

Table of Contents

Air Fryer

Sides & Snacks

Air Fryer Parmesan Dill Fried Pickle Chips	2
Air Fryer Sweet Potato Fries.....	3
Air Fryer Spicy Kale Chips.....	4
Air Fryer Garlic Butter Hasselback Potatoes.....	5
Air Fryer Garlic-Rosemary Brussel Sprouts.....	6

Air Fryer Parmesan Dill Fried Pickle Chips

The Creative Bite

 4 servings  30 minutes

INGREDIENTS

32 oz. jar whole large dill pickles

2 eggs

2/3 c. panko bread crumbs

1/3 c. grated Parmesan

1/4 tsp. dried dill weed



INSTRUCTIONS

1. Slice the large pickles diagonally into 1/4" thick slices. Place between layers of paper towels and pat dry.
2. In a shallow bowl, beat the eggs until smooth. In a resealable bag, add the Panko bread crumbs, Parmesan and dill weed and shake until well combined.
3. In batches of 4-5 pieces, dip the pickle slices into the egg mixture, being sure to remove any excess egg and then toss in the Panko mixture.
4. Add half of the coated pickle chips into the Airfryer and bake for 8-10 minutes on the highest temperature. Remove from the Airfryer and add the remaining pickle chips and bake for 8-10 minutes. Serve immediately with zesty ranch for dipping.

NUTRITIONAL INFORMATION

Calories 143

Fat 6g

Protein 8g

Sugars 2g

Carbohydrates: 15g

Air Fryer Sweet Potato Fries

The Gracious Pantry



2 servings



20 minutes

INGREDIENTS

2 small sweet potatoes (peeled - Approximately 2 cups when cut)

2 tbsp. olive oil

½ tsp. garlic powder

¼ tsp. salt



INSTRUCTIONS

1. Cut your potatoes into fries. I like to make mine thin with a 1/4 inch cut, but you can cut them any thickness you like.
2. Place them in a food-safe plastic bag with the remaining ingredients and toss to coat the fries.
3. Pour the fries into the basket of your air fryer, making sure to level them as much as possible.
4. Cook to your air fryers directions. On mine, I cooked at 350 F. for about 7 minutes.
5. If your fries are thicker, you'll want to stir them at the 7 minute mark and then put them in for another 7 minutes.
6. Repeat until your fries are fully cooked to your liking.
7. If desired, sprinkle with a little extra salt when serving.

NUTRITIONAL INFORMATION

Calories 249

Fat 14g

Protein 2g

Sugars 5g

Carbohydrates: 27g

Air Fryer Spicy Kale Chips

Healthy Substitute



4 servings



20 minutes

INGREDIENTS

½ pound kale, washed and dried

1 tsp homemade or store-bought Cajun seasoning

2 tbsp olive oil



INSTRUCTIONS

1. Remove and discard the hard rib from the center of each leaf.
2. Tear the leaves into small bite size pieces.
3. In a bowl place the kale, olive oil and Cajun seasoning and toss to coat.
4. Preheat the air fryer to 200°F for 5 minutes.
5. Add the kale into the air fryer.
6. Cook for 15-20 minutes or until leaves are crisp.
7. Cool completely before serving.

NUTRITIONAL INFORMATION

Calories 88

Fat 7.5g

Protein 2.4g

Sugars 1.3g

Carbohydrates: 5g

Air Fryer Garlic Butter Hassel

The Recipe Critic



4 servings



20 minutes

INGREDIENTS

4-5 small size russet potatoes

salt and pepper to taste

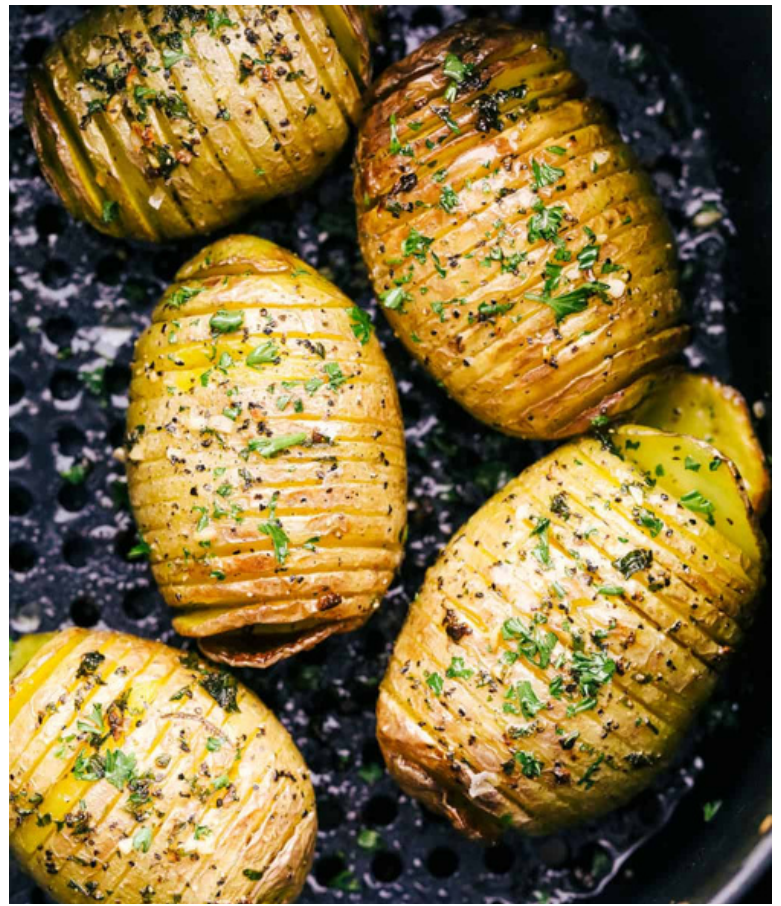
1/2 cup butter melted

1 teaspoon fresh parsley finely chopped

1 teaspoon fresh thyme finely chopped

1 teaspoon fresh rosemary finely chopped

3 cloves garlic minced



INSTRUCTIONS

1. Wash and scrub the potatoes. Slice the potatoes thinly leaving a half an inch base at the bottom.
2. Salt and pepper the potatoes.
3. In a small bowl combine melted butter, parsley, thyme, rosemary and garlic.
4. Place the potatoes in the bottom of your air fryer basket. Brush the garlic herb butter along the tops of the potatoes.
- 5.
6. Cook at 360 degrees for 15-20 minutes or until tender.

NUTRITIONAL INFORMATION

Calories 384

Fat 23g

Protein 4g

Sugars 1g

Carbohydrates: 31g

Air Fryer Garlic-Rosemary Brussel Sprouts

Taste of Home



4 servings



30 minutes

INGREDIENTS

3 tablespoons olive oil

2 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon pepper

1 pound Brussels sprouts, trimmed and halved

1/2 cup panko bread crumbs

1-1/2 teaspoons minced fresh rosemary



INSTRUCTIONS

1. Preheat air fryer to 350°. Place first 4 ingredients in a small microwave-safe bowl; microwave on high 30 seconds.
2. Toss Brussels sprouts with 2 tablespoons oil mixture. Place Brussels sprouts on tray in air-fryer basket; cook 4-5 minutes. Stir sprouts. Cook until sprouts are lightly browned and near desired tenderness, about 8 minutes longer, stirring halfway through cooking time.
3. Toss bread crumbs with rosemary and remaining oil mixture; sprinkle over sprouts. Continue cooking until crumbs are browned and sprouts are tender, 3-5 minutes. Serve immediately.

NUTRITIONAL INFORMATION

Calories 164

Fat 11g

Protein 5g

Sugars 3g

Carbohydrates: 15g