROCESS

In a small bowl, beat the eggs with the salt and basil until frothy. Spray a pan with nonstick cooking spray. Combine the rice, shrimp, and spinach in the prepared pan. Pour the eggs in and sprinkle with the cheese. Bake for 14 to 18 minutes or until the frittata is puffed and golden brown.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
SERVES 4

**Substitution tip:** This recipe can be changed to suit your taste. If you don't like shrimp, use cooked sausages or chopped cooked chicken. Or omit the spinach and use chopped bell peppers or frozen baby peas instead.

BREAKFAST

CRISPY BACON



## BREAKFAST



# CRISPY BACON

### INGREDIENTS

**2-4 Slices bacon**

### PROCESS

Lay bacon in single layer in your air fryer basket or tray. Don't let the bacon touch each other. Air fry the bacon to your desired crispiness - Here's our general guidelines: For crispy bacon 190 - 200°C for about 8-10 minutes, flip. For a less crispy soft bodied bacon 170 - 180°C, 10-12 minutes, flip halfway, if needed.



**PREPERATION TIME**  
1 MINUTES



**TEMPERATURE**  
190°C



**COOKING TIME**  
8 - 10 MINUTES



**SERVING**  
SERVES 6

***Cooking tip:** If you cook too much bacon at once, all the oil will cause splattering, thus smoking. Try not to cook more than 4-6 pieces at a time for a large air fryer.*

BREAKFAST

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MIXED BERRY MUFFINS



## BREAKFAST



# MIXED BERRY MUFFINS

### INGREDIENTS

**1 1/2 Cups plus 1 tablespoon flour**  
**2 Teaspoons baking powder**  
**1/4 Cup white sugar**  
**2 Tablespoons brown sugar**  
**2 Eggs**  
**1/2 Cup whole milk**  
**1/2 Cup sunflower oil**  
**1 Cup mixed fresh berries**

### PROCESS

In medium bowl, combine the 1 1/2 cups flour, baking powder, white sugar, and brown sugar, and mix well. In a small bowl, combine the eggs, milk, and oil, and beat until combined. Stir the egg mixture into the dry ingredients just until combined. In another small bowl, toss the mixed berries with the remaining 1 tablespoon of flour until coated. Stir gently into the batter. Double up 16 foil muffin cups to make 8 cups. Put 4 cups into the air fryer and fill three-quarters full with the batter. Bake for 12 to 17 minutes or until the tops of the muffins spring back when lightly touched with your finger. Repeat with the remaining muffin cups and batter. Cool on a wire rack for 10 minutes before serving.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
MAKES 8 MUFFINS

***Did You Know?** You can use frozen berries in this recipe, but don't thaw them before use. If frozen berries are thawed they will make the batter too wet, and the berries may stain the batter.*

BREAKFAST  

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DUTCH PANCAKE



## BREAKFAST



# DUTCH PANCAKE

### INGREDIENTS

**2 (scant) Tablespoons unsalted butter**  
**3 Eggs**  
**1/2 Cup flour**  
**1/2 Cup milk**  
**1/2 Teaspoon vanilla**  
**1 1/2 Cups sliced fresh strawberries**  
**2 Tablespoons powdered sugar**

### PROCESS

Preheat the air fryer with a pan in the basket. Add the butter and heat until the butter melts. Meanwhile, in a medium bowl, add the eggs, flour, milk, and vanilla, and beat well with an egg beater until combined and frothy. Carefully remove the basket with the pan from the air fryer and tilt so the butter covers the bottom of the pan. Immediately pour in the batter and put back in the fryer. Bake for 12 to 16 minutes or until the pancake is puffed and golden brown. Remove from the air fryer in which the puffed pancake will fall flat to form the dutch pancake. Top with strawberries and powdered sugar and serve immediately.



**PREPERATION TIME**  
12 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
SERVES 4

***Substitution tip:** This pancake can be served with savory fillings, too. Add some crispy cooked bacon, hot cooked sausage, or cheese that will melt on the crisp and hot pancake.*

BREAKFAST

BREAKFAST POTATOES



## BREAKFAST



# BREAKFAST POTATOES

### INGREDIENTS

**5 Medium potatoes, peeled and cut into cubes**  
**1 Tablespoon oil**  
**1/2 Teaspoon kosher salt**  
**1/2 Teaspoon smoked paprika**  
**1/2 Teaspoon garlic powder**  
**1/2 Teaspoon black ground pepper**

### PROCESS

Preheat the air fryer for about 2-3 minutes. This will give you the crispiest potatoes. Meanwhile, toss the potatoes with breakfast potato seasoning and oil until thoroughly coated. Spray the air fryer basket with a nonstick spray. Add the potatoes and cook for about 15 minutes, stopping and shaking the basket 2-3 times throughout to promote even cooking. Transfer to a plate and serve right away.



**PREPERATION TIME**  
2 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
17 MINUTES



**SERVING**  
SERVES 2 - 3

***Cooking tip:** Season the potatoes right before cooking. Allowing the potatoes to sit with salt, this will draw the moisture out, which will inhibit the crisping process.*

BREAKFAST

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VEGETABLE EGG ROLLS



## LUNCH



# VEGETABLE EGG ROLLS

### INGREDIENTS

**1/2 Cup chopped mushrooms**  
**1/2 Cup grated carrots**  
**1/2 Cup chopped zucchini**  
**2 Green onions, chopped**  
**2 Tablespoons low-sodium soy sauce**  
**8 Egg roll wrappers**  
**1 Tablespoon cornstarch**  
**1 Egg, beaten**

### PROCESS

In a medium bowl, combine the mushrooms, carrots, zucchini, green onions, and soy sauce, and stir together. Place the egg roll wrappers on a work surface. Top each with about 3 tablespoons of the vegetable mixture. In a small bowl, combine the cornstarch and egg and mix well. Brush some of this mixture on the edges of the egg roll wrappers. Roll up the wrappers, enclosing the vegetable filling. Brush some of the egg mixture on the outside of the egg rolls to seal. Air-fry for 7 to 10 minutes or until the egg rolls are brown and crunchy.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
10 MINUTES



**SERVING**  
MAKES 8 EGG ROLLS

*Substitution tip: You can use spring roll wrappers for this recipe; they are thinner than the egg roll wrappers so they won't take as long to cook.*

BREAKFAST  
JUMBO STUFFED  
MUSHROOMS



## LUNCH



# JUMBO STUFFED MUSHROOMS

### INGREDIENTS

- 4 Jumbo portobello mushrooms**
- 1 Tablespoon olive oil**
- 1/4 Cup ricotta cheese**
- 5 Tablespoons Parmesan cheese, divided**
- 1 Cup frozen chopped spinach, thawed and drained**
- 1/3 Cup bread crumbs**
- 1/4 Teaspoon minced fresh rosemary**

### PROCESS

Wipe the mushrooms with a damp cloth. Remove the stems and discard. Using a spoon, gently scrape out most of the gills. Rub the mushrooms with the olive oil. Put in the air fryer basket, hollow side up, and bake for 3 minutes. Carefully remove the mushroom caps, because they will contain liquid. Drain the liquid out of the caps. In a medium bowl, combine the ricotta, 3 tablespoons of Parmesan cheese, spinach, bread crumbs, and rosemary, and mix well. Stuff this mixture into the drained mushroom caps. Sprinkle with the remaining 2 tablespoons of Parmesan cheese. Put the mushroom caps back into the basket. Bake for 4 to 6 minutes or until the filling is hot and the mushroom caps are tender.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
SERVES 4

*Did You Know? The gills in large mushroom caps are edible, but they can be bitter when cooked. You can easily remove them with a spoon.*



LUNCH

MUSHROOM PITA PIZZAS

## LUNCH



# MUSHROOM PITA PIZZAS

### INGREDIENTS

**4 (3-inch) Pitas**  
**1 Tablespoon olive oil**  
**3/4 Cup pizza sauce**  
**1 (100ml ) Jar sliced mushrooms, drained**  
**1/2 Teaspoons dried basil**  
**2 Green onions, minced**  
**1 Cup grated mozzarella or provolone cheese**  
**1 Cup sliced grape tomatoes**

### PROCESS

Brush each piece of pita with oil and top with the pizza sauce. Add the mushrooms and sprinkle with basil and green onions. Top with the grated cheese. Bake for 3 to 6 minutes or until the cheese is melted and starts to brown. Top with the grape tomatoes and serve immediately.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
180°C



**COOKING TIME**  
5 MINUTES



**SERVING**  
SERVES 4

***Substitution tip:** Look for canned pizza sauce in the pasta aisle of the supermarket. Or substitute 1/4 cup pasta sauce mixed with a pinch each of dried basil, thyme, oregano, marjoram, and cayenne pepper.*

LUNCH

SPINACH QUICHE



## LUNCH



# SPINACH QUICHE

### INGREDIENTS

**3 Eggs** 1 cup frozen chopped spinach, thawed and drained  
**1/3 Cup heavy cream**  
**2 Tablespoons honey mustard**  
**1/2 Cup grated Swiss or Havarti cheese**  
**1/2 Teaspoon dried thyme**  
**Pinch salt**  
**Freshly ground black pepper**  
**Nonstick baking spray with flour**

### PROCESS

In a medium bowl, beat the eggs until blended. Stir in the spinach, cream, honey mustard, cheese, thyme, salt, and pepper. Spray a baking pan with nonstick spray. Pour the egg mixture into the pan. Bake for 18 to 22 minutes or until the egg mixture is puffed, light golden brown, and set. Let cool for 5 minutes, then cut into wedges to serve.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
SERVES 3

**Substitution tip:** You could use just about any cooked, leftover vegetable in this easy recipe as long as you keep the amounts about the same. Try adding cooked broccoli florets, steamed asparagus pieces, or cooked mushrooms.

LUNCH

YELLOW SQUASH FRITTERS



## LUNCH



# YELLOW SQUASH FRITTERS

### INGREDIENTS

**1 (85 grams) Package cream cheese, softened**  
**1 Egg, beaten**  
**1/2 Teaspoon dried oregano**  
**Pinch salt**  
**Freshly ground black pepper**  
**1 Medium yellow summer squash, grated**  
**1/3 Cup grated carrot**  
**2/3 Cup bread crumbs**  
**2 Tablespoons olive oil**

### PROCESS

In a medium bowl, combine the cream cheese, egg, oregano, salt and pepper. Add the squash and carrot, and mix well. Stir in the bread crumbs. Form about 2 tablespoons of this mixture into a patty about 1,5cm thick. Repeat with remaining mixture. Brush the fritters with olive oil. Air-fry until crisp and golden, about 7 to 9 minutes.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
170°C



**COOKING TIME**  
7 MINUTES



**SERVING**  
SERVES 4

**Cooking tip:** *Yellow summer squash has a thin skin so you don't have to peel it before preparation. If you want to use zucchini in this recipe, peel it before grating, because the skin is tougher.*

LUNCH

SHRIMP AND GRILLED  
CHEESE SANDWICHES



## LUNCH



# SHRIMP AND GRILLED CHEESE SANDWICHES

### INGREDIENTS

- 1 1/4 cups shredded cheese**
- 1 (170 grams) Can tiny shrimp, drained**
- 3 Tablespoons mayonnaise**
- 2 Tablespoons minced green onion**
- 4 Slices whole grain or whole-wheat bread**
- 2 Tablespoons softened butter**

### PROCESS

In a medium bowl, combine the cheese, shrimp, mayonnaise, and green onion, and mix well. Spread this mixture on two of the slices of bread. Top with the other slices of bread to make two sandwiches. Spread the sandwiches lightly with butter. Grill in the air fryer for 5 to 7 minutes or until the bread is browned and crisp and the cheese is melted. Cut in half and serve warm.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
5 MINUTES



**SERVING**  
SERVES 4

**Substitution tip:** *Instead of the shrimp in this recipe, try using canned crabmeat, chicken, or tuna. Or for a vegetarian version, leave out the shrimp and replace with 1 cup of a different type of cheese.*



LUNCH

BEEF AND BROCCOLI

## LUNCH



# BEEF AND BROCCOLI

### INGREDIENTS

**340 Grams round steak, cut into thin strips**  
**450 Grams broccoli, stems removed and cut into florets**  
**1/3 Cup oyster sauce**  
**2 Tablespoons Sesame oil**  
**1/3 cup Sherry**  
**1 Tablespoons Soy sauce,**  
**1 Tablespoons White sugar**  
**1 Tablespoons Cornstarch**  
**1 Tablespoons Olive oil**  
**1 Slice fresh Ginger root**  
**1 Clove garlic, minced**

### PROCESS

In a small bowl combine the oyster sauce, sesame oil, cornstarch, sherry, soy sauce and sugar. Stir until sugar has dissolved and cornstarch is evenly mixed. Place the steak strips in this mixture and marinate for a minimum of 45 minutes. When the steak has finished marinating add it and the broccoli to the air fryer. Add the ginger, garlic and olive oil on top. Cook 12 minutes.



**PREPERATION TIME**  
50 MINUTES



**TEMPERATURE**  
180°C



**COOKING TIME**  
12 MINUTES



**SERVING**  
SERVES 4

*Serving tip: Best enjoyed with basmati rice*

LUNCH

WHOLE CHICKEN



## LUNCH



# WHOLE CHICKEN

### INGREDIENTS

**2 Kilogram whole chicken**  
**1/2 Fresh lemon**  
**1/4 Whole onion**  
**4 Sprigs of fresh thyme**  
**4 Sprigs of fresh rosemary**  
**Olive oil**  
**1 Teaspoon ground thyme**  
**1 Teaspoon onion powder**  
**1 Teaspoon garlic powder**  
**Kosher salt to taste**  
**Pepper to taste**

### PROCESS

If your chicken still has the giblets inside of it, you will need to remove them prior to cooking. Stuff 1/2 of fresh cut lemon and 1/4 of a chopped onion inside the cavity of the chicken along with the fresh rosemary and thyme. Make sure the chicken is completely dry on the outside. Rub olive oil onto both sides of the chicken. Sprinkle the seasonings throughout and onto both sides of the chicken. Air fry the chicken for 30 minutes. Open the air fryer and flip the chicken. Air fry for an additional 20-25 minutes until the chicken reaches an internal temperature of 75°C degrees. Use a meat thermometer. Remove the chicken from the air fryer basket and place it on a plate to rest for at least 15 minutes before cutting into the chicken. This will allow the moisture to redistribute throughout the chicken before you cut into it.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
55 MINUTES



**SERVING**  
SERVES 4

*Cooking tip: Chicken size will depend on the size of your air fryer.*

LUNCH

ITALIAN-STYLE  
MEATBALLS



## LUNCH



# ITALIAN-STYLE MEATBALLS

### INGREDIENTS

**900 Grams of ground beef (choose your preferred cut)**  
**2 Large eggs**  
**1 1/4 cup bread crumbs**  
**1/4 Cup chopped fresh parsley**  
**1 Tablespoon dried oregano**  
**1/4 Cup grated Parmesan cheese**  
**1 Small clove garlic chopped**  
**Salt and pepper to taste**  
**1 Tablespoon light oil dabbed on a paper towel**  
**to coat the air fryer basket**

### PROCESS

Place the meat and all the ingredients in a large mixing bowl. Mix all the ingredients together with your hands. You can use a wooden spoon to begin the mixing process but using your hands is the best way to blend everything together. Mix the ingredients just until everything is well blended. Scoop up a small handful of meat and roll in the palm of your hand to your desired size meatball (approximately 5cm round). Lightly coat the basket with avocado oil spread on with a paper towel. Cook them for 10-13 minutes until lightly browned. Turn them over and cook another 4-5 minutes. Remove to a plate when baked. When ready, place them into the tomato sauce to continue cooking. Serve with your favorite pasta.



**PREPERATION TIME**  
6 MINUTES



**TEMPERATURE**  
170°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
12 MEATBALLS

*Cooking tip: You can use a cookie scoop to scoop which will give you even size meatballs.*

LUNCH

CRUMBED FISH



## LUNCH



# CRUMBED FISH

### INGREDIENTS

**1 Cup dry bread crumbs**  
**1/4 Cup vegetable oil**  
**4 Fish fillets**  
**1 Egg beaten**  
**1 Lemon, sliced**

### PROCESS

Mix bread crumbs and oil together in a bowl. Stir until mixture becomes loose and crumbly. Dip fish fillets into the egg; shake off any excess. Dip fillets into the bread crumb mixture; coat evenly and fully. Lay coated fillets gently in the preheated air fryer. Cook until fish flakes easily with a fork, about 12 minutes. Garnish with lemon slices.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
180°C



**COOKING TIME**  
10 MINUTES



**SERVING**  
SERVES 4

*Cooking tip: Use any variety of fish you prefer.*

STARTERS

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BEEF AND  
MANGO SKEWERS



## STARTERS



# BEEF AND MANGO SKEWERS

### INGREDIENTS

**340 Gram beef sirloin tip, cut into cubes**  
**2 Tablespoons balsamic vinegar**  
**1 Tablespoon olive oil**  
**1 Tablespoon honey**  
**1/2 Teaspoon dried Origanum**  
**Pinch salt**  
**Freshly ground black pepper**  
**1 Mango**

### PROCESS

Put the beef cubes in a medium bowl and add the balsamic vinegar, olive oil, honey, origanum, salt, and pepper. Mix well, then massage the marinade into the beef with your hands. Set aside. To prepare the mango, stand it on end and cut the skin off, using a sharp knife. Then carefully cut around the oval pit to remove the flesh. Cut the mango into cubes. Thread metal skewers alternating with three beef cubes and two mango cubes. Grill the skewers in the air fryer basket for 4 to 7 minutes or until the beef is browned.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
60°C



**COOKING TIME**  
5 MINUTES



**SERVING**  
SERVES 4

*Substitution tip: You can substitute peaches or nectarines for the mango*

STARTERS

CURRIED SWEET  
POTATO FRIES



## STARTERS



# CURRIED SWEET POTATO FRIES

### INGREDIENTS

**1/2 Cup sour cream**  
**1/2 Cup mango chutney**  
**3 Teaspoons curry powder, divided**  
**4 Cups frozen sweet potato fries**  
**1 Tablespoon olive oil**  
**Pinch salt**  
**Freshly ground black pepper**

### PROCESS

In a small bowl, combine sour cream, chutney, and 1½ teaspoons of the curry powder. Mix well and set aside. Put the sweet potatoes in a medium bowl. Drizzle with the olive oil and sprinkle with remaining 1½ teaspoons curry powder, salt, and pepper. Put the potatoes in the air fryer basket. Cook for 8 to 12 minutes or until crisp, hot, and golden brown, shaking the basket once during cooking time. Place the fries in a serving basket and serve with the chutney dip.



**PREPERATION TIME**  
5 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
8 - 12 MINUTES



**SERVING**  
SERVES 4

*Substitution tip: You can use fresh sweet potatoes in place of the frozen precut fries.*

STARTERS  
PESTO  
BRUSCHETTA



## STARTERS



# PESTO BRUSCHETTA

### INGREDIENTS

**8 Slices French bread**  
**2 Tablespoons softened butter**  
**1 Cup shredded Mozzarella cheese**  
**1/2 Cup basil pesto**  
**1 Cup chopped cherry tomatoes**  
**2 Green onions, thinly sliced**

### PROCESS

Spread the bread with the butter and place butter-side up in the air fryer basket. Bake for 3 to 5 minutes or until the bread is light golden brown. Remove the bread from the basket and top each piece with some of the cheese. Return to the basket in batches and bake until the cheese melts, about 1 to 3 minutes. Meanwhile, combine the pesto, tomatoes, and green onions in a small bowl. When the cheese has melted, remove the bread from the air fryer and place on a serving plate. Top each slice with some of the pesto mixture and serve.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
180°C



**COOKING TIME**  
4 - 8 MINUTES



**SERVING**  
SERVES 4

***Ingredient tip:** You can find basil pesto and other types of pesto, including a sauce made from sun-dried tomatoes, in the refrigerated section or the pasta aisle of any supermarket.*

STARTERS

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BUFFALO  
CHICKEN BITES



## STARTERS



# BUFFALO CHICKEN BITES

### INGREDIENTS

**2/3 Cup sour cream**  
**1/4 Cup creamy blue cheese salad dressing**  
**1/4 Cup crumbled blue cheese**  
**1 Celery stalk, finely chopped**  
**450 Grams chicken wings cut into thirds crosswise**  
**3 Tablespoons Buffalo chicken wing sauce**  
**1 Cup crumbs**  
**2 Tablespoons olive oil**

### PROCESS

In a small bowl, combine the sour cream, salad dressing, blue cheese, and celery, and set aside. In a medium bowl, combine the chicken pieces and Buffalo wing sauce and stir to coat. Let it sit while you get the bread crumbs ready. Combine the bread crumbs and olive oil on a plate and mix. Coat the chicken pieces in the bread crumb mixture, patting each piece so the crumbs stick. Air-fry in batches for 7 to 9 minutes, shaking the basket once, until the chicken is cooked and golden brown. Serve with the blue cheese sauce on the side.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
180°C



**COOKING TIME**  
14 - 18 MINUTES



**SERVING**  
SERVES 4

***Did You Know?** Buffalo chicken wings were first invented in the Anchor Bar in Buffalo, New York, when the owner needed to serve a lot of appetizers in a hurry. They became an immediate hit and the flavor - a combination of a spicy hot sauce with cool blue cheese - is now a classic.*

STARTERS

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SWEET AND HOT  
CHICKEN WINGS



## STARTERS



# SWEET AND HOT CHICKEN WINGS

### INGREDIENTS

**8 Chicken wings**  
**1 Tablespoon olive oil**  
**1/3 Cup brown sugar**  
**2 Tablespoons honey**  
**1/3 Cup apple cider vinegar**  
**2 Cloves garlic, minced**  
**1/2 Teaspoon dried red pepper flakes**  
**1/4 Teaspoon salt**

### PROCESS

In a medium bowl, toss the wings with the oil. Transfer to the air fryer basket and cook for 20 minutes, shaking the basket twice while cooking. Meanwhile, in a small bowl, combine the sugar, honey, vinegar, red pepper flakes, and salt, and whisk until combined. Remove the wings from the air fryer basket and put into a pan. Pour the sauce over the wings and toss. Return to the air fryer and cook for 5 minutes or until the wings are glazed.



**PREPERATION TIME**  
5 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
25 MINUTES



**SERVING**  
MAKES 16 WINGS

***Ingredient tip:** You can sometimes buy "chicken drumettes" in the meat section. They are made from the meaty part of the chicken wing. If you want to use those instead of the cut-up whole wings, use about 10 in this recipe.*

DINNER

FISH AND CHIPS



## DINNER



# FISH AND CHIPS

### INGREDIENTS

**4 (150 Grams) Fish fillets**  
**Pinch salt**  
**Freshly ground black pepper**  
**1/2 Teaspoon dried thyme**  
**1 Egg white**  
**3/4 Cup crushed potato chips**  
**2 Tablespoons olive oil, divided**  
**2 Russet potatoes, peeled and cut into strips**

### PROCESS

Pat the fish fillets dry and sprinkle with salt, pepper, and thyme. Set aside. In a shallow bowl, beat the egg white until foamy. In another bowl, combine the potato chips and 1 tablespoon of olive oil and mix until combined. Dip the fish fillets into the egg white, then into the crushed potato chip mixture to coat. Toss the fresh potato strips with the remaining 1 tablespoon olive oil. The chips will take about 20 minutes; the fish will take about 10 to 12 minutes to cook.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
SERVES 4

**Ingredient tip:** To make tartar sauce, combine cup mayonnaise with 3 tablespoons chopped sweet pickles, 1 tablespoon lemon juice, and 1 tablespoon chopped fresh parsley

DINNER

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BUTTERMILK  
FRIED CHICKEN



## DINNER



# BUTTERMILK FRIED CHICKEN

## INGREDIENTS

**6 Chicken pieces: drumsticks, breasts, and thighs**  
**1 Cup flour**  
**2 Teaspoons paprika**  
**Pinch salt**  
**Freshly ground black pepper**  
**1/3 Cup buttermilk**  
**2 Eggs**  
**2 Tablespoons olive oil**  
**1 1/2 Cups bread crumbs**

## PROCESS

Pat the chicken dry. In a shallow bowl, combine the flour, paprika, salt, and pepper. In another bowl, beat the buttermilk with the eggs until smooth. In a third bowl, combine the olive oil and bread crumbs until mixed. Dredge the chicken in the flour, then into the eggs to coat, and finally into the bread crumbs, patting the crumbs firmly onto the chicken skin. Air-fry the chicken for 20 to 25 minutes, turning each piece over halfway during cooking, until the meat registers 75°C on a meat thermometer and the chicken is brown and crisp. Let it cool for 5 minutes, then serve.



**PREPERATION TIME**  
7 MINUTES



**TEMPERATURE**  
190°C



**COOKING TIME**  
20 TO 25 MINUTES



**SERVING**  
SERVES 4

**Variation tip:** You can marinate the chicken in buttermilk and spices such as cayenne pepper, chili powder, or garlic powder overnight before you cook it. This makes the chicken even more moist and tender and adds flavor.

DINNER

---

CHICKEN  
CORDON BLEU



## DINNER



# CHICKEN CORDON BLEU

### INGREDIENTS

**4 Chicken breast fillets**  
**1/4 Cup chopped ham**  
**1/3 Cup grated Swiss cheese**  
**1/4 Cup flour**  
**Pinch salt**  
**Freshly ground black pepper**  
**1/2 Teaspoon dried Origanum**  
**1 Egg**  
**1 Cup bread crumbs**

### PROCESS

Put the chicken breast fillets on a work surface and gently press them with the palm of your hand to make them a bit thinner. Don't tear the meat. In a small bowl, combine the ham and cheese. Divide this mixture among the chicken fillets. Wrap the chicken around the filling to enclose it, using toothpicks to hold the chicken together. In a shallow bowl, mix the flour, salt, pepper, and Origanum. In another bowl, beat the egg. Spread the bread crumbs out on a plate. Dip the chicken into the flour mixture, then into the egg, then into the bread crumbs to coat thoroughly. Put the chicken in the air fryer basket and mist with olive oil. Bake for 13 to 15 minutes or until the chicken is thoroughly cooked to 75°C. Carefully remove the toothpicks and serve.



**PREPERATION TIME**  
15 MINUTES



**TEMPERATURE**  
195°C



**COOKING TIME**  
13 TO 15 MINUTES



**SERVING**  
SERVES 4

**Ingredient tip:** You can find chicken fillets, which are cut from the chicken breast, in most large grocery stores. If you can't find them, you can cut one chicken breast in half, holding your knife parallel to the work surface, to make two thin slices.

DINNER

THAI BURGERS



## DINNER



# THAI BURGERS

### INGREDIENTS

**1/2 Cup soft bread crumbs**  
**1/4 Cup Thai chili sauce**  
**2 Minced green onions**  
**2 Cloves garlic, minced**  
**560 Grams lean ground beef**  
**4 Onion rolls, split in half**  
**1 Large tomato, sliced**  
**1/3 Cup commercial Peanut sauce**

### PROCESS

In a large bowl, combine the bread crumbs, Thai chili sauce, green onions, and garlic, and mix well. Add the ground beef and mix gently but thoroughly until combined. Form the beef mixture into four patties. Make an indentation in the center of each patty with your thumb so the burgers don't puff up when they cook. Cook for 12 minutes, and then test the burgers. If they aren't at least 70°C, cook for 3 minutes until they reach that temperature. Assemble burgers with the onion rolls, sliced tomato, and peanut sauce.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
190°C



**COOKING TIME**  
15 MINUTES



**SERVING**  
SERVES 4

**Substitution tip:** You can make these burgers with ground pork or a combination of ground pork and ground beef. You could also add sliced onions and lettuce to the burgers when you assemble them.

DINNER

---

TEX-MEX STEAK



## DINNER



# TEX-MEX STEAK

### INGREDIENTS

**450 Gram Skirt steak**  
**1 Chipotle pepper in adobo sauce, minced**  
**2 Tablespoons adobo sauce**  
**1/2 Teaspoon salt**  
**1/8 Teaspoon pepper**  
**1/8 Teaspoon crushed red pepper flakes**

### PROCESS

Cut the steak into four pieces and place them on a plate. In a small bowl, combine the minced chipotle pepper, adobo sauce, salt, pepper, and crushed red pepper flakes. Spread over the steaks on both sides. Let the steaks stand at room temperature for at least 20 minutes, or refrigerate up to 12 hours. Grill the steaks, two at a time, in the air fryer basket for 10 minutes until the steaks register an internal temperature of at least 60°C. Repeat with remaining steaks while the first ones rest, covered with foil. Add the just-cooked steaks to the ones that have been resting and let rest for another 5 minutes. Slice thinly across the grain to serve.



**PREPERATION TIME**  
25 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
SERVES 4

**Ingredient tip:** Chipotles in adobo are jalapeño peppers that are cooked and jarred in a spicy red sauce. Many adobo sauces contain gluten, so read the labels carefully or opt for gluten-free La Costena brand.

DINNER

GARLIC AND  
SESAME CARROTS



## DINNER



# GARLIC AND SESAME CARROTS

### INGREDIENTS

**450 Grams baby carrots**  
**1 Tablespoon sesame oil**  
**1/2 Teaspoon dried dill**  
**Pinch salt**  
**Freshly ground black pepper**  
**6 Cloves garlic, peeled**  
**3 Tablespoons sesame seeds**

### PROCESS

Place the baby carrots in a medium bowl. Drizzle with sesame oil, add the dill, salt, and pepper, and toss to coat well. Place the carrots in the basket of the air fryer. Roast for 8 minutes, shaking the basket once during cooking time. Add the garlic to the air fryer. Roast for 8 minutes, shaking the basket once during cooking time, or until the garlic and carrots are lightly browned. Transfer to a serving bowl and sprinkle with the sesame seeds before serving.



**PREPERATION TIME**  
5 MINUTES



**TEMPERATURE**  
200°C



**COOKING TIME**  
16 MINUTES



**SERVING**  
SERVES 4 TO 6

*Variation tip: You can cook large carrots, cut into chunks, in place of the baby carrots in this recipe. Or you can try roasting other root vegetables, such as parsnips or rutabagas.*

DINNER

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ROASTED  
BRUSSELS SPROUTS



DINNER



# ROASTED BRUSSELS SPROUTS

## INGREDIENTS

**450 Grams fresh Brussels sprouts**  
**1 Tablespoon olive oil**  
**1/2 Teaspoon salt**  
**1/8 Teaspoon pepper**  
**1/4 Cup grated Parmesan cheese**

## PROCESS

Trim the bottoms from the Brussels sprouts and pull off any discolored leaves. Toss with the olive oil, salt, and pepper, and place in the air fryer basket. Roast for 20 minutes, shaking the air fryer basket twice during cooking time, until the Brussels sprouts are dark golden brown and crisp. Transfer the Brussels sprouts to a serving dish and toss with the Parmesan cheese. Serve immediately.



**PREPERATION TIME**  
8 MINUTES



**TEMPERATURE**  
165°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
SERVES 4

***Did You Know?** Brussels sprouts were cultivated in Roman times and introduced into the United States in the 1880s. Most Brussels sprouts in this country are grown in California.*

DINNER

SAVORY ROASTED  
SWEET POTATOES



## DINNER



# SAVORY ROASTED SWEET POTATOES

### INGREDIENTS

**2 Sweet potatoes, peeled and cut into 2 cm cubes**  
**1 Tablespoon olive oil**  
**Pinch salt**  
**Freshly ground black pepper**  
**1/2 Teaspoon dried thyme**  
**1/2 Teaspoon dried Origanum**  
**1/4 Cup grated Parmesan cheese**

### PROCESS

Put the sweet potato cubes in the air fryer basket and drizzle with the olive oil. Toss gently. Sprinkle with the salt, pepper, thyme, and Origanum, and toss again. Roast for 20 minutes, shaking the air fryer basket once during cooking time. Remove the basket from the air fryer and shake the potatoes again. Sprinkle evenly with the Parmesan cheese and return to the air fryer. Roast for 5 minutes or until the potatoes are tender.



**PREPERATION TIME**  
5 MINUTES



**TEMPERATURE**  
165°C



**COOKING TIME**  
25 MINUTES



**SERVING**  
SERVES 4

***Did You Know?** Sweet potatoes and yams are two different types of root vegetable. A true yam is a starchy white root vegetable used in Caribbean cooking. Sweet potatoes are high in vitamin A and are usually bright orange in color.*

DESSERT

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BLACK AND  
WHITE BROWNIES



## DESSERT



# BLACK AND WHITE BROWNIES

## INGREDIENTS

**1 Egg**  
**1/4 Cup brown sugar**  
**2 Tablespoons white sugar**  
**2 Tablespoons sunflower oil**  
**1 Teaspoon vanilla**  
**1/4 Cup cocoa powder**  
**1/3 Cup all-purpose flour**  
**1/4 Cup white chocolate chips**  
**Non-stick baking spray**

## PROCESS

In a medium bowl, beat the egg with the brown sugar and white sugar. Beat in the oil and vanilla. Add the cocoa powder and flour, and stir just until combined. Fold in the white chocolate chips. Spray a baking pan with nonstick spray. Spoon the brownie batter into the pan. Bake for 20 minutes or until the brownies are set when lightly touched with a finger. Let them cool for 30 minutes before slicing to serve.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
170°C



**COOKING TIME**  
20 MINUTES



**SERVING**  
MAKES 1 DOZEN

**Cooking tip:** You measure cocoa powder just like you measure flour: spoon it lightly into a measuring cup and level off the top with the back of a knife. Never scoop flour or dry ingredients into a measuring cup because that adds too much to the recipe and your cookies, cakes, and bars will be dense and heavy.

DESSERT

---

BIG CHOCOLATE  
CHIP COOKIE



## DESSERT



# BIG CHOCOLATE CHIP COOKIE

## INGREDIENTS

**Non-stick baking spray**  
**3 Tablespoons softened butter**  
**1/3 Cup plus 1 tablespoon brown sugar**  
**1 Egg yolk**  
**1/2 Cup flour**  
**2 Tablespoons ground white chocolate**  
**1/4 Teaspoon baking soda**  
**1/2 Teaspoon vanilla**  
**3/4 Cup chocolate chips**

## PROCESS

In medium bowl, beat the butter and brown sugar together until fluffy. Stir in the egg yolk. Add the flour, white chocolate, baking soda, and vanilla, and mix well. Stir in the chocolate chips. Line a baking pan with parchment paper. Spray the parchment paper with nonstick baking spray with flour. Spread the batter into the prepared pan, leaving a border on all sides. Bake for about 9 minutes or until the cookie is light brown and just barely set. Remove the pan from the air fryer and let them cool for 10 minutes. Remove the cookie from the pan, remove the parchment paper, and let them cool on a wire rack.



**PREPERATION TIME**  
7 MINUTES



**TEMPERATURE**  
150°C



**COOKING TIME**  
9 MINUTES



**SERVING**  
SERVES 4

**Substitution tip:** You can use other types of chocolate chips in this recipe. Try milk chocolate chips or butterscotch chips. Or add about 1/4 cup chopped pecans or cashews when you stir in the chocolate chips.

A photograph of several chocolate peanut butter molten cupcakes. Each cupcake is in a brown paper liner and topped with a swirl of light brown peanut butter frosting. They are arranged on a rustic wooden log slice. The background is a soft, out-of-focus light blue.

DESSERT

---

CHOCOLATE PEANUT BUTTER  
MOLTEN CUPCAKES

## DESSERT



# CHOCOLATE PEANUT BUTTER MOLTEN CUPCAKES

### INGREDIENTS

**Non-stick baking spray with flour**  
**1 1/3 Cups chocolate cake mix**  
**1 Egg**  
**1 Egg yolk**  
**1/4 Cup sunflower oil**  
**1/4 Cup hot water**  
**1/3 Cup sour cream**  
**3 Tablespoons peanut butter**  
**1 Tablespoon powdered sugar**

### PROCESS

Double up 16 foil muffin cups to make 8 cups. Spray each lightly with non-stick spray; set aside. In a medium bowl, combine the cake mix, egg, egg yolk, sunflower oil, water, and sour cream, and beat until combined. In a small bowl, combine the peanut butter and powdered sugar and mix well. Form this mixture into 8 balls. Spoon about 1/4 cup of the chocolate batter into each muffin cup and top with a peanut butter ball. Spoon remaining batter on top of the peanut butter balls to cover them. Arrange the cups in the air fryer basket, leaving some space between each. Bake for 10 to 13 minutes or until the tops look dry and set. Let the cupcakes cool for about 10 minutes, then serve warm.



**PREPERATION TIME**  
10 MINUTES



**TEMPERATURE**  
160°C



**COOKING TIME**  
10 - 13 MINUTES



**SERVING**  
MAKES 8 CUPCAKES

**Ingredient tip:** Save the rest of the chocolate cake mix in a sealed heavy-duty plastic bag. Be sure to mark it with the date that you used it. Use it within two weeks - maybe to make more batches of this recipe!

DESSERT

---

MARBLE  
CHEESECAKE



## DESSERT



# MARBLE CHEESECAKE

## INGREDIENTS

**Non-stick baking spray**  
**3 Tablespoons softened butter**  
**1/3 Cup plus 1 tablespoon brown sugar**  
**1 Egg yolk**  
**1/2 Cup flour**  
**2 Tablespoons ground white chocolate**  
**1/4 Teaspoon baking soda**  
**1/2 Teaspoon vanilla**  
**3/4 Cup chocolate chips**

## PROCESS

In medium bowl, beat the butter and brown sugar together until fluffy. Stir in the egg yolk. Add the flour, white chocolate, baking soda, and vanilla, and mix well. Stir in the chocolate chips. Line a baking pan with parchment paper. Spray the parchment paper with nonstick baking spray with flour. Spread the batter into the prepared pan, leaving a border on all sides. Bake for about 9 minutes or until the cookie is light brown and just barely set. Remove the pan from the air fryer and let cool for 10 minutes. Remove the cookie from the pan, remove the parchment paper, and let cool on a wire rack.



**PREPERATION TIME**  
7 MINUTES



**TEMPERATURE**  
150°C



**COOKING TIME**  
9 MINUTES



**SERVING**  
SERVES 4

**Substitution tip:** You can use other types of chocolate chips in this recipe. Try milk chocolate chips or butterscotch chips. Or add about 1/4 cup chopped pecans or cashews when you stir in the chocolate chips.

A close-up photograph of a white plate filled with golden-brown French toast sticks. The sticks are dusted with white powdered sugar and garnished with fresh raspberries and blueberries. In the background, a bowl of mixed raspberries and blueberries is visible on a light blue surface. The lighting is soft and natural, highlighting the texture of the bread and the freshness of the fruit.

DESSERT  
FRENCH TOAST  
STICKS

## DESSERT



# FRENCH TOAST STICKS

## INGREDIENTS

**2 large eggs**  
**1/3 Cup heavy cream**  
**1/3 Cup whole milk**  
**3 Tablespoon granulated sugar**  
**1/4 Tablespoon ground cinnamon**  
**1/2 Tablespoon pure vanilla extract**  
**Kosher salt**  
**6 Thick slices white bread, each slice cut into thirds**  
**Maple syrup, for serving**

## PROCESS

Beat eggs, cream, milk, sugar, cinnamon, vanilla, and a pinch of salt in a large shallow baking dish. Add bread, turn to coat a few times. Arrange french toast in basket of air fryer, working in batches as necessary to not overcrowd basket. Cook until golden, about 8 minutes, tossing halfway through. Serve toast warm, drizzled with maple syrup.



**PREPERATION TIME**  
5 MINUTES



**TEMPERATURE**  
190°C



**COOKING TIME**  
30 MINUTES



**SERVING**  
SERVES 6

**Cooking tip:** Aim for thick sliced of bread for sturdier french toast that's perfectly dunkable.



# Pumpkin Spice Muffins

Who doesn't love the taste of pumpkin on a crisp autumn morning? For most people, pumpkin and fall go hand in hand, and this recipe will be a staple in your breakfast rotation all season long!

- **HandsOn Time: 10 minutes** • **Cook Time: 15 minutes**

## Serves 6

---

**1 cup blanched finely ground almond flour 1/2 cup granular erythritol 1/2  
teaspoon baking powder 1/ cup unsalted butter, softened 1 1/4 cup  
pure pumpkin purée 1/2 teaspoon ground cinnamon 1/4 teaspoon  
ground nutmeg 1 teaspoon vanilla extract  
2 large eggs**

- 1** In a large bowl, mix almond flour, erythritol, baking powder, butter, pumpkin purée, cinnamon, nutmeg, and vanilla.
- 2** Gently stir in eggs.
- 3** Evenly pour the batter into six silicone muffin cups. Place muffin cups into the air fryer basket, working in batches if necessary.
- 4** Adjust the temperature to 300°F and set the timer for 15 minutes.
- 5** When completely cooked, a toothpick inserted in center will come out mostly clean. Serve warm.

## PER SERVING

---

**CALORIES:** 205

**PROTEIN:** 6.3 g

**FIBER:** 2.4 g

**NET CARBOHYDRATES:** 3.0 g **SUGAR ALCOHOL:** 12.0 g **FAT:** 18.0 g

**SODIUM:** 65 mg

**CARBOHYDRATES:** 17.4 g **SUGAR:** 1.3 g

## READ YOUR LABELS!

Make sure you use regular pumpkin purée instead of pumpkin pie purée! It can be tricky because they're usually right next to each other on store shelves, but the latter has added carbs and sugar that you definitely don't need for this flavorful treat!



# Bacon, Egg, and Cheese Roll Ups

This is the tastiest spin on a breakfast burrito you've ever tried! With all of the carbs in a regular tortilla, why not just replace the wrap altogether with crispy and savory bacon? Load your burrito up with all the goods, and pick it up just like the classic version!

• **HandsOn Time: 15 minutes** • **Cook Time: 15 minutes**  
**Serves 4**

**2 tablespoons unsalted butter**

**1/2 cup chopped onion 1/2 medium green bell pepper, seeded and chopped 6 large eggs**

**12 slices sugar-free bacon**

**1 cup shredded sharp Cheddar cheese 1/2 cup mild salsa, for dipping**

- 1** In a medium skillet over medium heat, melt butter. Add onion and pepper to the skillet and sauté until fragrant and onions are translucent, about 3 minutes.
- 2** Whisk eggs in a small bowl and pour into skillet. Scramble eggs with onions and peppers until fluffy and fully cooked, about 5 minutes. Remove from heat and set aside.
- 3** On work surface, place three slices of bacon side by side, overlapping about 1/2". Place 1/4 cup scrambled

eggs in a heap on the side closest to you and sprinkle  $\frac{1}{4}$  cup cheese on top of the eggs.

**4** Tightly roll the bacon around the eggs and secure the seam with a toothpick if necessary. Place each roll into the air fryer basket.

**5** Adjust the temperature to 350°F and set the timer for 15 minutes. Rotate the rolls halfway through the cooking time.

**6** Bacon will be brown and crispy when completely cooked. Serve immediately with salsa for dipping.

#### **PER SERVING**

---

**CALORIES:** 460

**PROTEIN:** 28.2 g

**FIBER:** 0.8 g

**NET CARBOHYDRATES:** 5.3 g **FAT:** 31.7 g

**SODIUM:** 1,100 mg

**CARBOHYDRATES:** 6.1 g **SUGAR:** 3.1 g

#### **MAKE IT YOUR OWN!**

Customize this dish with your favorite egg add-ins! Chopped onions, mushrooms, or spinach are all great low-carb options. If you're extra hungry, adding some cooked crumbled breakfast sausage will make this even more filling!



# Loaded Cauliflower Breakfast Bake

Casseroles aren't just for dinnertime! This is the perfect option for busy weekday mornings, giving you lots of classic breakfast flavor and swapping in cauliflower where potatoes might usually be. Add a dash of hot sauce for some kick if you really want to wake up!

- **HandsOn Time: 15 minutes** • **Cook Time: 20 minutes**

## Serves 4

---

**6 large eggs**

**1 1/4 cup heavy whipping cream 1/2 cups chopped cauliflower 1 cup shredded medium Cheddar cheese 1 medium avocado, peeled and pitted 8 tablespoons full-fat sour cream 2 scallions, sliced on the bias 12 slices sugar-free bacon, cooked and crumbled**

- 1** In a medium bowl, whisk eggs and cream together. Pour into a 4-cup round baking dish.
- 2** Add cauliflower and mix, then top with Cheddar. Place dish into the air fryer basket.
- 3** Adjust the temperature to 320°F and set the timer for 20 minutes.
- 4** When completely cooked, eggs will be firm and cheese will be browned. Slice into four pieces.

**5** Slice avocado and divide evenly among pieces. Top each piece with 2 tablespoons sour cream, sliced scallions, and crumbled bacon.

**PER SERVING**

---

**CALORIES:** 512

**PROTEIN:** 27.1 g

**FIBER:** 3.2 g

**NET CARBOHYDRATES:** 4.3 g **FAT:** 38.3 g

**SODIUM:** 865 mg

**CARBOHYDRATES:** 7.5 g

**SUGAR:** 2.3 g



# Cheesy Bell Pepper Eggs

Bell peppers are a great source of vitamins A and C, two vitamins that are important for the strength of your immune system. This easy breakfast also gives you some protein from the ham and an extra boost of flavor from the onion. Altogether, you have a nutritious, well-rounded breakfast!

• **HandsOn Time: 10 minutes** • **Cook Time: 15 minutes**  
**Serves 4**

---

**4 medium green bell peppers** **3 ounces cooked ham, chopped** **1/4 medium onion, peeled and chopped** **8 large eggs**  
**1 cup mild Cheddar cheese**

- 1** Cut the tops off each bell pepper. Remove the seeds and the white membranes with a small knife. Place ham and onion into each pepper.
- 2** Crack 2 eggs into each pepper. Top with 1/4 cup cheese per pepper. Place into the air fryer basket.
- 3** Adjust the temperature to 390°F and set the timer for 15 minutes.
- 4** When fully cooked, peppers will be tender and eggs will be firm. Serve immediately.

## **PER SERVING**

---

**CALORIES:** 314

**PROTEIN:** 24.9 g **FIBER:** 1.7 g

**NET CARBOHYDRATES:** 4.6 g **FAT:** 18.6 g

**SODIUM:** 621 mg **CARBOHYDRATES:** 6.3 g **SUGAR:** 3.0 g



# Prosciutto- Wrapped Parmesan Asparagus

Prosciutto is a thinly sliced Italian ham reminiscent of a less salty bacon. In this recipe it is used to offset the bitterness of asparagus for a more complete and satisfying vegetable appetizer.

• **HandsOn Time: 10 minutes** • **Cook Time: 10 minutes**  
**Serves 4**

---

**1 pound asparagus**

**12 (0.5-ounce) slices prosciutto 1 tablespoon coconut oil, melted 2 teaspoons lemon juice**

**1/2 teaspoon red pepper flakes 1/3 cup grated Parmesan cheese 2 tablespoons salted butter, melted**

**1** On a clean work surface, place an asparagus spear onto a slice of prosciutto.

**2** Drizzle with coconut oil and lemon juice. Sprinkle red pepper flakes and Parmesan across asparagus. Roll prosciutto around asparagus spear. Place into the air fryer basket.

**3** Adjust the temperature to 375°F and set the timer for 10 minutes.

**4** Drizzle the asparagus roll with butter before serving.

## **PER SERVING**

---

**CALORIES:** 263

**PROTEIN:** 13.9 g **FIBER:** 2.4 g

**NET CARBOHYDRATES:** 4.3 g **FAT:** 20.2 g

**SODIUM:** 368 mg **CARBOHYDRATES:** 6.7 g **SUGAR:** 2.2 g



# Pizza Rolls

Customize these savory treats with your favorite toppings.

- **HandsOn Time: 15 minutes**
- **Cook Time: 10 minutes**

**Yields 24 rolls (3 per serving)**

---

**2 cups shredded mozzarella cheese**

**1/2 cup almond flour 2 large eggs**

**72 slices pepperoni**

**8 (1-ounce) mozzarella string cheese sticks, cut into 3 pieces each 2**

**tablespoons unsalted butter, melted 1/4 teaspoon garlic powder 1/2**

**teaspoon dried parsley 2 tablespoons grated Parmesan cheese**

- 1** In a large microwave-safe bowl, place mozzarella and almond flour. Microwave for 1 minute. Remove bowl and mix until ball of dough forms. Microwave additional 30 seconds if necessary.
- 2** Crack eggs into the bowl and mix until smooth dough ball forms. Wet your hands with water and knead the dough briefly.
- 3** Tear off two large pieces of parchment paper and spray one side of each with nonstick cooking spray. Place the dough ball between the two sheets, with sprayed sides facing dough. Use a rolling pin to roll dough out to 1/4" thickness.

- 4** Use a knife to slice into 24 rectangles. On each rectangle place 3 pepperoni slices and 1 piece string cheese.
- 5** Fold the rectangle in half, covering pepperoni and cheese filling. Pinch or roll sides closed. Cut a piece of parchment to fit your air fryer basket and place it into the basket. Put the rolls onto the parchment.
- 6** Adjust the temperature to 350°F and set the timer for 10 minutes.
- 7** After 5 minutes, open the fryer and flip the pizza rolls. Restart the fryer and continue cooking until pizza rolls are golden.
- 8** In a small bowl, place butter, garlic powder, and parsley. Brush the mixture over cooked pizza rolls and then sprinkle with Parmesan. Serve warm.

#### **PER SERVING**

---

**CALORIES:** 333  
**PROTEIN:** 20.7 g  
**FIBER:** 0.8 g  
**NET CARBOHYDRATES:** 2.5 g **FAT:** 24.0 g  
**SODIUM:** 708 mg  
**CARBOHYDRATES:** 3.3 g  
**SUGAR:** 0.9 g



# Mini Sweet Pepper Poppers

These crunchy bites are perfectly portioned, poppable peppers to please your palate. This bright and colorful twist on jalapeño poppers comes in bite-sized fun with bold flavor!

- **HandsOn Time: 15 minutes** • **Cook Time: 8 minutes**

**Yields 16 halves (4 per serving)**

---

**8 mini sweet peppers**

**4 ounces full-fat cream cheese, softened 4 slices sugar-free bacon, cooked and crumbled 1/4 cup shredded pepper jack cheese**

- 1** Remove the tops from the peppers and slice each one in half lengthwise. Use a small knife to remove seeds and membranes.
- 2** In a small bowl, mix cream cheese, bacon, and pepper jack.
- 3** Place 3 teaspoons of the mixture into each sweet pepper and press down smooth. Place into the fryer basket.
- 4** Adjust the temperature to 400°F and set the timer for 8 minutes.
- 5** Serve warm.

## **PER SERVING**

---

**CALORIES:** 176

**PROTEIN:** 7.4 g

**FIBER:** 0.9 g  
**NET CARBOHYDRATES:** 2.7 g **FAT:** 13.4 g  
**SODIUM:** 309 mg  
**CARBOHYDRATES:** 3.6 g **SUGAR:** 2.2 g



# Bacon-Wrapped Brie

Many followers of the keto diet love to snack on cheese. That's because it has minimal carbs and is very convenient. Why not take it to the next level by wrapping the cheese in bacon? After you try this warm wheel of creamy cheese, you'll never want to go back to regular cheese!

• **HandsOn Time: 5 minutes** • **Cook Time: 10 minutes**

**Serves 8**

---

**4 slices sugar-free bacon 1 (8-ounce) round Brie**

- 1** Place two slices of bacon to form an X. Place the third slice of bacon horizontally across the center of the X. Place the fourth slice of bacon vertically across the X. It should look like a plus sign (+) on top of an X. Place the Brie in the center of the bacon.
- 2** Wrap the bacon around the Brie, securing with a few toothpicks. Cut a piece of parchment to fit your air fryer basket and place the bacon-wrapped Brie on top. Place inside the air fryer basket.
- 3** Adjust the temperature to 400°F and set the timer for 10 minutes.
- 4** When 3 minutes remain on the timer, carefully flip Brie.
- 5** When cooked, bacon will be crispy and cheese will be soft and melty. To serve, cut into eight slices.

**PER SERVING**

---

**CALORIES:** 116

**PROTEIN:** 7.7 g **FIBER:** 0.0 g **NET CARBOHYDRATES:** 0.2 g **FAT:** 8.9 g  
**SODIUM:** 259 mg **CARBOHYDRATES:** 0.2 g **SUGAR:** 0.1 g



# Crispy Brussels Sprouts

Get ready to cook some Brussels sprouts your kids will be excited about eating! They're rich in nutrients, including heart-healthy omega-3 fatty acids. This version is a complete reversal of the bland and boring Brussels sprouts you grew up eating!

• **HandsOn Time: 5 minutes** • **Cook Time: 10 minutes**

**Serves 4**

---

**1 pound Brussels sprouts 1 tablespoon coconut oil 1 tablespoon unsalted butter, melted**

- 1** Remove all loose leaves from Brussels sprouts and cut each in half.
- 2** Drizzle sprouts with coconut oil and place into the air fryer basket.
- 3** Adjust the temperature to 400°F and set the timer for 10 minutes. You may want to gently stir halfway through the cooking time, depending on how they are beginning to brown.
- 4** When completely cooked, they should be tender with darker caramelized spots. Remove from fryer basket and drizzle with melted butter. Serve immediately.

## **PER SERVING**

---

**CALORIES:** 90

**PROTEIN:** 2.9 g **FIBER:** 3.2 g **NET CARBOHYDRATES:** 4.3 g **FAT:** 6.1 g

**SODIUM:** 21 mg **CARBOHYDRATES:** 7.5 g **SUGAR:** 1.9 g



# Cilantro Lime Roasted Cauliflower

Although it's rich in nutrients, like vitamin C, cauliflower is usually a pretty bland-tasting vegetable. This gives you an excellent opportunity to flavor it just the way you like for an appetizing side. This cilantro lime flavoring will complement any steak dish perfectly!

• **HandsOn Time: 10 minutes** • **Cook Time: 7 minutes**  
**Serves 4**

---

**2 cups chopped cauliflower florets 2 tablespoons coconut oil, melted 2 teaspoons chili powder**

**1**

**/2 teaspoon garlic powder 1 medium lime**

**2 tablespoons chopped cilantro**

**1** In a large bowl, toss cauliflower with coconut oil. Sprinkle with chili powder and garlic powder. Place seasoned cauliflower into the air fryer basket.

**2** Adjust the temperature to 350°F and set the timer for 7 minutes.

**3** Cauliflower will be tender and begin to turn golden at the edges. Place into serving bowl.

**4** Cut the lime into quarters and squeeze juice over cauliflower. Garnish with cilantro.

## **PER SERVING**

---

**CALORIES:** 73

**PROTEIN:** 1.1 g **FIBER:** 1.1 g

**NET CARBOHYDRATES:** 2.2 g **FAT:** 6.5 g

**SODIUM:** 16 mg **CARBOHYDRATES:** 3.3 g **SUGAR:** 1.1 g



# Avocado Fries

Avocados are an absolute staple on the keto diet. That's because they're low in carbs and very high in healthy fats that keep you full and focused. Some people like to eat avocados plain, but if you're not one of them, try these crispy Avocado Fries; they are a great, easy way to boost an avocado's flavor with little effort!

• **HandsOn Time: 15 minutes** • **Cook Time: 5 minutes**

**Serves 4**

---

**2 medium avocados**

**1 ounce pork rinds, finely ground**

**1** Cut each avocado in half. Remove the pit. Carefully remove the peel and then slice the flesh into 1/4"-thick slices.

**2** Place the pork rinds into a medium bowl and press each piece of avocado into the pork rinds to coat completely. Place the avocado pieces into the air fryer basket.

**3** Adjust the temperature to 350°F and set the timer for 5 minutes.

**4** Serve immediately.

## **PER SERVING**

---

**CALORIES:** 153

**PROTEIN:** 5.4 g **FIBER:** 4.6 g

**NET CARBOHYDRATES:** 1.3 g **FAT:** 11.9 g

**SODIUM:** 121 mg **CARBOHYDRATES:** 5.9 g **SUGAR:** 0.2 g



# Jicama Fries

Jicama, also known as a Mexican potato, is a root vegetable native to Central and South America. A jicama is loaded with fiber, and it makes an excellent replacement for traditional French fries! One major selling point of air fryers is that they can get your French fries extremely crispy, with little to no oil. With this recipe you can take part in the fun, in a way that's much better for you!

- **HandsOn Time: 10 minutes • Cook Time: 20 minutes**

## Serves 4

---

**1 small jicama, peeled**

**3/4 teaspoon chili powder 1/4 teaspoon garlic powder 1/4 teaspoon onion powder 1/4 teaspoon ground black pepper**

- 1** Cut jicama into matchstick-sized pieces.
- 2** Place pieces into a small bowl and sprinkle with remaining ingredients. Place the fries into the air fryer basket.
- 3** Adjust the temperature to 350°F and set the timer for 20 minutes.
- 4** Toss the basket two or three times during cooking. Serve warm.

## PER SERVING

---

**CALORIES:** 3

**PROTEIN:** 0.8 g

**FIBER:** 4.7 g

**NET CARBOHYDRATES:** 4.0 g **FAT:** 0.1 g

**SODIUM:** 18 mg

**CARBOHYDRATES:** 8.7 g **SUGAR:** 1.7 g

## **WHERE CAN YOU FIND JICAMA?**

Jicama is more common to grocery stores than you might realize! Check your produce aisle near regular potatoes, but if your search is unsuccessful be sure to try an international market.



# Cilantro Lime Chicken Thighs

Chicken thighs are a more affordable and fattier cut of chicken compared to chicken breasts—perfect for anyone following the keto diet! Along with the fat comes succulent flavor bursting through the skin. Paired with cilantro lime seasoning, this recipe is perfection.

- **HandsOn Time: 15 minutes • Cook Time: 22 minutes**

## Serves 4

---

**4 bone-in, skin-on chicken thighs 1 teaspoon baking powder**

**1/2 teaspoon garlic powder 2 teaspoons chili powder**

**1 teaspoon cumin**

**2 medium limes**

**1**

**1/4 cup chopped fresh cilantro**

- 1** Pat chicken thighs dry and sprinkle with baking powder.
- 2** In a small bowl, mix garlic powder, chili powder, and cumin and sprinkle evenly over thighs, gently rubbing on and under chicken skin.
- 3** Cut one lime in half and squeeze juice over thighs. Place chicken into the air fryer basket.
- 4** Adjust the temperature to 380°F and set the timer for 22 minutes.

**5** Cut other lime into four wedges for serving and garnish cooked chicken with wedges and cilantro.

#### **PER SERVING**

---

**CALORIES:** 435

**PROTEIN:** 32.3 g

**FIBER:** 0.6 g

**NET CARBOHYDRATES:** 2.0 g **FAT:** 29.1 g

**SODIUM:** 317 mg

**CARBOHYDRATES:** 2.6 g **SUGAR:** 0.3 g

#### **A CUT ABOVE THE REST!**

Chicken thighs have much more fat than chicken breasts, which makes them perfect for the keto diet. They can seem intimidating if you aren't used to cooking them, but they're packed with flavor and worth the extra effort. For added flavor, pull up the skin on one side and stuff some seasoning in it so the meat is flavored, not just the skin.



# Jalapeño Popper Hasselback Chicken

This easy entrée has plenty of jalapeño spice, but it's complemented by the cream cheese that also keeps the chicken moist and juicy. If you like jalapeño poppers, you'll love this upgraded version!

- **HandsOn Time: 20 minutes • Cook Time: 20 minutes**

## Serves 2

---

**4 slices sugar-free bacon, cooked and crumbled 2 ounces full-fat cream cheese, softened 1/2 cup shredded sharp Cheddar cheese, divided 1 1/4 cup sliced pickled jalapeños 2 (6-ounce) boneless, skinless chicken breasts**

- 1** In a medium bowl, place cooked bacon, then fold in cream cheese, half of the Cheddar, and the jalapeño slices.
- 2** Use a sharp knife to make slits in each of the chicken breasts about 3/4 of the way across the chicken, being careful not to cut all the way through. Depending on the size of the chicken breast, you'll likely have 6-8 slits per breast.
- 3** Spoon the cream cheese mixture into the slits of the chicken. Sprinkle remaining shredded cheese over chicken breasts and place into the air fryer basket.

**4** Adjust the temperature to 350°F and set the timer for 20 minutes.

**5** Serve warm.

#### **PER SERVING**

---

**CALORIES:** 501

**PROTEIN:** 53.8 g

**FIBER:** 0.2 g

**NET CARBOHYDRATES:** 1.4 g **FAT:** 25.3 g

**SODIUM:** 860 mg

**CARBOHYDRATES:** 1.6 g **SUGAR:** 1.0 g

#### **TONE DOWN THE SPICE**

Not a fan of jalapeños? Try stuffing this chicken with sliced sweet peppers or green bell peppers. You can also make an Italian twist on this dish and stuff with tomato slices and zucchini and sprinkle with Italian seasoning.



# Southern “Fried” Chicken

An audible crunch, a juicy middle, and an overflow of flavor are all characteristics of the perfect bite of fried chicken. You’ll get all the classic feel you’re used to in this favorite without the carbs or the frying oil.

- **HandsOn Time: 15 minutes • Cook Time: 25 minutes**

## Serves 4

---

**2 (6-ounce) boneless, skinless chicken breasts 2 tablespoons hot sauce  
1 tablespoon chili powder  
1  
1/2 teaspoon cumin 1/2 teaspoon onion powder 1/4 teaspoon ground  
black pepper 2 ounces pork rinds, finely ground**

- 1** Slice each chicken breast in half lengthwise. Place the chicken into a large bowl and coat with hot sauce.
- 2** In a small bowl, mix chili powder, cumin, onion powder, and pepper. Sprinkle over chicken.
- 3** Place the ground pork rinds into a large bowl and dip each piece of chicken into the bowl, coating as much as possible. Place chicken into the air fryer basket.
- 4** Adjust the temperature to 350°F and set the timer for 25 minutes.
- 5** Halfway through the cooking time, carefully flip the chicken.

**6** When done, internal temperature will be at least 165°F and pork rind coating will be dark golden brown. Serve warm.

**PER SERVING**

---

**CALORIES:** 192

**PROTEIN:** 27.8 g

**FIBER:** 0.9 g

**NET CARBOHYDRATES:** 0.7 g **FAT:** 6.9 g

**SODIUM:** 374 mg

**CARBOHYDRATES:** 1.6 g **SUGAR:** 0.2 g



# Greek Chicken Stir-Fry

This speedy stir-fry is perfect for a light lunch. For an even more filling meal, try the stir-fry over a bowl of steamed cauliflower!

- **HandsOn Time: 15 minutes • Cook Time: 15 minutes**

## Serves 2

---

**1 (6-ounce) chicken breast, cut into 1" cubes 1/2 medium zucchini, chopped 1/2 medium red bell pepper, seeded and chopped 1/4 medium red onion, peeled and sliced 1 tablespoon coconut oil  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder 1/4 teaspoon dried thyme**

- 1** Place all ingredients into a large mixing bowl and toss until the coconut oil coats the meat and vegetables. Pour the contents of the bowl into the air fryer basket.
- 2** Adjust the temperature to 375°F and set the timer for 15 minutes.
- 3** Shake the fryer basket halfway through the cooking time to redistribute the food. Serve immediately.

## PER SERVING

---

**CALORIES:** 186  
**PROTEIN:** 20.4 g  
**FIBER:** 1.7 g  
**NET CARBOHYDRATES:** 3.9 g **FAT:** 8.0 g  
**SODIUM:** 43 mg  
**CARBOHYDRATES:** 5.6 g **SUGAR:** 3.1 g



# Chorizo and Beef Burger

Take burgers to the next level by adding chorizo to the mix! These juicy burgers will be ready to eat in just minutes. If you really miss having them with a bun, you can cut open [Dinner Rolls](#) (Chapter 4) and put the burgers inside! Serve these with your favorite burger toppings.

- **HandsOn Time: 10 minutes** • **Cook Time: 15 minutes**

## Serves 4

---

3

**3** /pound 80/20 ground beef **1 1/4** pound Mexican-style ground chorizo **1/4** cup chopped onion **5** slices pickled jalapeños, chopped **2** teaspoons chili powder

**1** teaspoon minced garlic

**1/4** teaspoon cumin

- 1** In a large bowl, mix all ingredients. Divide the mixture into four sections and form them into burger patties.
- 2** Place burger patties into the air fryer basket, working in batches if necessary.
- 3** Adjust the temperature to 375°F and set the timer for 15 minutes.
- 4** Flip the patties halfway through the cooking time. Serve warm.

## PER SERVING

---

**CALORIES:** 291  
**PROTEIN:** 21.6 g  
**FIBER:** 0.9 g  
**NET CARBOHYDRATES:** 3.8 g **FAT:** 18.3 g  
**SODIUM:** 474 mg  
**CARBOHYDRATES:** 4.7 g **SUGAR:** 2.5 g



# Baby Back Ribs

In a fraction of time, and with none of the bugs from the outdoors, this recipe will make you the grill master of your next barbecue!

- **HandsOn Time: 5 minutes • Cook Time: 25 minutes**

## Serves 4

---

**2 pounds baby back ribs**

**2 teaspoons chili powder**

**1 teaspoon paprika**

**1/2 teaspoon onion powder / 1/2 teaspoon garlic powder / 1/4 teaspoon ground cayenne pepper 1/2 cup low-carb, sugar-free barbecue sauce**

- 1** Rub ribs with all ingredients except barbecue sauce. Place into the air fryer basket.
- 2** Adjust the temperature to 400°F and set the timer for 25 minutes.
- 3** When done, ribs will be dark and charred with an internal temperature of at least 190°F. Brush ribs with barbecue sauce and serve warm.

## PER SERVING

---

**CALORIES:** 650

**PROTEIN:** 40.1 g

**FIBER:** 0.8 g

**NET CARBOHYDRATES:** 2.8 g **FAT:** 51.5 g

**SODIUM:** 332 mg

**CARBOHYDRATES:** 3.6 g **SUGAR:** 0.2 g



# Crispy Beef and Broccoli Stir-Fry

You might be surprised to learn that your air fryer is perfect for cooking stir-fry! Temporarily removing your fryer basket and giving it a good shake is a great way to ensure even cooking, or “stir” your dish while it’s still cooking.

- **HandsOn Time: 1 hour**
- **Cook Time: 20 minutes**

## Serves 2

---

1

**1/2 pound sirloin steak, thinly sliced 2 tablespoons soy sauce (or liquid aminos) 1/4 teaspoon ginger 1/4 teaspoon finely minced garlic 1 tablespoon coconut oil**

**2 cups broccoli florets**

**1/2 teaspoon crushed red pepper 1/8 teaspoon xanthan gum 1/2 teaspoon sesame seeds**

- 1** To marinate beef, place it into a large bowl or storage bag and add soy sauce, ginger, garlic, and coconut oil. Allow to marinate for 1 hour in refrigerator.
- 2** Remove beef from marinade, reserving marinade, and place beef into the air fryer basket.
- 3** Adjust the temperature to 320°F and set the timer for 20 minutes.
- 4** After 10 minutes, add broccoli and sprinkle red pepper into the fryer basket and shake.

**5** Pour the marinade into a skillet over medium heat and bring to a boil, then reduce to simmer. Stir in xanthan gum and allow to thicken.

**6** When air fryer timer beeps, quickly empty fryer basket into skillet and toss. Sprinkle with sesame seeds. Serve immediately.

#### **PER SERVING**

---

**CALORIES:** 342

**PROTEIN:** 27.0 g

**FIBER:** 2.7 g

**NET CARBOHYDRATES:** 6.9 g **FAT:** 18.9 g

**SODIUM:** 418 mg

**CARBOHYDRATES:** 9.6 g

**SUGAR:** 1.6 g



# Fajita Flank Steak Rolls

Weekday dinner doesn't have to be boring! These steak rolls come together quickly and can even be prepped the night before. Feel free to switch up the filling with your own favorites, such as spinach with provolone or even Parmesan and asparagus spears.

- **HandsOn Time: 20 minutes** • **Cook Time: 15 minutes**

## Serves 6

---

**2 tablespoons unsalted butter**

**1/4 cup diced yellow onion 1 medium red bell pepper, seeded and sliced into strips 1 medium green bell pepper, seeded and sliced into strips**

**2 teaspoons chili powder**

**1 teaspoon cumin**

**1/2 teaspoon garlic powder 2 pounds flank steak**

**4 (1-ounce) slices pepper jack cheese**

- 1** In a medium skillet over medium heat, melt butter and begin sautéing onion, red bell pepper, and green bell pepper. Sprinkle with chili powder, cumin, and garlic powder. Sauté until peppers are tender, about 5–7 minutes.
- 2** Lay flank steak flat on a work surface. Spread onion and pepper mixture over entire steak rectangle. Lay slices of cheese on top of onions and peppers, barely overlapping.

- 3** With the shortest end toward you, begin rolling the steak, tucking the cheese down into the roll as necessary. Secure the roll with twelve toothpicks, six on each side of the steak roll. Place steak roll into the air fryer basket.
- 4** Adjust the temperature to 400°F and set the timer for 15 minutes.
- 5** Rotate the roll halfway through the cooking time. Add an additional 1-4 minutes depending on your preferred internal temperature (135°F for medium).
- 6** When timer beeps, allow roll to rest 15 minutes, then slice into six even pieces. Serve warm.

#### **PER SERVING**

---

**CALORIES:** 439  
**PROTEIN:** 38.0 g  
**FIBER:** 1.2 g  
**NET CARBOHYDRATES:** 2.5 g **FAT:** 26.6 g  
**SODIUM:** 226 mg  
**CARBOHYDRATES:** 3.7 g **SUGAR:** 1.8 g

#### **BUY PREMADE**

Short on time? You may be able to find steak rolls freshly made at your grocery store deli! These rolls are becoming more popular, and you might be surprised to find some premade ones at the counter so all you have to do is toss them in the air fryer!



# my Recipe book

SERVES		
TIME		COOK TEMP
INGREDIENTS		NOTES
..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....		
DIRECTIONS		
..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....		

