100 RECIPES FOR YOUR STEAM AIR FRYER

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Happy Cooking!

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Get to know your Steam Air Fryer

Preset Chart

STEAM MODE

Mode	Icon	Preset	Temperature	Time
Steam		Default	212°F / 100°C	10 mins
Steam		Fries/Potato	212°F / 100°C	20 mins
Steam		Chicken	212°F / 100°C	30 mins
Steam		Eggs	212°F / 100°C	18 mins
Steam		Vegetable	212°F / 100°C	10 mins
Steam		Fish	212°F / 100°C	10 mins
Steam		Bread/Bagel	212°F / 100°C	4 mins
Steam		Bake	212°F / 100°C	40 mins

AIR FRY MODE

Mode	Icon	Preset	Temperature	Time
Air Fry		Default	370°F / 188°C	20 mins
Air Fry		Fries/Potato	400°F / 204°C	18 mins
Air Fry		Chicken	350°F / 177°C	20 mins
Air Fry		Eggs	250°F / 121°C	16 mins
Air Fry		Broil	400°F / 204°C	10 mins
Air Fry		Vegetable	320°F / 160°C	12 mins
Air Fry		Fish	350°F / 177°C	10 mins
Air Fry		Bread/Bagel	380°F / 193°C	14 mins
Air Fry		Bake	310°F / 154°C	30 mins

Preset Chart

COMBO MODE

			STEAM		AIR FRY	
Mode	Icon	Preset	Temperature	Time	Temperature	Time
Combo		Default	212°F / 100°C	10 mins	370°F / 188°C	20 mins
Combo		Fries/Potato	212°F / 100°C	20 mins	400°F / 204°C	18 mins
Combo		Chicken	212°F / 100°C	30 mins	350°F / 177°C	20 mins
Combo		Eggs	212°F / 100°C	18 mins	250°F / 121°C	16 mins
Combo		Vegetable	212°F / 100°C	10 mins	320°F / 160°C	12 mins
Combo		Fish	212°F / 100°C	10 mins	350°F / 177°C	10 mins
Combo		Bread/Bagel	212°F / 100°C	4 mins	380°F / 193°C	14 mins
Combo		Bake	212°F / 100°C	40 mins	310°F / 154°C	30 mins

Internal Temperature Chart

Food	Type	Internal Temperature
Beef & Veal	Ground	160°F / 71°C
	Steaks, roasts: medium	145°F / 63°C
	Steaks, roasts: rare	125°F / 52°C
Chicken & Turkey	Breasts	165°F / 75°C
	Ground, stuffed	165°F / 75°C
	Whole bird, legs, thighs, wings	165°F / 75°C
Fish & Shellfish	Any type	145°F / 63°C
Lamb	Ground	160°F / 71°C
	Steaks, roasts: medium	140°F / 60°C
	Steaks, roasts: rare	130°F / 55°C
Pork	Chops, gorund, ribs, roasts	160°F / 71°C
	Fully cooked ham	140°F / 60°C

Dietary Icons

Breakfast

Bagels

Combo

Ingredients:

1 tbsp. instant yeast
1 ¾ cups water, divided
4 cups bread flour
2 tsp. salt
2 tbsp. brown sugar
Assorted bagel toppings (everything, sesame, poppy seed, etc.)

Directions:

1. Combine the yeast and ¼ cup water in a mixing bowl.
2. Top the yeast mixture with the bread flour, salt, brown sugar, and the remaining water. Use a dough hook attachment to mix the ingredients together until dough comes together in a ball. Then, mix for another 2-3 mins.
3. Turn the dough into a greased bowl. Cover the bowl and allow the dough to rise until nearly doubled in size (about 1 hour).
4. Remove the dough from the bowl and transfer it to a floured work surface. Divide the dough into eight equal parts.
5. Roll each portion into a cigar shape and seal the two ends of the dough together to form a bagel shape.
6. Place four bagels in the basket, spray the bagels with water, and apply your chosen toppings. Fill the Water Tank with water.
7. Set your Air Fry cook at 380°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
8. Repeat the cooking process with the remaining bagel dough.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Broccoli & Cheese Steamed Eggs

Steam

Ingredients:

4 eggs
1 cup water
Broccoli, finely chopped
Cheddar cheese
1/2 tsp Kosher salt

Directions:

1. In a mixing bowl, add the 4 eggs and salt and whisk, avoiding too many air bubbles to ensure that there are no craters in the steamed egg.
2. Add 1 cup of water to the egg mixture and continue whisking until you've reached a silky texture.
3. Divide egg mixture into 4 heat-safe ramekins and place into the Basket. Fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 16 mins.
5. Halfway through cooking, add in the broccoli and cheddar cheese and continue cooking until you've reached a custard-like consistency.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Stuffed Bagel Bites

Air Fry

Ingredients:

1 cup self-rising flour
1 cup Greek yogurt
½ cup cream cheese, whipped
2 Tbsp cinnamon
2 Tbsp sugar

Directions:

1. In a large mixing bowl, combine the self-rising flour and Greek yogurt, until it forms into a dough consistency.
2. Wipe the inside of the basket with oil or line the basket with perforated parchment paper (optional).
3. Form the dough into equal-sized balls and place in the basket with a little bit of space between each one. Sprinkle cinnamon and sugar on top.
4. Using Air Fry Mode cook at 330°F for 5 minutes. Flip them over and air fry an additional 4-6 minutes. Once they are done cooking, remove from the air fryer and allow to cool.
5. Once they are cool, use a small knife to poke a hole in the side of each one. Fill a pastry bag with whipped cream cheese and squeeze the filling into the hole.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Sausage Egg & Cheese Pockets

Combo

Ingredients:

1 cup Greek yogurt
1 cup self-rising flour
Garlic powder, to taste

Filling:

5 eggs, scrambled
1 egg + 1 Tbsp of water to make egg wash
6 oz cooked turkey sausage
1 cup fat-free shredded cheese

Directions:

1. Combine all dough ingredients into a medium-sized bowl. Knead together by hand or using the dough hook attachment of a stand mixer. If the dough is too sticky, add up to one tablespoon of flour.
2. Divide the dough into quarters. On a lightly floured surface, roll out into circles.
3. Add ¼ of the scrambled eggs and ¼ of the sausage to each of the rolled-out circles. Top with ¼ cup of cheese. Pinch the circles closed to form pockets.
4. Working in batches, place the pockets in the Basket. Fill the Water Tank with water.
5. Set your Air Fry cook at 350°F for 8 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
6. When the Steam Mode is complete, brush the pockets with egg wash and continue the Air Fry cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Avocado Egg Boat

Air Fry

Ingredients:

1 avocado
2 eggs
Fresh chives
Fresh parsley
Salt & pepper

Directions:

1. Slice the avocado in half and remove the pit. Use a spoon to scoop out 20% of the flesh.
2. Chop your chives and parsley into thin pieces. Season the avocado halves with salt, pepper, chives, and parsley. Afterward, crack one egg into each of the halves.
3. Line your basket with perforated parchment paper (optional) and place your avocado boats into the air fryer. Using Air Fry Mode, cook at 350°F for 6 minutes.
4. Sprinkle with extra chives and parsley and serve!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Pop Tarts

Air Fry

Ingredients:

2 cups self-rising flour
2 cups Greek yogurt
Strawberry jam or Nutella
1 banana, sliced

Directions:

1. Combine the flour and the yogurt to make your dough. Knead it until it forms a ball and then roll it out onto a floured surface. Cut into 16 rectangles.
2. Add a few teaspoons of strawberry jam onto 4 of the rectangles. Cover with another rectangle and pinch the sides closed with a fork.
3. Place the pop tarts 1-2 at a time in the basket with perforated parchment paper (optional). Using Air Fry Mode, cook at 400°F for 8-10 minutes, flipping halfway through. Allow cooling after air frying.
4. In a small mixing bowl, combine ¼ cup powdered sugar, cream, vanilla, and a drop of food coloring. When mixed, spread onto pop tarts and top with sprinkles.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Loaded Omelet Bites

Steam

Ingredients:

5 large eggs
1/4 cup ham, cubed
1/4 cup of swiss cheese, cubed
1/4 cup green pepper
1/4 cup red onion, chopped
1/2 cup spinach, chopped
½ tsp salt
½ tsp pepper

Directions:

1. In a large bowl, whisk the eggs. Combine all ingredients with the egg mixture.
2. Spray silicon or regular muffin tray with nonstick spray to avoid sticking. Divide egg mixture evenly.
3. Fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 16 mins, or until the eggs are cooked through.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Blueberry Muffins

Air Fry

Ingredients:

1 cup flour
1 tsp baking powder
1/4 tsp salt
1 egg
1/3 cup sugar
1/3 cup milk
1 tsp vanilla
2 Tbsp butter, melted
1/2 cup blueberries

Directions:

1. In a medium bowl combine flour, baking powder, and salt. Set aside.
2. In a larger bowl or stand mixer combine egg, sugar, milk, vanilla, and butter.
3. Slowly add in the flour mixture.
4. Next, fold in your blueberries.
5. Pour batter evenly into silicone muffin liners.
6. Using Air Fry Mode, cook at 310°F for 15 minutes total, rotating the muffins after 5 minutes to allow them to rise evenly.
7. Allow muffins to cool and enjoy!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Bacon

Air Fry

Ingredients:

Bacon

Directions:

1. Slice bacon strips in half and in a single layer in the basket. For easier cleanup, line the basket with perforated parchment paper (optional).
2. For regular cut bacon, air fry at 400°F for 3-5 minutes.
3. For thick-cut bacon, air fry for 8-10 minutes.

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French Toast Sticks

Air Fry

Ingredients:

4 slices of bread
2 eggs
¼ tsp cinnamon
1/8 tsp nutmeg
Pinch of salt

Directions:

1. In a medium bowl, gently beat eggs, cinnamon, nutmeg and salt. Slice bread into fourths, and dip into egg wash, careful not to over-soak.
2. Place breadsticks into basket. Using Air Fry Mode, cook at 350°F for 2 minutes.
3. Turn and continue to cook for 4 minutes. Serve with dipping sauce.

Dipping Sauce:

2 Tbsp butter
1 tsp vanilla extract
¼ cup powdered sugar
2 Tbsp heavy whipping cream

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

German Pancake Bites

Air Fry

Ingredients:

Pancakes
6 eggs
1 cup whole milk
1 tsp salt
1 cup all-purpose flour
frittata

Suggested Topping:

Chocolate hazelnut spread
Berries
Banana slices

Directions:

1. In a large mixing bowl, beat together eggs and milk. Sift in flour and salt. Mix using an electric mixer and set aside.
2. Lightly butter the inside of 4 ramekins or 4 small oven-safe cups. Fill each ramekin ¼ full of batter.
3. Place ramekins in the basket. Using Air Fry Mode, cook at 400°F for 6 minutes. Carefully remove pancake bites from ramekins and top with chocolate hazelnut spread, banana slices, or berries.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Toad in a Hole

Air Fry

Ingredients:

1 puff pastry, thawed
4 Tbsp cheddar, shredded
4 Tbsp diced cooked ham
4 eggs
Chopped fresh chives (optional)

Directions:

1. Unfold the pastry sheet and cut it into 4 squares. Place 2 pastry squares in the Basket and air fry at 400°F for 6 minutes.
2. Remove basket from air fryer. Use a tablespoon to press each square carefully to form an indent. Place 1 tablespoon of cheddar cheese and 1 tablespoon of ham into each hole and crack 1 egg on top of each. Return basket to air fryer and using Air Fry Mode at 400°F for 6 minutes. Top with fresh chives.
3. Repeat with remaining pastry squares, cheese, ham, and eggs.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Veggie Frittata

Combo

Ingredients:

8 Eggs
1 small bell pepper, diced
½ small sweet onion, chopped
1 small zucchini, chopped
½ cup cream
½ tsp onion powder
Salt, to taste
Ground black pepper to taste
2 cups shredded cheddar, divided

Directions:

1. Grease a casserole dish that fits inside the Basket.
2. Combine the eggs, veggies, cream, onion powder, garlic powder, salt, pepper, and 1 cup of cheddar cheese in a bowl and mix. Pour the mixture into the casserole dish.
3. Place the casserole dish in the Basket. Fill the Water Tank with water.
4. Set your Air Fry cook at 380°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 30 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
5. When the Steam cooking timer goes off, top with the remaining cheese and continue the Air Fry cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Snacks

Southwest Egg Rolls

Air Fry

Ingredients:

1 cup red bell pepper, diced
1 cup corn kernels
1 cup black beans
1/4 cup green onions, sliced
1/4 cup jalapeno, seeded and minced
2 cups Monterey Jack cheese, shredded
1 1/2 cups cooked chicken breast, diced
1 tsp salt
2 tsp chili powder
1/4 tsp black pepper
1/2 tsp ground cumin
1 package egg roll wrappers

Directions:

1. In a large bowl, mix together the red pepper, corn, beans, jalapeno pepper, green onion, cheese, chicken, salt, chili powder, pepper, and cumin.
2. Place one egg roll wrapper on a cutting board. Place 2 heaping tablespoons onto the wrapper and roll up according to package directions, sealing the edge with a little water.
3. Repeat the process with the remaining filling and egg roll wrappers. Place egg rolls in the Basket.
4. Using Air Fry Mode, cook at 400°F for 8 minutes, flipping halfway.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Steak Fries

Combo

Ingredients:

5 russet potatoes, washed & skin on
1 Tbsp garlic powder
1 Tbsp onion powder
3 tsp paprika
3 tsp salt
1 Tbsp olive oil

Directions:

1. Cut each potato in half then into equal wedges and place into a large bowl. Drizzle olive oil, add seasonings, and toss to coat.
2. Place potatoes into Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 7 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Fried Pickles

Air Fry

Ingredients:

2 cups sliced dill pickles
1 cup flour
1 Tbsp garlic powder
1 Tbsp Cajun spice
1/2 Tbsp cayenne pepper
Cooking spray

Directions:

1. Mix flour and spices. Coat sliced pickles in the flour mixture and place inside the Basket.
2. Spray with cooking spray.
3. Using Air Fry Mode, cook at 400°F for 10 minutes. Flip them over and cook for an additional 5 minutes.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Salted Pretzels

Combo

Ingredients:

1 cup nonfat plain Greek yogurt
1 cup self-rising flour
2 tsp baking soda
1 cup + 1 Tbsp water, divided
1 egg yolk
Pretzel salt, for topping

Directions:

1. Combine the yogurt and flour in a bowl, dusting with additional flour if needed. Knead the dough for 2-4 minutes on a floured surface.
2. Divide the dough into four equal pieces and roll each dough portion into a cigar shape. Fold dough into pretzel shape.
3. Combine the baking soda and 1 cup of water in a bowl and transfer to a spray bottle. Spray pretzels with the mixture.
4. Place pretzels in the Basket. Fill the Water Tank with water.
5. Set your Air Fry cook at 400°F for 6-8 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
6. While the pretzels are steaming, combine the egg yolk and 1 Tbsp water in a bowl to make an egg wash.
7. When the Steam Cycle is complete, brush the pretzels with the egg wash and sprinkle with salt. Continue the Air Fry Cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Scotch Eggs

Combo

Ingredients:

4 medium hard-boiled eggs, peeled
1 lb lean ground beef, or pork
3 garlic cloves, minced
1 Tbsp cayenne pepper sauce
1 tsp Worcestershire sauce
2 tsp salt
1 tsp ground black pepper

Sauce:

2 Tbsp mayo
1 Tbsp sour cream
1 Tbsp Dijon mustard
2 tsp cayenne pepper sauce

Directions:

1. Beat the one egg in a bowl. Place flour and panko in separate bowls as well.
2. In a medium bowl, combine ground beef, garlic, cayenne pepper sauce, Worcestershire sauce, salt and pepper. Mix everything until combined with your hands. Divide the meat into 4 equal parts. Flatten each piece into a flat round. Place the hard-boiled egg in the center and gently wrap the sausage around the egg. Place wrapped eggs in Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 6 minutes, then press the Mode Button once to set your Steam cook at 212°F for 18 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. For the sauce, whisk together mayo, sour cream, mustard, and cayenne pepper sauce. Cut each Scotch egg into quarters and drizzle the sauce. Serve warm.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Sweet Potato Fries

Combo

Ingredients:

4 sweet potatoes
1 Tbsp olive or avocado oil
1 tsp salt

Directions:

1. Peel and slice potatoes into french fry sized slices. Place in a large bowl and coat with oil and salt.
2. Set your Air Fry cook at 400°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 5 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. Cooking time may vary depending on the size of potato slices.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Spicy Pigs in a Blanket

Air Fry

Ingredients:

8 hot dogs, cut in halves
1 jalapeño
1 can of biscuit dough
4 oz cream cheese

Directions:

1. Chop the jalapeño and mix with cream cheese.
2. Add some flour to the surface and roll and flatten the biscuit dough. Cut it into 7 equal-sized strips.
3. Add cream cheese and mini hot dogs to one side of each strip. Roll the dough to cover the mini dogs.
4. Line the air fryer with perforated parchment paper (optional) and place the mini dogs in the air fryer.
5. Using Air Fry Mode, cook at 350°F for 10 minutes.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Sweet Thai Chile Chicken Wings

Combo

Ingredients:

3 lbs of chicken wings
1 cup sweet thai chile sauce

Directions:

1. Place the chicken wings in Basket. Fill the Water Tank with water.
2. Set your Air Fry cook at 370°F for 30 minutes, tossing every 10 minutes. Then press the Mode Button once to set your Steam cook at 212°F for 15 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. In a separate bowl, whisk the batter ingredients together, except for the breadcrumbs. Place the breadcrumbs in a bowl and line it up beside the batter bowl.
4. When the cooking timer is complete, toss the chicken wings in the sauce and then return them to the Basket. Air Fry at 370°F for 5 mins.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Buffalo Cauliflower Bites

Combo

Ingredients:

1 head of cauliflower
1 Tbsp olive oil
2 Tbsp garlic powder
¼ tsp salt
1/8 tsp pepper
1 Tbsp melted butter
¾ cup hot wing sauce

Optional : add 1/8 cup habanero sauce for an extra kick

Directions:

1. Cut cauliflower into bite-sized pieces and place them into the Basket. Fill the Water Tank with water.
2. Set your Air Fry cook at 400°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. While cauliflower is steaming, mix all the remaining ingredients together in a large bowl.
4. When the Steam Cycle is complete, toss cauliflower with the sauce. Continue the Air Fry Cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Mozzarella Sticks

Air Fry

Ingredients:

12 string cheese sticks
2 large eggs
½ cup parmesan cheese, grated
2 cups Italian breadcrumbs
1 cup all-purpose flour

Directions:

1. Unwrap string cheese and place on a freezer-safe dish. Freeze for 45 minutes and remove.
2. Using 3 medium-sized bowls, beat eggs in 1 bowl, combine Parmesan cheese and breadcrumbs in the second bowl, then place flour in the third bowl.
3. Remove cheese sticks from freezer and dip each one into the flour, then eggs, and then breadcrumbs to coat.
4. Spray the bottom of the Basket to prevent sticking or line with perforated parchment paper (optional).
5. Using Air Fry Mode, cook at 400°F for 7 minutes. Using tongs, rotate the cheese sticks to ensure even cooking. Serve with Marinara sauce and enjoy!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Three Cheese Stuffed Mushrooms

Combo

Ingredients:

8 large fresh mushrooms

4 oz cream cheese, softened

1/4 cup parmesan cheese, shredded

1/8 cup sharp cheddar cheese, shredded

1/8 cup white cheddar cheese, shredded

1 tsp Worcestershire sauce

2 garlic cloves, chopped

Salt & pepper to taste

Directions:

1. Remove the stems of the mushrooms and use a spoon to remove excess mushrooms inside to prepare them for stuffing.
2. Combine all the ingredients in a medium bowl and stir to combine. Stuff the mushrooms with the cheese mixture.
3. Place the mushrooms in the air fryer and fill the Water Tank with water.
4. Set your Air Fry cook at 400°F for 8 minutes, then press the Mode Button once to set your Steam cook at 212°F for 8 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Brie Dip

Steam

Ingredients:

1 8-oz. wheel of brie cheese
1/4 cup of chopped pecans
1/2 cup pomegranate seeds
1/4 cup of honey or maple syrup

Directions:

1. Unwrap brie and, using a sharp knife, slice the top of the rind off, but place it back on the wheel of brie to keep the cheese from spilling over while it cooks.
2. Place the brie wheel in a heat-safe dish and cover tightly with foil.
3. Place dish in Basket and fill Water Tank with water.
4. Using Steam Mode, cook at 212°F for about 20 minutes.
5. When the cooking timer is complete, remove the dish. Carefully remove top of the brie wheel and discard (be sure to scrape off any melted brie first!).
6. Drizzle brie with the honey or maple syrup and top with chopped pecans and pomegranate seeds.
7. Serve warm with apples, crackers, or veggies.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Hot Corn dip

Combo

Ingredients:

1/2 Tbsp butter, melted

1/2 onion, diced

1 tsp garlic, minced

1 small red bell pepper, diced

2 cups corn kernels

4 oz cream cheese, softened and cut into cubes

3/4 cups Monterey Jack cheese or Mexican cheese blend, shredded

1/4 cup plain nonfat Greek yogurt

1/4 cup mayonnaise

1/4 tsp cayenne pepper

1/2 tsp chili powder

Directions:

1. Add all ingredients into a bowl and mix well. Transfer the mixture to a baking dish that fits into the Basket.
2. Place baking dish in Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. When the Steam Cycle is complete, stir and continue the Air Fry Cycle.
5. Serve with tortilla chips and enjoy!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Spinach Dip

Combo

Ingredients:

8 oz. cream cheese, softened

1 cup packed frozen spinach, thawed and water squeezed out

1 cup parmesan cheese, grated

1 cup mayonnaise

1/2 cup onion, minced

1/4 tsp garlic powder

1 tsp black pepper

Directions:

1. Spray baking vessel with cooking spray or olive oil. Combine all ingredients together in a bowl. Mix to completely combine. Add the mixture into the baking vessel.
2. Place baking vessel in Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. Once the cooking cycle completed, place it on a serving plate.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Artichokes with Lemon Aioli

Steam

Ingredients:

4 medium artichokes

1 lemon

Salt, to taste

Lemon Aioli

½ cup Mayonnaise

2 Tbsp lemon juice, fresh squeezed

1 tsp Garlic, minced

1 Tbsp Fresh Parsley, chopped

Salt & pepper to taste

Directions:

1. Prepare artichokes for steaming: Snap off tough outer leaves. Using a serrated knife, cut off top 1/3 of artichoke. Snip remaining sharp or spiky tips using kitchen shears. Trim stem so artichoke stands upright. Rub cut surfaces with lemon to prevent discoloration. Repeat with remaining artichokes and lemon.
2. Place artichokes in the Basket, stem side up. Fill the Water Tank with water.
3. Using Steam Mode, cook at 212°F for about 35 minutes, or until heart can be easily pierced with a knife and the inner leaves pull out easily.
4. While the artichokes steam, whisk all the lemon aioli ingredients together and let sit in the refrigerator for the remaining cook time for the most flavor.
5. Serve warm with the lemon aioli dipping sauce and enjoy!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Potstickers

Combo

Ingredients:

½ tsp cornstarch
3 Tbsp water
16 gyoza wrappers

Filling:

½ lb ground chicken
2 scallions, chopped finely
½ tsp ginger, chopped
½ clove garlic, minced
1 egg white
½ tsp salt
1/8 tsp sesame oil

Directions:

1. Combine the Filling ingredients in a bowl and mix.
2. Combine the cornstarch and water in a separate bowl and mix.
3. Place the gyoza wrappers on the counter and place 1 heaping Tbsp of filling on one side of each wrapper.
4. Brush the edges of the wrappers with the cornstarch mixture and fold the edges over to seal the potstickers. Place the potstickers in the Basket. Fill the Water Tank with water.
5. Set your Air Fry cook at 370°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 7 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Dumplings

Steam

Ingredients:

1/2 pound ground pork

8-10 medium-sized shrimp, peeled, deveined, and cut into small pieces

1 stalk scallion, finely chopped

3 dashes white pepper

1 tsp Shaoxing wine or sherry, (optional)

1/2 tsp salt

1/2 tsp soy sauce

1/4 tsp sesame oil

1 pack pot sticker/dumpling wrappers

1 small ginger, peeled and grated

Directions:

1. Combine all ingredients together. Mix well and set aside.
2. To make dumplings, place a small spoonful of the filling in the center of a wrapper. Dab a little water with your finger and circle around the edge of the skin, and then fold and pleat the dumpling accordingly. Repeat the process.
3. Arrange the dumplings in the Basket and fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for about 8-10 minutes.
5. Air fry for 22 minutes.
6. Serve immediately with the dipping sauce of choice.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Bacon Wrapped Serrano Peppers

Air Fry

Ingredients:

12 serrano peppers
12 strips of bacon
4 string cheese sticks

Directions:

1. Partially cook bacon in the air fryer for 2 minutes on each side at 250°F. Remove and set aside on a paper towel.
2. Slice halfway through the middle of each serrano pepper, being careful to not cut through. Remove seeds and stem.
3. Pull apart string cheese and stuff a few strings into each pepper. Cut bacon strips in half and tightly wrap each stuffed pepper with the partially cooked bacon, securing with a toothpick. Place peppers inside the Basket.
4. Using Air Fry Mode, cook at 350°F for 8 minutes, or until bacon is cooked to desired crispiness.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Spicy Cajun Jicama Fries

Combo

Ingredients:

1 jicama
2 Tbsp olive oil
2 tsp salt
2 tsp garlic powder
2 ½ tsp paprika
1 tsp white or black pepper
1 tsp onion powder
1 tsp cayenne pepper
1 ¼ tsp dried oregano
1 ¼ tsp dried thyme
½ tsp red pepper flakes (optional)

Directions:

1. Peel and slice jicama into fries. Place fries inside the Basket. Fill the Water Tank with water.
2. Set your Air Fry cook at 400°F for 18 minutes, then press the Mode Button once to set your Steam cook at 212°F for 8 mins, or until no longer crunchy. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. After Steam Cycle is complete, remove the jicama and pat dry, place it into a large bowl, and season with the rest of the ingredients. Mix well. Continue the Air Fry Cycle and shake the basket halfway through the cooking time.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Hard Boiled Eggs

Steam

Ingredients:

12-18 eggs

Directions:

1. Place eggs directly in Basket and fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 18 minutes.
3. Transfer eggs to a bowl of cold water and ice and allow them to cool before peeling or refrigerate.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Garlic and Parmesan Zucchini Sticks

Air Fry

Ingredients:

1 large zucchini
2 eggs
1 cup flour
1 Tbsp garlic powder
1 cup panko breadcrumbs
¼ cup parmesan
Cooking spray

Directions:

1. Cut zucchini into stick about 1" long and 1" thick, set aside.
2. Whisk 2 eggs in a small bowl. In another bowl, mix one cup of flour with garlic powder. In a third bowl, mix panko breadcrumbs and parmesan cheese.
3. Working in batches, first dip each zucchini stick into the flour, next into the eggs, and last into the panko breadcrumbs.
4. Using Air Fry Mode, cook at 375°F for 10 minutes. Flip and cook for an additional 5 minutes.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Onion Rings

Air Fry

Ingredients:

1/2 cup all-purpose flour

1 tsp paprika1 tsp salt, divided

1 egg

1 Tbsp water

1 cup panko breadcrumbs

2 Tbsp olive oil

1 large yellow sweet onion, sliced

1/2-inch thick and separated into rings

Cooking spray

Directions:

1. Stir together flour, smoked paprika, and 1/4 teaspoon of the salt in a shallow dish.
2. In another shallow dish lightly beat egg and water.
3. Stir together panko and remaining 1/4 teaspoon salt in a third shallow dish.
4. Dredge onion rings in flour mixture, shaking off excess. Then dip in egg mixture, allowing any excess to drip off. Finally dredge the onion rings in the panko mixture, pressing the sides so that it sticks.
5. Place each onion rings in the basket in a single layer. Coat both sides of the onion rings with cooking spray.
6. Using Air Fry Mode, cook in batches at 375°F for 10 minutes, or until golden brown. Flip onion rings halfway through.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Garlic Edamame

Steam

Ingredients:

1 14-oz bag of Frozen Edamame in shells

1 Tbsp sesame oil

1 Tbsp chili sauce

2 cloves of garlic, minced

1 Tbsp liquid Coconut amino or soy sauce

1/2 tsp sesame seeds

Salt, to taste

Directions:

1. Place edamame in Basket and fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 5 minutes.
3. In a small pan on medium to low heat, add the sesame oil and garlic and sauté until golden brown. Remove from pan and cool.
4. In a medium bowl, mix together the sautéed garlic and the chili sauce.
5. When the cooking timer is complete, add the steamed edamame to the garlic chili sauce and toss to coat. Season with sesame seeds and sea salt. Serve warm.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Deviled Eggs

Steam

Ingredients:

12 eggs
¼ cup mayo
1 Tbsp butter, softened
2 tsp yellow mustard
2 tsp dijon mustard
2 tsp pickle juice
1 tsp sugar
1 tsp salt
1 tsp pepper
Dash Tabasco sauce
Smoked paprika, for sprinkling
Bacon pieces, optional

Directions:

1. Place eggs directly in Basket and fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 16 minutes.
3. Transfer eggs to a bowl of cold water and ice and allow them to cool before peeling or refrigerate.
4. Once eggs are peeled, slice eggs in half lengthwise. Remove yolks and transfer to a medium-sized bowl.
5. Add mayo, butter, mustards, pickle juice, sugar, salt, pepper, and Tabasco sauce. Use a fork to mash.
6. Spoon filling into each egg white. Sprinkle with paprika and crispy bacon pieces and serve!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Shortcut Bao Buns

Steam

Ingredients:

1 pack refrigerated biscuits

Non-stick cooking spray

1 cup rotisserie chicken, shredded

¼ cup hoisin sauce

2 tsp Asian chili paste (sambal oelek)

1 ½ tsp rice vinegar

1 tsp packed brown sugar

½ cup carrots, julienned

½ cup green onions, sliced

Fresh cilantro leaves (optional)

Directions:

1. Press biscuits into 3-inch rounds and coat tops with cooking spray. Fold biscuits in half and place, 1 inch apart and away from edge, in Basket. Fill Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 10 minutes, until puffed.
3. In a small pan on medium to low heat, add the sesame oil and garlic and sauté until golden brown. Remove from pan and cool.
4. Meanwhile, in a medium bowl, mix chicken, hoisin, Asian chile paste, rice vinegar, and brown sugar. Stir in carrots and green onion.
5. When the cooking timer is complete, carefully open buns and fill them with the chicken mixture. Top with cilantro.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Sesame Cauliflower Wings

Air Fry

Ingredients:

1 head of cauliflower, small
½ cup gluten-free flour
½ cup unsweetened almond milk
¼ tsp sea salt
½ tsp ground black pepper
½ tsp garlic powder
¼ tsp crushed red pepper flakes
1 cup gluten free panko bread-crumbs

Filling:

4 Tbsp maple syrup
2 Tbsp liquid aminos
½ tsp sesame seeds
¼ tsp ground black pepper
¾ tsp ground ginger
Chopped scallions, for garnish
Sesame seeds, for garnish

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Directions:

1. Remove the florets from the cauliflower. Chop the cauliflower into smaller pieces to resemble the size of wings.
2. In a separate bowl, whisk the batter ingredients together, except for the breadcrumbs. Place the breadcrumbs in a separate bowl.
3. Toss the cauliflower in the butter mixture one at a time, shaking off the excess batter. Dip the cauliflower into the breadcrumbs to coat completely. Place the wings in an oven-safe baking pan. Repeat these steps until all of the wings are coated. Place baking pan in the Basket.
4. Using Air Fry Mode, cook at 400°F for 22 minutes.
5. In a separate bowl, combine all the sauce ingredients together and whisk until blended well.
6. Remove the wings from the air fryer and place on a serving plate. Using a pastry brush, brush the sauce onto the wings and Air Fry for another 5 minutes.

Sides

Spiced Broccoli

Combo

Ingredients:

1 head of broccoli
2 Tbsp plain yogurt
1 Tbsp chickpea flour
¼ tsp salt
¼ tsp chili powder
¼ tsp turmeric powder
Pinch of ground cloves
Pinch of cumin
Pinch of cinnamon

Directions:

1. Cut broccoli into florets and set aside. Add remaining ingredients to a large mixing bowl and mix well. Mix in the broccoli and coat well.
2. Line the bottom of the basket with perforated parchment paper (optional). Place broccoli onto parchment in an even layer. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 5 minutes, shaking Basket throughout. Then press the Mode Button once to set your Steam cook at 212°F for 5 minutes. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Twice Baked Potatoes

Air Fry

Ingredients:

2 cooked baked potatoes

2 Tbsp. sour cream

1/2 cup cheddar cheese

1 Tbsp. butter

2 slices bacon, cooked and chopped

Directions:

1. Cut the baked potatoes in half and scoop out the insides into a bowl.
2. Add the sour cream, 1/4 cup of cheddar cheese, and butter to the bowl with the potatoes.
3. Mash the potatoes and other ingredients together until they are well incorporated.
4. Spoon the filling back into the potato shells, dividing evenly between all potatoes.
5. Place the potatoes in the Basket.
6. Using Air Fryer Mode, cook at 400°F for 8 minutes.
7. Top the potatoes with the remaining 1/4 cup of cheddar cheese and bacon bits.
8. Return the potatoes to the air fryer and cook for 2 additional minutes at 400°F to melt the cheese and crisp the bacon.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Cheddar Cheese Biscuits

Combo

Ingredients:

1 ½ cup all-purpose flour
1 tsp baking powder
3/4 cup buttermilk
½ cup scallions
½ tsp seafood seasoning
¼ tsp cayenne powder
1 ½ cup cheddar cheese

Directions:

1. In a large mixing bowl, mix together flour and butter. Combine remaining dry ingredients and slowly add milk while working the mixture into dough with hands.
2. Divide dough into 1-2 inch balls and place in the Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 350°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 8 minutes. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Brussel Sprouts with Bacon

Air Fry

Ingredients:

2 lb brussels sprouts
1 Tbsp olive oil
1/2 cup precooked bacon
1 tsp garlic salt
1 tsp pepper

Directions:

1. Wash and cut Brussels sprouts into bite-size pieces. Season it with olive oil, garlic salt, and pepper, and toss everything together.
2. Place Brussels sprouts into Basket.
3. Using Air Fry Mode, cook at 390°F for 12 minutes. Halfway through, add the bacon and continue cooking.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Parmesan Potato Wedges

Air Fry

Ingredients:

1 tsp salt
1 pepper
1 tsp smoked paprika
1 tsp onion powder
2 Tbsp of olive oil
1/4 cup of grated Parmesan cheese
8 medium sized red potatoes, cut into wedges

Directions:

1. Combine all ingredients in a 1 gallon Ziploc bag and shake ingredients to coat potatoes.
2. Place potatoes in the Basket. Using Air Fry Mode, cook at 400° F for 20 minutes, shaking throughout.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Baked Potato

Steam

Ingredients:

4-6 russet potatoes
Toppings of your choice

Directions:

1. Using a dinner fork or a small paring knife, poke the potato at least 10 times on all sides.
2. Place potatoes in the Basket and fill the Water Tank with water.
3. Using Steam Mode, cook at 212°F for 25 minutes or until fork-tender. Depending on size of potato, cook time will vary.
4. When the cooking timer is complete, remove potatoes and slice through the potato lengthwise. Serve immediately with your desired toppings.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Mexican Corn on the Cob

Steam

Ingredients:

2 ears of fresh corn
1 tsp olive oil
½ tsp chili powder
1 tsp lime juice
¼ cup fresh cilantro
¼ cup parmesan cheese

Directions:

1. Remove husk and silk from corn and place corn halves into the Basket.
2. Fill the Water Tank with water.
3. Using Steam Mode, cook at 212°F for 5-7 minutes or until tender.
4. When the cooking timer is complete, remove corn from the Basket and top with parmesan cheese, chili powder, lime juice, and cilantro.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Swiss Chard with Tomatoes

Steam

Ingredients:

2 bunches of Swiss Chard, washed and chopped

7 garlic cloves, sliced

1 tsp olive oil

1/4 tsp crushed red pepper flakes

2 ripe tomatoes, chopped

1/4 tsp dried oregano

1 ¾ tsp salt

Directions:

1. Chop the swiss chard and rinse. Chop tomatoes.
2. In a pan on medium heat, add olive oil, red pepper flakes, and garlic. Sauté garlic for 1 minute, until fragrant. Do not brown the garlic. Set aside.
3. Add all ingredients into Basket. Fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 10 minutes.
5. When the cooking timer is complete, remove Basket. Taste and adjust the salt, if needed.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Steam Fried Vegetables

Combo

Ingredients:

1 bell pepper, chopped
1 red onion, chopped
1 zucchini, chopped
1 yellow squash
2 Tbsp olive oil
½ tsp thyme
½ tsp ground cumin
½ tsp oregano
½ tsp garlic powder
Sprinkle of salt & pepper

Directions:

1. Add vegetables, olive oil, thyme, ground cumin, oregano, garlic powder, salt and pepper together in a bowl and toss to combine.
2. In a single layer, place vegetables in the Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 minutes. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Steam Carrots with Garlic-Ginger Butter

Steam

Ingredients:

1 pound baby carrots with tops, peeled

2 garlic cloves, minced

1 Tbsp butter

1 tsp fresh ginger, minced

1 Tbsp fresh cilantro, chopped

1 Tbsp fresh lime juice

¼ tsp salt

Directions:

1. Place carrots in the Basket and fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for 10 minutes.
3. Heat butter in a large nonstick skillet over medium heat. Add garlic and ginger to the pan; cook 1 minute, stirring constantly. Set aside.
4. When the cooking timer is complete, transfer carrots to a serving dish and drizzle the butter mixture on top. Serve immediately.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Green Beans

Steam

Ingredients:

¾ lb green beans, trimmed
2 Tbsp butter
2 Tbsp parmigiano-reggiano, grated
Salt and pepper, to taste

Directions:

1. Place green beans in the Basket and fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for 6 minutes.
3. In a bowl, combine butter, cheese, and salt and pepper.
4. When the cooking timer is complete, transfer green beans to a serving dish and top the hot green beans with the butter mixture. Toss to coat. Serve immediately.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Kale Chips

Air Fry

Ingredients:

1 lb kale
1 tbsp olive oil
Sea salt

Directions:

1. Rinse kale and spin or towel dry. Ensure kale is dry before cooking.
2. Cut kale leaves from the stem. Then chop into bite-sized pieces.
3. Place in a large bowl and toss with olive oil and salt.
4. Place about ¼ of the kale inside the Basket. Using Air Fry Mode, cook at 400°F for 3 minutes. Repeat with the remaining kale.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Rosemary Garlic Potatoes

Steam

Ingredients:

1 lb baby red potatoes, washed
1 Tbsp olive oil
2 garlic cloves, minced
2 sprigs of fresh rosemary
Salt and pepper

Directions:

1. Add washed potatoes to the Basket. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for 10 minutes.
3. In a microwave-safe bowl, combine oil, garlic, rosemary, salt, and pepper. Microwave for 1 minute.
4. When the cooking timer is complete, remove Basket and let it cool. Once cooled, slice potatoes into medallions. Place into a serving dish and coat with rosemary and olive oil mix.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Lemon Parmesan Asparagus

Air Fry

Ingredients:

1 lb. fresh asparagus, trimmed and cut into 2 inch pieces

1 tsp. olive oil

Salt and pepper to taste

Zest of one lemon

Juice of one lemon

1/4 cup Parmesan cheese, grated

Directions:

1. Toss asparagus with one teaspoon olive oil, season with salt and pepper, and arrange in Basket.
2. Using Air Fry Mode, cook at 400°F for 7 minutes, checking throughout until desired doneness.
3. When asparagus is slightly browned and done to your liking, put it back into the same bowl and toss it with the lemon zest and lemon juice. Plate and top with grated parmesan.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Jalapeño Corn Bread

Combo

Ingredients:

1 cup yellow cornmeal
1 cup flour
½ cup sugar
2 tsp baking powder
1 tsp salt
½ tsp baking soda
¾ cup sour cream
½ buttermilk
2 eggs, large
3 Tbsp butter, melted
2 Tbsp vegetable oil
¼ cup pepper jack cheese, grated
½ cup jalapeños, finely chopped

Directions:

1. In a large bowl, mix together the cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In a medium bowl, combine the sour cream, buttermilk, eggs, butter, and oil. Add the wet ingredients to the dry ingredients and mix well.
3. Cut the jalapeños into finely chopped pieces and grate the cheese. Add these into the large bowl as well.
4. Oil the bottom of a shallow baking pan before adding the cornbread batter.
5. Add the batter halfway into the pan and place in the Basket.
6. Set your Air Fry cook at 350°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 4 minutes. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
7. Stick a toothpick in the center to make sure it's completely done before eating.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Asian Salad with Tofu

Air Fry

Ingredients:

1 package extra-firm tofu. drained& cubed (about 8 oz)
1 Tbsp soy sauce
1 Tbsp vegetable oil
½ tsp sriracha or chili garlic sauce
1 tsp minced fresh ginger
1 tsp minced garlic

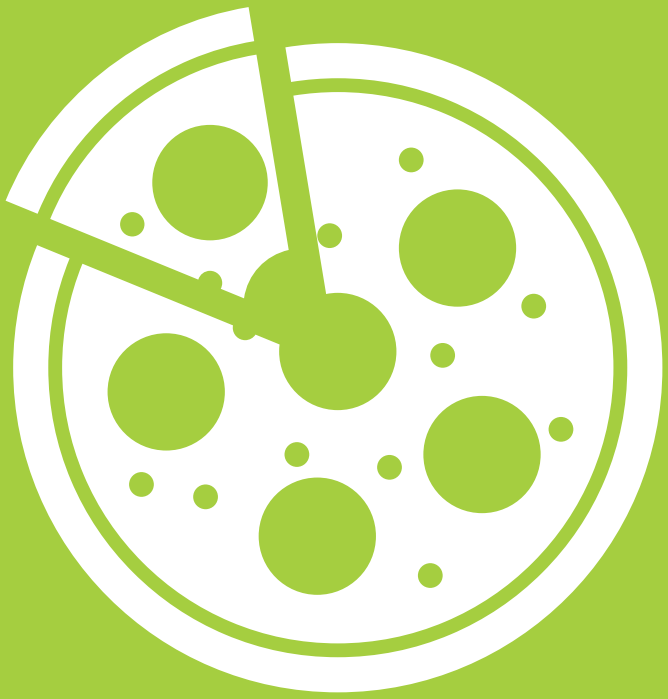
Salad:

¼ cup rice vinegar
1 Tbsp sugar
1 tsp salt
1 tsp black pepper
¼ cup green onions
1 cup cucumber, thinly sliced
1 cup red onion, thinly sliced
1 cup carrots, thinly sliced
4 cups romaine lettuce, shredded

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Directions:

1. In a small bowl, whisk together the soy sauce, vegetable oil, sriracha, ginger and garlic. Add cubed tofu and mix gently. Let marinate at room temperature for 20 minutes. Place tofu in the air fryer basket in a single layer. Using Air Fry Mode, cook at 400°F for 15 minutes, shaking halfway through.
2. In a separate bowl, whisk together vinegar, sugar, salt, pepper, and green onions in a large bowl. Add cucumber, carrots, and onions and toss to combine. Set aside to marinate.
3. When the tofu is done, toss with marinated vegetables and shredded romaine lettuce and serve.



Entrées

Kielbasa and Cabbage

Steam

Ingredients:

2 tablespoons olive oil
1 large onion, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1/2 head of cabbage, sliced
1 lb Polish kielbasa, sliced
1 tsp paprika
1 tsp crushed red pepper
1 tsp Italian seasoning
salt & pepper, to taste

Directions:

1. Mix all ingredients together and add to Basket without the Fry Tray inside. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for 15 mins, or until the desired texture is reached.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Beer Battered Fish Tacos

Air Fry

Ingredients:

2 cod fillets or other white fish
2 eggs
10 oz lager beer
1 ½ cups corn starch
1 ½ cups all-purpose flour
½ Tbsp chili powder
1 Tbsp cumin
Salt & pepper, to taste
4 tortillas

Topping:

¼ head red cabbage, chopped
1 red bell pepper, diced
3 mangos, diced
1 jalapeno, diced
1/2 red onion, diced
Juice of 1 lime
1 Tbsp cilantro, chopped
Salt & pepper, to taste

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Directions:

1. In a medium-sized bowl, whisk together corn starch, flour, chili powder, cumin, and salt and pepper.
2. In a separate medium bowl whisk together eggs and beer, then set aside.
3. Dip fish in the wet mixture, then dip into dry mixture, coating all sides.
4. Lightly oil the bottom of the basket to prevent sticking. Place filets in Basket.
5. Using Air Fry Mode, cook at 375°F for 10-15 minutes, or until fish is fully cooked.
6. While the fish is cooking, combine salsa ingredients and set aside. When the cooking timer is complete and the fish is golden brown, assemble your tacos and enjoy!

Mini Chicken Pot Pies

Air Fry

Ingredients:

3 tbsp butter
3 tbsp all-purpose flour
2 cups chicken broth
1 1/2 tsp herbs de Provence
1 1/2 tsp onion flakes
1 tsp garlic powder
1/2 tsp salt
1/2 tsp black pepper
1 1/2 cups cooked chicken, shredded
10 oz frozen mixed vegetables
1/4 cup cream cheese
4 Southern Homestyle Biscuits

Directions:

1. In a large, non-stick skillet, melt the butter over medium-high heat.
2. Whisk in the flour and cook for a minute or two. Whisk in the chicken broth until smooth and starting to thicken.
3. Stir in all the seasonings, chicken, and vegetables. Simmer for a few minutes, stirring often.
4. Remove from heat and stir in the cream cheese until everything is combined.
5. Divide the pot pie mixture evenly between four ceramic ramekin dishes. Top each dish with a biscuit.
6. Place the filled dishes in the Basket.
7. Using Air Fry Mode, cook at 325°F for 12 minutes, or until the biscuits are browned and cooked through.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Pepper Crusted Steak

Air Fry

Ingredients:

2 boneless top sirloin steaks
Crushed black peppercorns
Coarse sea salt
3 Tbsp melted butter

Directions:

1. Rub steaks with black pepper and salt on both sides. Refrigerate for 15 minutes.
2. Line the air fryer basket with perforated parchment paper (optional). Place steaks in the Basket.
3. Using Air Fry Mode, cook at 350°F for 8 minutes. With about 2 minutes remaining, brush both sides of steak with melted butter and continue cooking.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Seafood Boil

Steam

Ingredients:

1 andouille sausage, sliced

½ medium onion, sliced

2 cups small potatoes

2 Tbsp white wine

2 tsp seafood seasoning

2 bay leaves

12 clams, scrubbed

12 mussels, debearded & scrubbed

4 king crab legs, cut into pieces

12 large raw shrimp, peeled & deveined

2 ears of corn, cut into pieces

Directions:

1. Place sausage, onion, garlic, and potatoes in the Basket with the Fry Tray removed. Pour the white wine over the mixture, sprinkle with seafood seasoning, and add bay leaves. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 5 minutes.
3. When the cooking timer is complete, add in the clams. Press the Steam Button and cook at 212°F for about 10 more minutes.
4. When the cooking timer is complete, add the mussels, shrimp, crab legs, and corn. Press the Steam Button and cook at 212°F until the clams are opened and the shrimp are cooked through (about 10 mins) Add a few more minutes of cooking if the shellfish are not opened. If the shellfish is still not open after the additional time, discard any unopened shellfish.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Chicken Flautas

Air Fry

Ingredients:

6 medium sized corn tortillas
1 cup chicken, shredded
½ cup cheddar cheese, shredded
2 Tbsp diced green chilies

Directions:

1. Add ¼ cup shredded chicken, 1/8 cup shredded cheese and ½ tablespoon diced green chilies to one side of a tortilla. Roll the tortilla to form the flauta. Repeat with remaining ingredients.
2. Spray the flautas with cooking spray on both sides before placing them in the basket.
3. Using Air Fry Mode, cook at 400°F for 6 minutes, rotating the flautas halfway through. Cook until crispy.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Spicy Shrimp Fajitas

Air Fry

Ingredients:

1 lb. raw shrimp, shelled
1 poblano chili, large
2 bell peppers
½ yellow onion, small
1 jalapeño
2 cloves garlic, minced
2 Tbsp lime juice
4 Tbsp Fajita seasoning
4 Tbsp olive oil

Directions:

1. Slice the chili, jalapeño, bell peppers, and onion.
2. In a large bowl, combine all of the ingredients and mix well. Toss it all in your air fryer.
3. Using Air Fry Mode, cook at 370°F for 12 minutes. Shake ingredients with 4 minutes to go.
4. Enjoy with your favorite toppings.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Roasted Chicken

Combo

Ingredients:

1 4-lb. chicken

Rub:

2 Tbsp. salt
1 Tbsp. black pepper
2 Tbsp. paprika
2 tsp. dried sage
2 tsp. garlic powder
2 tsp. onion powder
1 Tbsp. rosemary
1 Tbsp. thyme
1/2 cayenne pepper

Directions:

1. Combine all ingredients in a bowl and mix. Rub the chicken with the desired amount of spices and reserve the rest of the rub for later use.
2. Place the chicken in the Basket with the breast side down. Fill the Water Tank with water.
3. Set your Air Fry cook at 350°F for 20 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. When the cooking timer is complete, flip the chicken over and Air Fry again at 350°F for about 10 minutes, or until your chicken's internal temperature reaches 165°F.
5. Let the chicken rest for 15 mins before serving.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Honey Lime Chicken Wings

Air Fry

Ingredients:

12 chicken wings
2 Tbsp soy sauce
2 Tbsp honey
1 ½ tsp salt
¼ tsp white pepper
¼ tsp black pepper
2 Tbsp fresh lime juice

Directions:

1. Place all ingredients inside a large mixing bowl or 1-gallon zip-seal bag and mix well. Marinate in the refrigerator for at least 4 hours or overnight.
2. Line the basket with perforated parchment paper (optional). Evenly place chicken in the Basket.
3. Using Air Fry Mode, cook at 350°F for 16 minutes. Turning wings halfway through.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Lobster Tails

Steam

Ingredients:

4 lobster tails, butterflied
5 Tbsp butter
½ tsp garlic, minced
1 Tbsp parsley, extra for garnish
¼ tsp paprika
¼ salt
Lemon wedges, for garnish

Directions:

1. Place the butterflied lobster tails in the basket. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 5 minutes, or until the meat is just opaque.
3. Place the butter, garlic, parsley, paprika, and salt in a small bowl and microwave until butter is melted. Stir to combine.
4. When the cooking timer is complete, remove the lobster tails and put them onto a serving dish. Drizzle butter mixture over the cooked lobster tails.
5. Sprinkle with additional parsley and lemon wedges for garnish.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Veggie Quesadilla

Air Fry

Ingredients:

4- 6 inch tortillas
1 cup sharp cheddar cheese shredded
1 cup red bell pepper, sliced
1 cup zucchini, sliced
1 cup canned black beans, drained
2 oz Greek yogurt
1 tsp lime zest
1 Tbsp lime juice
¼ tsp ground cumin
2 Tbsp fresh cilantro, chopped
½ cup pico de gallo, drained
Cooking spray

Directions:

1. Place tortillas on a work surface and sprinkle 2 Tbsp shredded cheese over half of each tortilla. Sprinkle red peppers, zucchini, and black beans on each tortilla. Sprinkle evenly with remaining shredded cheese. Fold tortillas in half and spray with cooking spray and secure them with toothpicks.
2. Lightly spray the basket with cooking spray and place 2 quesadillas in the basket.
3. Using Air Fry Mode, cook at 400°F for 6 minutes, turning quesadillas over halfway through cooking. Repeat with remaining quesadillas.
4. While quesadillas cook, mix together yogurt, lime zest, lime juice, and cumin in a small bowl to create a dipping sauce. Serve quesadillas with dipping sauce and top with pico de gallo and cilantro.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Lemon Steamed Halibut

Steam

Ingredients:

3 (6 ounce) halibut fillets
½ Tbsp dried dill weed
1/2 Tbsp onion powder
1 tsp dried parsley
¼ tsp paprika
1 tsp seasoned salt, or more to taste
1 tsp lemon pepper
1 tsp garlic powder
1 lemon

Directions:

1. Cut foil squares large enough for each filet. Center filets on the foil square.
2. Season each halibut filet with dill weed, onion powder, parsley, paprika, seasoned salt, lemon pepper, and garlic powder.
3. Juice lemon over filets and close the foil squares. Place sealed foil packets in the Basket and fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 10 mins.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Calzone

Air Fry

Ingredients:

1 tsp olive oil

¼ cup red onion, finely chopped

3 cups baby spinach

1/3 cup marinara sauce

2 oz shredded rotisserie chicken breast

6 oz fresh prepared whole-wheat pizza dough

6 Tbsp mozzarella cheese, shredded

Cooking spray

Directions:

1. Heat oil in a medium nonstick skillet over medium-high. Add onion, and cook, occasionally stirring, until tender, about 2 minutes. Add spinach cover and cook until wilted. Remove pan from heat – stir in marinara sauce and chicken.
2. Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 6-inch circle. Place ¼ of the spinach mixture over half of each dough circle. Top each with ¼ of the cheese. Fold dough over filling to form half-moons, crimping edges to seal. Coat calzones well with cooking spray. Place calzones in the basket.
3. Using Air Fry Mode, cook at 330°F for 20 minutes. Halfway through, turn calzones over and continue the cooking process.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Meatloaf

Combo

Ingredients:

1 lb. ground beef
4 Tbsp pork chorizo, chopped
¾ cup gluten free breadcrumbs
½ bell pepper, diced or shredded
½ onion, diced or shredded
2 eggs, lightly beaten
2 Tbsp ketchup
1 Tbsp Dijon style mustard
1 Tbsp Worcestershire sauce
3 Tbsp grated parmesan cheese
Salt & pepper to taste

Meatloaf Glaze:

4 Tbsp ketchup
1 1/2 Tbsp brown sugar
1 Tbsp apple cider vinegar
1 tsp Dijon style mustard

Directions:

1. Mix the ground beef and chopped pork chorizo in a medium-sized mixing bowl.
2. Add in the rest of the meatloaf ingredients and stir to combine. Once everything is mixed, add the mixture into a loaf pan.
3. Place the loaf pan in the Basket. Fill the Water Tank with water.
4. Set your Air Fry cook at 400°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
5. While meatloaf is cooking, prepare your glaze. In a small mixing bowl, combine ketchup, brown sugar, apple cider vinegar, and dijon style mustard together and set aside.
6. When the Steam cycle is complete, spread the glaze on top and continue the Air Fry Cycle.
7. When the timer goes off, check the internal temperature of the meat (ground beef should reach 160°F before serving). Remove the meatloaf from the Basket and let it stand for 10 minutes before serving.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Tamales

Steam

Ingredients:

1 package dried corn husks

6 cups masa harina

2 1/2 teaspoons salt

2 teaspoons ground cumin

1 teaspoon chili powder

1 teaspoon baking powder

6 cups chicken or vegetable stock

3/4 cup vegetable oil

3 cups filling (shredded pork or chicken, cheese, beans)

1 cup red or green enchilada sauce mild or medium, your preference

Toppings of choice

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Directions:

1. Place the corn husks in a large bowl, fill with warm water and place a second bowl on top to weight the corn husks down so they are submerged in the water. Soak for 30 minutes.
2. While the corn husks are soaking, in the bowl of a large stand mixer whisk together masa harina, salt, cumin, chili powder, and baking powder. Add the oil, beat on low until combined, then gradually incorporate the chicken/vegetable stock. Once incorporated, switch to medium-high speed and mix for 6-8 minutes until light and fluffy.
3. Combine your filling and enchilada sauce in a medium bowl and toss to combine.
4. Use a 1/4 cup measuring cup or a large cookie scoop to place one scoop of masa in the middle of a corn husk. Use wet fingers to pat masa into a large rectangle long enough to hold your filling. Scoop 1-2 tablespoons of filling into the center of the masa and spread with your fingertips to spread the filling into a line going down the center of the dough. Pull the two long sides of the corn husk up above the filling and pinch together to seal the dough over the filling. Fold the touching sides around the tamale, then fold up the narrow/pointed end of the corn husk and wrap with a long thin strip of a corn husk. Set aside and repeat.
5. Working in batches, place your tamales in the Basket. Fill the Water Tank with water.
6. Using the Steam Mode, cook at 212°F for 30 minutes. Husks should easily peel away from the tamales when they're done.
7. Serve immediately with toppings of choice, or refrigerate or freeze for later use.

Honey Soy Chicken Thighs

Combo

Ingredients:

4 bone in, skin on chicken thighs
1/3 cup soy sauce
1/4 cup oil
3 tablespoons honey
1/2 teaspoon garlic powder
1/4 teaspoon ground ginger
Salt and pepper, to taste
Green onions for garnish, optional

Directions:

1. Mix the soy sauce, oil, honey, garlic powder, and ground ginger in a bowl.
2. Remove half of the marinade and place in a small bowl and set aside.
3. Add chicken thighs to the marinade and coat chicken. Refrigerate marinated chicken for at least 30 minutes or up to overnight.
4. Place chicken thighs in basket. Fill the tank with water.
5. Set your Air Fry cook at 360°F for 15 minutes, or until chicken is fully cooked. Then press the Mode Button once to set your Steam cook at 212°F for 13 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
6. When the Steam Cycle is complete, coat all sides of chicken with the remaining marinade and continue the Air Fry cooking cycle.
7. Baste additional reserved sauce on top after cooking. Garnish with green onions, optional.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Pork and Cabbage Rolls

Steam

Ingredients:

8 medium cabbage leaves
2 stalks green onion
1 lb ground pork
1 egg
1 small piece ginger, chopped
2 tsp soy sauce
1/4 tsp salt
1/4 tsp black pepper

Dipping Sauce:

2 Tbsp. soy sauce
1 Tbsp. sriracha

Directions:

1. Add the ground pork, egg, soy sauce, salt, pepper, ginger and green onion into a large bowl and mix until all ingredients are incorporated.
2. Cut off the stem of the cabbage and carefully remove the leaves. Put cabbage leaves in Basket and Steam until they start to soften.
3. Place 2 tablespoons of meat mixture on the cabbage leaves and roll like a burrito until contents are secure in cabbage leaves.
4. Place cabbage rolls in the basket and fill the Water Tank with water.
5. Using Steam Mode, cook at 212°F for 20 mins or until meat is cooked. Rolls will be firm to the touch when cooked.
6. Mix soy sauce and sriracha to a create dipping sauce. Serve hot with dipping sauce.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Lemon Garlic Salmon

Air Fry

Ingredients:

4 skin-on salmon fillets (about 6 oz.)
4 Tbsp butter
1 clove of garlic, minced
1 tsp salt
1 tsp fresh dill, chopped
1 Tbsp fresh parsley, chopped
Juice of 1 lemon

Directions:

1. Melt butter and mix in remaining ingredients. Set aside.
2. Line the bottom of the Basket with perforated parchment paper (optional).
3. Place salmon fillets in Basket. Top salmon with the butter sauce.
4. Using Air Fry Mode, cook at 350°F for 12 mins.
5. Halfway through, turn salmon filets over and coat with the rest of the butter sauce and continue the cooking cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Chicago- Style Hot Dog

Steam

Ingredients:

1 pack all-beef hot dog
1 pack poppyseed hot dog buns

Toppings:

Yellow mustard
Sweet pickle relish
White onion, chopped
Tomatos, cut into wedges
Dill pickle spears
Sport peppers
Celery salt

Directions:

1. Place hot dogs in the Basket. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 5-6 minutes. Place the buns in the Basket at the last minute for a steamed bun, optional.
3. Add the desired amount of toppings to your dogs and enjoy!

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Sage & Browned Butter Ravioli

Steam

Ingredients:

1 20-oz refrigerated cheese ravioli

1/2 cup butter, cubed

1/2 cup fresh sage, coarsely chopped

1/2 tsp salt

2 Tbsp lemon juice

1/4 cup parmesan cheese, shredded

Directions:

1. Dump the pack of ravioli in the Basket. Fill the Water Tank with water.
2. Using Steam Mode, cook at 212°F for about 6-7 minutes, or until ravioli is completely tender.
3. While the ravioli is cooking, prepare the sauce. In a saucepan, melt butter over medium heat. Heat 5-7 minutes or until golden brown, stirring constantly. Immediately stir in sage and salt; remove from heat.
4. When the cooking timer is complete, add the ravioli and lemon juice to butter mixture and gently toss to coat. Serve with cheese.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Italian Stuffed Peppers

Air Fry

Ingredients:

4 bell peppers
1 lb pork Italian sausage
1 onion, diced
2 tbsp avocado oil
1 cup low carb marinara sauce
1 cup mozzarella cheese, grated
½ cup Parmesan, grated
½ tsp dried parsley
½ tsp garlic powder

Directions:

1. In a skillet over medium heat, brown the ground sausage about 7 - 10 minutes or until no pink remains. Drain the fat from the skillet.
2. Return the skillet to the stovetop and add garlic powder, parsley, marinara sauce, and onion. Continue cooking for 3- 5 minutes.
3. Remove the meat mixture from the stovetop and spoon evenly into peppers. Top with mozzarella. Place pepper halves into the Basket.
4. Using Air Fry Mode, cook at 350°F for 15 minutes.
5. When done, peppers will be fork tender, and cheese will be golden. Serve warm.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Salmon Cakes

Combo

Ingredients:

1 lb. Atlantic salmon, uncooked

1 celery stalk, finely diced

1 large egg, beaten

1 cup panko

4 tablespoon light mayo

1 tablespoon avocado or olive oil

1/2 teaspoon old bay seasoning

2 tablespoon fresh chopped parsley

1 teaspoon dill, finely chopped or from a tube

1 teaspoon Worcestershire sauce

1/2 teaspoon smoked paprika

1/2 teaspoon onion powder

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

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Directions:

1. Combine the Salmon Cake ingredients in a bowl and form 10 small patties about 2" in diameter.
2. Place the salmon cakes in the Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 400°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 6 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. While the salmon cakes are cooking, prepare the dipping sauce. Mix all ingredients together in a bowl. Store in refrigerator until ready to use.
5. When the cooking timer is complete, let salmon cakes cool on a paper towel and serve with dipping sauce.

Pork Chops

Air Fry

Ingredients:

3 boneless pork chops
2 Tbsp brown sugar
1 Tbsp soy sauce
1 Tbsp worcestershire sauce
1 tsp fresh lemon juice
Salt & pepper, to taste

Directions:

1. In a large bowl, combine sugar, soy sauce, Worcestershire sauce, lemon juice and salt and pepper. Add in pork chops and flip to coat both sides. Set aside.
2. Place an oven-safe baking pan into the bottom of the air fryer basket. Place pork chops into the pan. Pour remaining sauce over pork chops.
3. Using Air Fry Mode, cook at 400°F for 20 minutes. Halfway through, flip pork chops and continue the cooking cycle.
4. Cooking time may vary depending on the size of pork chops. Make sure the internal temperature has reached 160°F before consuming.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Ginger Soy Fish

Steam

Ingredients:

2 7-oz fish fillets (e.g. seabass, snapper or salmon)

5 scallions

1 large piece ginger, peeled & finely julienned

¼ cup light soy sauce

2 Tbsp lime juice

3 Tbsp vegetable oil

3 Tbsp sesame oil

1 red chilli, deseeded and sliced

Steamed rice, to serve

Directions:

1. Slice the scallions lengthways into long, thin strips. Place the spring onion in a bowl of cold water and soak until the slices begin to curl.
2. Place fish fillets onto an oven-safe dish that fits in the Basket and place dish inside. Top with the ginger.
3. Combine soy sauce and lime juice, then pour the mixture over the fish.
4. Fill the Water Tank with water.
5. Using Steam Mode, cook at 212°F for about 12 minutes (or a bit longer for salmon) or until the fish fillets are cooked and can easily flake with a fork.
6. Just before the fish is ready, place the vegetable oil and the sesame oil in a small saucepan. Heat until a wooden spoon causes bubbles to form when placed into the oil. Turn the heat off but keep the oil warm on the stovetop.
7. Carefully remove the hot dish of fish from the Basket. Top with spring onion. Pour the hot oil over the spring onion to sizzle and cook the onion a little. Top with chili slices and serve with steamed rice.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Lasagna

Combo

Ingredients:

32 oz ricotta cheese

1 cup shredded mozzarella

1 egg, beaten

¼ cup parsley, chopped

1 lb. ground beef or Italian sausage

1 small onion, chopped

2 cloves garlic, minced

32 oz marinara sauce

½ tsp. black pepper

¼ parmesan cheese, grated

1 8.8-oz package of ready-to-bake lasagna sheet

Directions:

1. Combine the ricotta, mozzarella, egg, and parsley in a bowl and mix. Reserve mixture.
2. Cook the ground beef, onion, and garlic over medium-high heat for 8-10 mins. Drain.
3. Mix ½ cup of marinara sauce into the cooked meat. Reserve.
4. Assemble the lasagna in a dish that fits inside the Basket. Spread ¼ cup of marinara sauce on the bottom of the dish. Top with a lasagna sheet. Spoon 1/3 of the ricotta mixture over the lasagna sheet. Top with 1/3 of the meat sauce. Repeat this process until the dish is filled. Place the dish in the basket. Fill the Water Tank with water.
5. Set your Air Fry cook at 375°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 15 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
6. Let the lasagna cool for 15 mins before serving.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

BBQ Chicken Drumsticks

Air Fry

Ingredients:

Salt & pepper
½ tsp cayenne pepper
½ tsp garlic powder
8 chicken drumsticks
½ cup barbecue sauce

Directions:

1. Season chicken drumsticks with salt, pepper, cayenne pepper and garlic powder.
2. Line the bottom of the basket with perforated parchment paper (optional).
3. Using Air Fry Mode, cook chicken at 350°F for 30 minutes, turning throughout. With 5 minutes remaining, baste chicken with barbecue sauce and continue the cooking cycle.
4. Using a meat thermometer, check the chicken to make sure it has reached an internal temperature of 165°F before serving.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Ribs

Combo

Ingredients:

1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp coriander
1 tsp black pepper
1 tsp salt
3 half-racks of ribs
1 cup of barbeque sauce

Directions:

1. Combine all the spices in a bowl to create a spice rub. Rub the ribs with the spices. Place the ribs in the Basket. Fill the Water Tank with water.
2. Set your Air Fry cook at 360°F for 30 minutes, then press the Mode Button once to set your Steam cook at 212°F for 45mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. When the Steam cycle is complete, brush the ribs with the barbeque sauce and continue the Air Fry cycle.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Enchilada Spaghetti Squash Boats

Combo

Ingredients:

1 spaghetti squash, cut lengthwise and seeded

2 Tbsp olive oil, divided

1/8 tsp salt

1/8 tsp pepper

1/2 cup yellow onion, diced

1 green bell pepper, diced

1 garlic clove, minced

1 can black beans, rinsed

1 4-oz can green chilis, drained

1 Tbsp chopped cilantro

1 cup Mexican blend cheese, shredded

1 small can of enchilada sauce

Cilantro, for garnish

Directions:

1. Place the spaghetti squash in the Basket, face down. Fill the Water Tank with water.
2. Set your Air Fry cook at 350°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 45 mins, or until the squash is tender. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
3. Once the squash is nearly finished steaming, prepare the filling.
4. In a large sauté pan, add olive oil over medium heat. Add onion and bell pepper and cook for 5-7 minutes, or until onion is translucent. Add garlic and cook another minute until fragrant. Stir in beans, chilis, and cheese.
5. When the Steam Cycle is complete, take out the squash boats and let cool just until able to handle them. Fill boats with filling and place back inside the basket to continue the Air Fry Cycle.
6. When the Air Fry Cycle is complete, top with enchilada sauce and cilantro for garnish.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Black Bean Burgers

Air Fry

Ingredients:

2 cans of black beans, seasoned

1 cup breadcrumbs (can substitute with quinoa)

¼ cup white onion, grated

1 whole egg

½ tsp chili powder

Salt & pepper, for sprinkling

Dash of hot sauce

Swiss cheese (optional)

Hamburger buns (can substitute with lettuce wrap)

Mayonnaise (can substitute with light mayo or avocado mayo)

Lettuce

Tomato, sliced

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Directions:

1. Use a cheese grater to grate a quarter of an onion.
2. In a bowl, mash 2 cans of drained black beans. In the same bowl, add 1 egg, onion shavings, breadcrumbs, chili powder, hot sauce, salt and pepper.
3. Mash the mixture to combine and shape into patties.
4. Place perforated parchment paper in the basket (optional). Place 1 or 2 patties into the basket and brush one side with olive oil.
5. Using Air Fryer Mode, cook at 350°F for 5 minutes. Once the 5 minutes are done, take out and flip the patties over. Put back in air fryer and cook for 3 more minutes at the same temperature.
6. Build your burger with these delicious black bean patties .
7. Optional: Place one slice over the patty and cook at 300°F for 1 minute to melt the cheese.

Pork Tenderloin

Air Fry

Ingredients:

1 lb whole pork tenderloin
1 tsp garlic powder
1 tsp cumin
1 tsp oregano
1 tsp dried thyme
2 cloves garlic, minced
1 Tbsp avocado oil
1 tsp salt
1/2 tsp black pepper

Directions:

1. In a mixing bowl, combine all of the spices and oil to create a rub. Coat the pork tenderloin in the rub.
2. Place the pork tenderloin in the Basket.
3. Using Air Fry Mode, cook at 400°F for 20 minutes, or until the internal temperature reaches 145°F.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Chicken Bombers

Air Fry

Ingredients:

12 Slices bacon
8 oz. cream cheese, softened
1 Tbsp chives, chopped
2 lbs. chicken breast, boneless and skinless

Directions:

1. Using a meat mallet, flatten the chicken, and cut it into strips large enough to spread the cream cheese mix. Be sure to leave at least a half inch on edges to allow for spreading when it is rolled up.
2. Place the bacon slices in the basket and partially cook at 300°F for 5 minutes.
3. Mix in the chopped chives into the softened cream cheese and mix well.
4. Spread the cream cheese mixture onto the flatted chicken strips and carefully roll along with the bacon.
5. Place the bombers in the basket. Using Air Fry Mode, cook at 450°F for 13 minutes.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Spicy Fried Chicken

Air Fry

Ingredients:

½ cup buttermilk
1 Tbsp hot sauce
2 lbs chicken drumsticks, skin removed
½ cup crushed corn flake cereal
1/3 cup grated parmesan cheese
½ tsp salt
¼ tsp pepper

Directions:

1. Add buttermilk, hot sauce and chicken to a 1-gallon zip seal bag and mix well. Let marinate in refrigerator for at least 4 hours or overnight.
2. In a medium bowl, combine crushed cereal, parmesan cheese and salt and pepper. Add chicken and coat each drumstick.
3. Line the basket with perforated parchment paper (optional). Evenly place chicken in the basket.
4. Using Air Fry Mode, cook at 390°F for 10 minutes. Turn chicken and reduce temperature to 300°F and cook for 8 minutes.
5. Using a meat thermometer, check the chicken to make sure it has reached a safe internal temperature before serving.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Desserts

Strawberry Rhubarb Crumble

Combo

Ingredients:

Butter, for the ramekins

1 lb. strawberries, hulled and halved

1 lb. rhubarb, trimmed and cut into ½ inch pieces

¼ cup + 3 Tbsp sugar, divided

1 Tbsp cornstarch

6 Tbsp unsalted butter, cut into small pieces

¾ cup all-purpose flour

¼ tsp salt

¼ cup unsalted almonds, chopped

Vanilla ice cream, for serving

Directions:

1. Lightly butter 8 oz. ramekins and set them aside.
2. In a large bowl, toss together the strawberries, rhubarb, ¼ cup sugar, and cornstarch.
3. In a second bowl, combine the butter and flour, rubbing together with your hands until they resemble breadcrumbs. Add the remaining sugar, salt and almonds, and squeeze the mixture together to mix well.
4. Divide the fruit mixture among the ramekins and top with the crumble mixture.
5. Place ramekins in the Basket and Fill the Water Tank with water.
6. Set your Air Fry cook at 330°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle. Serve with vanilla ice cream.

KETO VEGETARIAN VEGAN DAIRY FREE GLUTEN FREE

Mini Churros

Air Fry

Ingredients:

1 cup water
½ cup unsalted butter
¼ tsp salt
1 cup all-purpose flour
3 eggs
¼ cup sugar (for coating)

Directions:

1. Using a stovetop and a medium saucepan, bring water to a boil. Add butter, salt and sift in the flour. Stir well and remove from heat. Transfer flour mixture to a mixing bowl.
2. Using a mixer, add eggs, 1 at a time, and beating until incorporated after each addition. Allow to cool then spoon the mixture into a pastry bag fitted with a large open star tip. Squeeze out mixture into 3-inch lengths.
3. Lightly oil the bottom of the basket or line with perforated parchment paper (optional). Place churros into the Basket.
4. Using Air Fry Mode, cook at 400°F for 6 minutes. Carefully remove churros and roll in sugar to coat.

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Monkey Bread

Air Fry

Ingredients:

¼ cup unsweetened almond milk

1 tsp apple cider vinegar

2 cups almond flour

¼ cup unsweetened whey protein powder

1 cup coconut flour

½ cup natural sweetener

1 Tbsp xanthan gum

1 Tbsp baking powder

½ tsp salt

½ cup unsalted butter, cold

1 tsp vanilla extract

3 eggs

Cinnamon Coating:

3 Tbsp natural sweetener

2 tsp ground cinnamon

Maple Pecan Sauce:

½ cup unsalted butter

½ cup brown natural sweetener

2 Tbsp maple syrup

Pinch of salt

1 tsp vanilla

½ cup toasted pecans, chopped

1 tsp ground cumin

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Directions:

1. Preheat your air fryer to 350°F and grease an air fryer-safe baking pan with cooking spray.
2. In a small mixing bowl, combine 3 Tbsp of natural sweetener and ground cinnamon. Whisk until blended and set aside.
3. In a separate small mixing bowl, combine almond milk and apple cider vinegar together and set aside.

Dough:

1. Combine the almond flour, coconut flour, protein powder, natural sweetener, xanthan gum, baking powder, and salt until blended. Cut butter into cubes and add to the dry ingredients. Cut in with a fork or blender until flour looks like cornmeal.
2. Add the vanilla and eggs in and mix until well combined. Add the almond milk/apple cider vinegar mixture and stir until dough is uniform and can be rolled into balls. Use a cookie scoop and roll the dough gently into a ball shape and continue until you have rolled all the dough up.
3. Roll each ball in the cinnamon sugar-coating mixture and place it in the greased baking pan. Sprinkle 2-3 Tbsp of leftover cinnamon/sugar coating over the top of the dough in the baking pan. Air fry for 8 minutes and let rest for 10 minutes.
4. In a small saucepan, melt the butter over low heat. Stir in the brown natural sweetener, maple syrup, salt, vanilla, cinnamon, and pecans. Stir until the natural sweetener is dissolved and set aside.
5. Move the monkey bread onto a serving dish or plate and drizzle with maple pecan sauce. Serve immediately.

Chewy Brownies

Steam

Ingredients:

½ cup butter
¼ cup unsweetened cocoa powder
¾ cup flour
¾ tsp baking powder
¼ tsp salt
1 cup sugar
1 Tbsp honey
2 eggs
½ cup chopped walnuts

Directions:

1. Using a microwave-safe glass bowl, melt butter. Mix in cocoa and set aside.
2. In a large mixing bowl, stir together flour, baking powder, salt, and sugar. Mix in honey, eggs, and chopped nuts. Pour mixture into a greased baking pan.
3. Place baking pan in the Basket and fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 35 mins.
5. When the cooking timer is complete, insert a toothpick into the center. If the toothpick comes out clean, the brownies are done.

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Pumpkin Pie Bites

Air Fry

Ingredients:

16 oz. pumpkin
14 oz. sweetened condensed milk
2 eggs
½ -1 Tbsp pumpkin spice
½ tsp salt
1 cup flour
3 Tbsp unsalted butter, room temperature
2 Tbsp sugar
Foil cupcake tins

Directions:

1. In a large mixing bowl, combine the pumpkin, milk, eggs, pumpkin spice, and salt, mixing well. Set aside.
2. In a separate bowl, add the flour, butter, and sugar and mix together to make the crust. Make sure to knead the mixture until it has a smooth texture. Add water periodically to form the dough.
3. Create a floured work surface and form the dough into balls and then press into cupcake tins. Fill each tin with pumpkin pie filling.
4. Line the basket with perforated parchment paper (optional) and place the bites into the basket.
5. Using Air Fry Mode, cook at 350°F for 15 minutes.

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Molten Chocolate Lava Cake

Air Fry

Ingredients:

3.5 oz. dark chocolate chips
3.5 oz. unsalted butter
1 ½ Tbsp self-rising flour
2 eggs
2 ½ Tbsp sugar

Directions:

1. Melt chocolate and butter, stirring to blend. Stir in flour. Set aside.
2. In a separate medium mixing bowl, mix eggs and sugar until light and frothy. Slowly mix in chocolate sauce until blended.
3. Pour batter into a ramekin or oven-safe cup and place inside the Basket.
4. Using Air Fry Mode, cook at 370°F for 6 minutes. Serve immediately. Top with ice cream (optional).

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Creamy Cheesecake

Steam

Ingredients:

4 ramekins
½ cup cream cheese
1/3 cup Butter
4 Tbsp heavy cream
½ cup sugar
1 cup self-rising flour
Extra butter for greasing, optional

Directions:

1. Place Cream Cheese, Butter, and Cream in a heat-proof bowl. Heat in the microwave for 30 seconds then stir well.
2. Add sugar and egg and mix until smooth. Add Self-Raising Flour and combine well. Pour the mixture into the prepared ramekins.
3. Place the ramekins in the Basket and fill the Water Tank with water.
4. Using Steam Mode, cook at 212°F for 15 mins. Enjoy warm or cold.

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Blackberry Pies

Combo

Ingredients:

Pre-made dough

Blackberry Filling:

½ cup sugar

1 tbsp cornstarch

½ cup water

6 oz. blackberries

1 tbsp lemon juice

¾ tsp cinnamon

½ tsp nutmeg

Glaze:

1 cup powdered sugar

2 tbsp milk

1 tsp vanilla extract

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Directions:

1. In a small saucepan, pour the sugar, cornstarch, water, lemon juice, and spices in. Set to medium heat and add in the blackberries Stir frequently and allow it to come to a boil. Once it has boiled, stir frequently and then remove from the heat and allow it to cool. The filling will thicken.
2. In a small bowl, combine the glaze ingredients, mixing well and set aside.
3. Roll the premade dough out and roll thin, about ¼ inch thick. Using a circular cookie cutter, cut as many circular shapes as possible. Using your finger dip them in milk and brush the perimeter with milk. Place 4-5 berries in the center with some juice and fold them in half. Use the prongs on a fork to seal the edges closed. Brush the exterior of the pie pocket with milk.
4. Line the basket with perforated parchment paper (optional) and place the pies into the basket. Fill the Water Tank with water.
5. Set your Air Fry cook at 330°F for 10 minutes, then press the Mode Button once to set your Steam cook at 212°F for 10 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.

Apple Pie Bombs

Air Fry

Ingredients:

¾ cup granulated sugar

3 teaspoons apple pie spice

1 can (8 count) Pillsbury Grand biscuits

1 cup apple pie filling, with apples cut into small pieces

1 teaspoon cinnamon

1 stick butter, melted

Directions:

1. In a medium-size bowl, mix the sugar and apple pie spice. Set aside.
2. Remove the biscuits from the can and separate each into two layers. Using a rolling pin, roll each layer of biscuit into 16 4-inch circles.
3. In a small bowl, combine the apple pie filling with cinnamon. Mix to combine.
4. Spoon about 1 tablespoon of the apple pie filling and cinnamon mixture into the center of each circle.
5. Use your fingers to pull sides together and pinch to seal. Roll into balls.
6. Spray the Basket with non-stick cooking spray. Working in batches, place the balls into the basket about 2 inches apart. Spray the tops with cooking spray.
7. Using Air Fry Mode, cook at 350°F for 8-9 minutes, or until golden brown.
8. Carefully remove the balls from the air fryer, dipping or brushing each in melted butter and then rolling each in the sugar mixture. Repeat with the remaining batches.
9. Serve warm and enjoy!

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Chocolate Zucchini Cake

Combo

Ingredients:

½ cup all-purpose flour

¼ cup cocoa powder

½ tsp salt

1 egg, room temperature

6 Tbsp light brown sugar, packed

2 Tbsp butter, melted and slightly cooled

2 Tbsp vegetable oil

½ tsp vanilla extract

¾ cup shredded zucchini

½ cup semisweet chocolate chips, divided

Directions:

1. Grease a mini baking pan with cooking spray and set it aside.
2. In a medium mixing bowl, whisk together the flour, cocoa powder, baking soda and salt, and set aside.
3. In a larger bowl, combine the egg, brown sugar, melted butter, oil, and vanilla. Whisk until smooth.
4. Add the dry ingredients to the wet mixture and mix. Fold in the zucchini and most of the chocolate chips. Reserve a few for the top.
5. Transfer the mixture to the prepared mini baking pan and sprinkle the remaining chocolate chips on top. Place in the Basket. Fill the Water Tank with water.
6. Set your Air Fry cook at 330°F for 5 minutes, then press the Mode Button once to set your Steam cook at 212°F for 15 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
7. Once cooked, remove the pan from the Basket and let it cool on a wire rack until slightly warm.

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Banana Bread

Combo

Ingredients:

2 cups all-purpose flour
1 tsp baking powder
¼ tsp salt
1 large egg
½ cup butter, melted
¾ cup brown sugar
2 to 3 over-ripened bananas

Directions:

1. In a medium mixing bowl, combine dry ingredients. In a separate large mixing bowl, beat eggs and blend in butter and sugar. In a third large bowl, mash bananas. Mix together wet ingredients. Slowly add in dry ingredients and mix until well blended.
2. Pour batter into a greased baking pan and place into Basket. Fill the Water Tank with water.
3. Set your Air Fry cook at 330°F for 15 minutes, then press the Mode Button once to set your Steam cook at 212°F for 20 mins. Press the Mode Button again to select the Combo cooking mode and begin the cooking cycle.
4. When the cooking timer is complete, insert a toothpick into the center. If the toothpick comes out clean, the bread is done.

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Condensed Milk Cake

Steam

Ingredients:

3 eggs, separated
1 cup sweetened condensed milk
¼ cup unsalted butter, softened
1 tsp vanilla
1 cup all purpose flour
3 Tbsp cornstarch
2 tsp baking powder
½ tsp salt

Directions:

1. Separate the egg yolks from the whites, set aside.
2. In a medium bowl, create the batter by adding the egg yolks and condensed milk and mix until smooth. Add in the vanilla and butter and mix until smooth. In the same bowl, add in all the dry ingredients, mixing until combined and smooth.
3. In a separate bowl, whip the egg whites until foamy. Gradually fold the batter into the egg whites.
4. Grease a baking pan and pour the mixture into the pan. Place the baking pan in the Basket. Fill the Water Tank with water.
5. Using Steam Mode, cook at 212°F for 45 mins.
6. Once cooking timer is complete, insert a toothpick into the center. If the toothpick comes out clean, the cake is done.

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Pizookie

Air Fry

Ingredients:

1 cup all-purpose flour
½ tsp baking soda
½ tsp salt
¼ cup dark brown sugar
½ cup sugar
6 Tbsp unsalted butter
1 egg
1 tsp vanilla extract
6 oz. semisweet chocolate chips

Directions:

1. In a large mixing bowl, combine flour, baking soda, and salt. Mix well and set aside.
2. In a medium mixing bowl, combine sugar, butter, egg, and vanilla. Beat well. Slowly add in flour mixture, constantly stirring as you add. Stir in chocolate chips.
3. Place dough into a greased baking pan and flatten to form a large cookie. Place pan inside the Basket.
4. Using Air Fry Mode, cook at 340°F for 22 minutes. Serve warm with ice cream.

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