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## Air Fryer

### Dinner

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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

1 medium zucchini, 8 ounces, sliced into 1/4-inch thick half moons

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

1 large red bell pepper, seeded and cut into thin 1-inch pieces

1/4 teaspoon kosher salt

2 tablespoons olive oil



## INSTRUCTIONS

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.
3. Preheat the air fryer 400F.
4. In 2 batches (for smaller baskets), transfer the shrimp and vegetables to 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

Fat 14g

Protein 31g

Sugars 3g

Carbohydrates: 8g

# 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

1 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



## INSTRUCTIONS

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

Fat 6.3g

Protein 30.1g

Sugars 17.9g

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
- 1 cup tomato sauce
- 1 cup shredded mozzarella cheese
- Freshly chopped basil (optional for topping)



## INSTRUCTIONS

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 each with cooking spray. Close the basket and cook for 8 minutes, 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 air-fryer and cook for 2-3 more minutes to melt the cheese.
7. Remove, top with freshly chopped basil and enjoy.

### NUTRITIONAL INFORMATION

Calories 178

Fat 4.1g

Protein 12.1g

Sugars 3.8g

Carbohydrates: 23g

# Air Fryer Turkey Stuffed Peppers

Eating Well



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

¾ 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.)



## INSTRUCTIONS

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

Fat 20.6g

Protein 29.3

Sugars 7.3g

Carbohydrates: 25.6g