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<u>Air Fryer</u>

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Air Fryer Cajun Shrimp Dinner

Skinny Taste



4 servings



30 minutes

INGREDIENTS

1 tablespoon Cajun or Creole seasoning

24 (1 pound) cleaned and peeled extra jumbo shrimp

6 ounces fully cooked Turkey/Chicken Andouille

sausage or kielbasa, sliced

I medium zucchini, 8 ounces, sliced into I/4-inch thick

half moons

1 medium yellow squash, 8 ounces, sliced into 1/4-inch

thick half moons

I large red bell pepper, seeded and cut into thin I-inch

pieces

1/4 teaspoon kosher salt

2 tablespoons olive oil



- 1. In a large bowl, combine the Cajun seasoning and shrimp, toss to coat.
- 2. Add the sausage, zucchini, squash, bell peppers, and salt and toss with the oil.
- the air fryer basket and cook 8 minutes, shaking the basket 2 to 3 times.
- 5. Set aside, repeat with remaining shrimp and veggies.
- 6. Once both batches are cooked, return the first batch to the air fryer and cook 1 minute.

Nutritional INFORMATION Calories 284 Protein 31g

Air Fryer Taquitos

Spend with Pennies



8 servings



30 minutes

INGREDIENTS

2 cups cooked chicken or pork or beef, shredded

1 tablespoon taco seasoning

4 ounces cream cheese

1 tablespoon jalapenos finely diced

I green onion sliced, green and whites divided

1 cup Tex Mex cheese shredded

8 corn tortillas 6 inches each

cooking spray



INSTRUCTIONS

- 1. Combine chicken, taco seasoning and 3 tablespoons water. Simmer 5 minutes or until water is evaporated.
- 2. Add cream cheese, jalapenos, and the whites of the green onion.

 Cook until melted and creamy.
- 3. Place tortillas on a plate, top with a damp paper towel and microwave 40 seconds or until warm.
- 4. Divide filling over tortillas and top with 2 tablespoons cheese. Roll tightly and secure with a toothpick.
- 5. Preheat air fryer to 400°F.
- 6. Spray taquitos with cooking spray or brush with oil. Place in a single layer and cook about 6-8 minutes or until crisp.
- 7. Cool 2 minutes before serving. Garnish with remaining green onions and toppings as desired.

NUTRITIONAL INFORMATION Calories 217 Fat 11 g Protein 17g Sugars 1g Carbohydrates: 13g

Air Fryer Honey Garlic Salmon

The Cooking Jar



2 servings



15 minutes

INGREDIENTS

2 salmon fillets (5–8 oz. each)

2 tablespoons honey

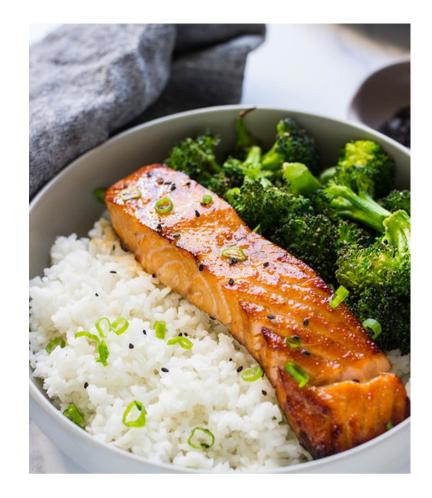
1 1/2 tablespoons low sodium soy sauce

1/4 teaspoon garlic powder/1 teaspoon fresh garlic,

minced

Optional Garnishes:

- Black/white sesame seeds
- Green onions, sliced



- 1. Combine honey, soy sauce and garlic powder and stir to mix. Divide the sauce in half.
- 2. Marinate the salmon fillet with half the sauce in the fridge for 30 minutes.
- 3. Preheat the air fryer to 400°F and place the salmon fillets in the air fryer. Baste the remaining marinade onto the salmon fillets.
- 4. Air fry for 7-8 minutes, depending on the thickness of the salmon.
- 5. Dish and serve hot drizzled with the other half of the sauce

Nutritional INFORMATION Calories 255

Carbohydrates: 19.2g

Air Fryer Eggplant Parmesan

Pinch Me Good



10 servings



20 minutes

INGREDIENTS

- 1 medium eggplant
- 2 cups Italian breadcrumbs
- 1/4 cup shredded parmesan cheese + more for topping
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 large eggs
- ı cup tomato sauce
- 1 cup shredded mozzarella cheese

Freshly chopped basil (optional for topping)



- 1. Slice the ends off of the eggplant using a sharp knife, about 1/4 inch from the stem. Then slice the eggplant into 1/2 -inch thick rounds and place the eggplant onto a small baking sheet or plate. Pro tip: you can also place the sliced eggplant onto a paper towel to let it dry a bit after slicing it if it looks wet.
- 2. Make the breadcrumb mixture Combine the breadcrumbs + parmesan cheese + garlic powder + dried parsley + salt & pepper into a medium-size mixing bowl and mix to combine into a breadcrumb mixture.
- 3. Preheat the air-fryer to 390 degrees (this usually takes 5 minutes). While the air-fryer is preheating you can dredge the eggplant.
- 4. Setup a dredging station: crack the eggs into a medium size bowl, season with salt & pepper and whisk well to combine. Then setup the breadcrumb mixture + the egg mixture+the sliced eggplant next to each other and dredge each piece of eggplant in the egg, then the breadcrumb mixture, pressing the breadcrumbs into the eggplant as you dredge them. Then place the breaded eggplant slices back onto the baking sheet. Continue until you have breaded all of the eggplant.
- 5. Once the air-fryer is preheated, spray the basket with olive oil cooking spray and place the eggplant pieces into the air-fryer, spray flipping each piece over and spraying the other side with cooking spray halfway through the cooking time.
- 6. Once they are done and super crispy, top each with some of the tomato sauce, then some shredded mozzarella cheese. Close the airfryer and cook for 2-3 more minutes to melt the cheese.

7. Remove, top with freshly chopped basil and enjoy.

Nutritional INFORMATION

Air Fryer Turkey Stuffed Peppers

Eating Well



الا 3 servings



30 minutes

INGREDIENTS

3 medium red bell peppers

1 tablespoon olive oil

12 ounces ground turkey

½ cup cooked brown rice

¼ cup panko breadcrumbs

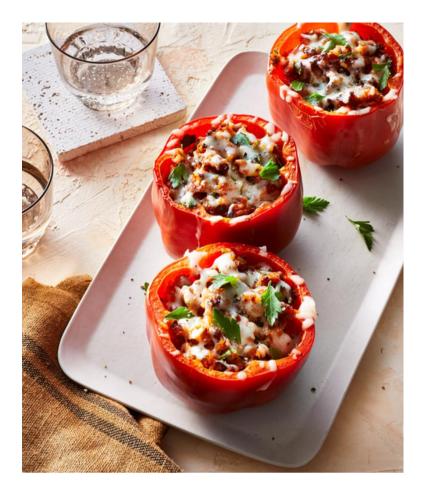
³/₄ cup low-sodium marinara sauce

3 tablespoons finely chopped flat-leaf parsley

¼ teaspoon ground pepper

¼ cup grated Parmesan cheese (1 oz.)

¼ cup shredded part-skim mozzarella cheese (1 oz.)



- 1. Coat the basket of an air fryer with cooking spray. Cut tops off peppers and reserve. Seed the peppers and set aside.
- 2. Heat oil in a large skillet over medium-high heat. Add turkey; cook, stirring occasionally, until browned, about 4 minutes. Stir in rice and panko; cook, stirring occasionally, until warmed through, about 1 minute. Remove from heat and stir in marinara, parsley, pepper and Parmesan. Divide the mixture evenly among the prepared peppers.
- 3. Place the peppers in the prepared air-fryer basket. Nestle the pepper tops in the bottom of the basket. Cook at 350 degrees F until the peppers are tender, about 8 minutes. Top with mozzarella; cook until the cheese is melted, about 2 minutes more.

Nutritional INFORMATION

Calories 407

Carbohydrates: 25.6g