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Air Fryer



Air Fryer Potato Pancakes



Air-Fried Breakfast Bombs



Air Fryer Chicken Wings



Air Fryer Buffalo Chicken
Zucchini Skins



Air Fryer Turkey Eggplant Parmesan



Air Fryer Kale Chips

Air Fryer French Toast

Feel Good Foodie



4 servings



10 minutes

INGREDIENTS

3 large eggs

½ cup milk

1 teaspoon vanilla extract

½ teaspoon cinnamon

Pinch salt

8 slices brioche bread



INSTRUCTIONS

1. Preheat the air fryer 375°F and line the air fryer with parchment paper if needed.
2. In a large shallow bowl, whisk together the eggs, milk, vanilla, cinnamon and a pinch of salt.
3. Dip each piece of bread into the egg mixture and then flip it over to coat both sides. Place the french toast sticks in the air fryer and repeat with as many pieces as will fit in the air fryer at once, about 8-12 pieces.
4. Cook for 5-6 minutes, or until the french toast is golden brown and puffed.
5. Serve the french toast sticks warm with maple syrup and powdered sugar, if desired

NUTRITIONAL INFORMATION

Calories 374

Fat 10g

Protein 15g

Sugars 4g

Carbohydrates: 53g

Air Fryer Sweet Potato & Bacon Hash

Rachel Cooks



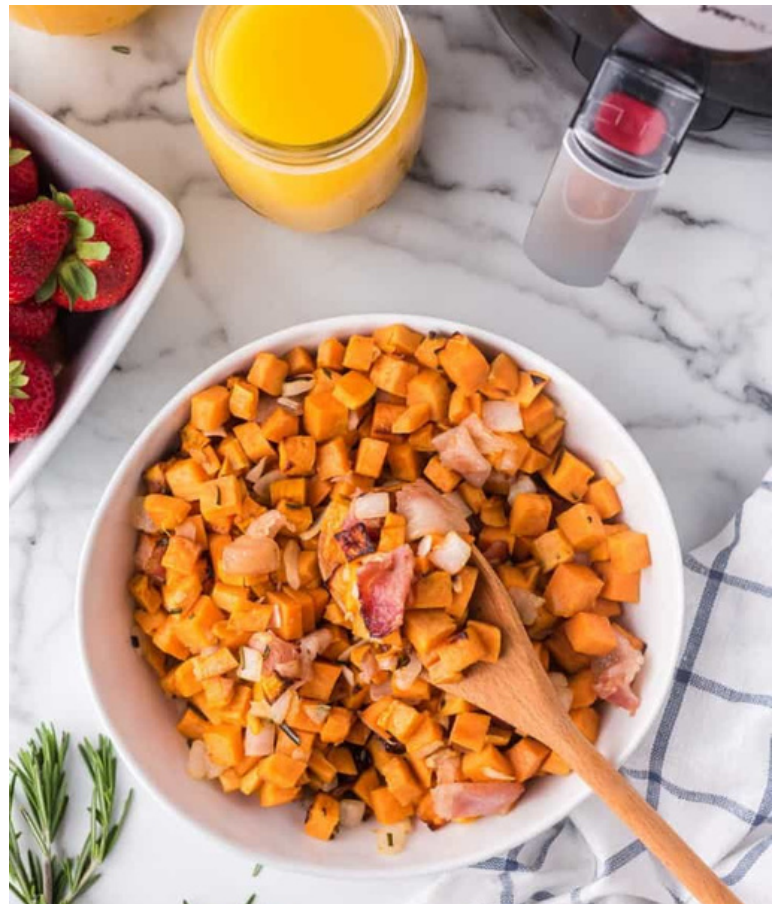
4 servings



20 minutes

INGREDIENTS

- 4 strips of bacon, diced
- 2 tablespoon dark brown sugar
- 2 sweet potatoes, cut into 1/2-inch cubes (approximately 3 cups)
- 1/2 cup diced yellow onion
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried rosemary)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper



INSTRUCTIONS

1. Preheat air fryer to 400°F.
2. In a small bowl, sprinkle diced bacon with brown sugar, mix to coat, and set aside.
3. In a larger mixing bowl, combine diced sweet potatoes, onion, olive oil, rosemary, salt, and pepper. Stir until potatoes are well coated.
4. Add mixture to preheated air fryer and cook for 8 minutes.
5. Open basket, stir mixture, and add brown sugar-coated bacon to the hash (just sprinkle it on top). Return to the air fryer and cook for 6 minutes.
6. Stir again and cook for an additional 6 to 7 minutes, or until the potatoes are lightly crispy on the outside and soft on the inside, and the bacon is crispy and cooked all the way through.

NUTRITIONAL INFORMATION

Calories 199

Fat 11g

Protein 5g

Sugars 10g

Carbohydrates: 20g

Air Fryer Ham & Egg Pockets

Taste of Home



2 servings



25 minutes

INGREDIENTS

- 1 large egg
- 2 teaspoons 2% milk
- 2 teaspoons butter
- 1 ounce thinly sliced deli ham, chopped
- 2 tablespoons shredded cheddar cheese
- 1 tube (4 ounces) refrigerated crescent rolls



INSTRUCTIONS

1. Preheat air fryer to 300°. In a small bowl, combine egg and milk. In a small skillet, heat butter until hot. Add egg mixture; cook and stir over medium heat until eggs are completely set. Remove from the heat. Fold in ham and cheese.
2. Separate crescent dough into 2 rectangles. Seal perforations; spoon half the filling down the center of each rectangle. Fold dough over filling; pinch to seal. Place in a single layer on greased tray in air-fryer basket. Cook until golden brown, 8-10 minutes.

NUTRITIONAL INFORMATION

Calories 326

Fat 20g

Protein 12g

Sugars 6g

Carbohydrates: 25g

Air Fryer Potato Pancakes

Temecula Blog



6 servings



20 minutes

INGREDIENTS

2 c mashed potatoes

1 c cheddar cheese

2 green onions diced

1 egg

1/2 c all purpose flour

1 pinch salt and pepper to taste



INSTRUCTIONS

1. In a bowl mix all ingredients together. Preheat air fryer to 380 degrees F for 5 minutes. Lay a small piece of non stick aluminum foil in your air fryer basket, or spray foil with olive oil spray.
2. Make patties that use about 1/4 c. of your mixture. Lay on foil without overlapping patties.
3. Cook for 8 minutes, then flip patties over and cook an additional 5-8 minutes or until the outsides are as crispy as you'd like.
4. Top with sour cream, salt and pepper and diced chives.

NUTRITIONAL INFORMATION

Calories 196

Fat 7g

Protein 8g

Sugars 1g

Carbohydrates: 25g

Air-Fried Breakfast Bombs

Two Peas & Their Pod

 2 servings  25 minutes

INGREDIENTS

- 3 center-cut bacon slices
- 3 large eggs, lightly beaten
- 1 ounce 1/3-less-fat cream cheese, softened
- 1 tablespoon chopped fresh chives
- 4 ounces fresh prepared whole-wheat pizza dough
- Cooking spray



INSTRUCTIONS

1. Cook bacon in a medium skillet over medium until very crisp, about 10 minutes. Remove bacon from pan; crumble. Add eggs to bacon drippings in pan; cook, stirring often, until almost set but still loose, about 1 minute. Transfer eggs to a bowl; stir in cream cheese, chives, and crumbled bacon.
2. Divide dough into 4 equal pieces. Roll each piece on a lightly floured surface into a 5-inch circle. Place one-fourth of egg mixture in center of each dough circle. Brush outside edge of dough with water; wrap dough around egg mixture to form a purse, pinching together dough at the seams.
3. Place dough purses in single layer in air fryer basket; coat well with cooking spray. Cook at 350°F until golden brown, 5 to 6 minutes, checking after 4 minutes.

NUTRITIONAL INFORMATION

Calories 305

Fat 15g

Protein 19g

Sugars 1g

Carbohydrates: 26g

Air Fryer Chicken Wings

Feel Good Foodie



2 servings



23 minutes

INGREDIENTS

Nonstick cooking spray for air fryer basket

1 pound chicken wings split into flats and drumettes

1 tablespoon olive oil

½ teaspoon paprika

½ teaspoon garlic powder

Salt and pepper to taste

Chopped parsley for serving

Ranch dressing for serving



INSTRUCTIONS

1. Preheat the air fryer to 380°F. When heated, spray the basket with cooking spray.
2. Pat the chicken wings dry. Then transfer them to a large bowl. Toss the wings with olive oil, paprika and garlic powder; then season with salt and pepper.
3. Place the chicken wings in the air fryer so they are not touching. Cook for 10 minutes, then increase the temperature to 400°F, and cook until crisp and golden, about 6-8 more minutes.
4. Garnish the chicken wings with parsley, and serve with ranch dressing on the side, if desired

NUTRITIONAL INFORMATION

Calories 433

Fat 36g

Protein 23g

Sugars 1g

Carbohydrates: 3g

Air Fryer Falafel

Skinny Taste



4 servings



2 hrs 24mins

INGREDIENTS

- 1 (15.5 ounce can) chickpeas, rinsed and drained
- 1 small yellow onion, quartered
- 3 cloves garlic, roughly chopped
- 1/3 cup roughly chopped parsley
- 1/3 cup roughly chopped cilantro
- 1/3 cup chopped scallions
- 1 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon baking powder
- 4 tablespoons all purpose flour, plus more for dusting
- olive oil spray

Optional for serving:

- hummus, sliced tomatoes, sliced cucumber, thinly sliced red onion, pita, tahini, etc



INSTRUCTIONS

1. Dry the chickpeas on paper towels.
2. Place the onions and garlic in the bowl of a food processor fitted with a steel blade. Add the parsley, scallions, cilantro, cumin, salt, and red pepper flakes.
3. Process until blended 30 to 60 seconds, then add the chickpeas and pulse 2 to 3 times until just blended, but not pureed.
4. Sprinkle in the baking powder and the flour, scrape the sides of the bowl down with a spatula and pulse 2 to 3 times.
5. Transfer to a bowl and refrigerate, covered, 2 to 3 hours.
6. Form the falafel mixture into 12 balls, if it's too sticky add some flour to your hands and your work surface.
7. Preheat the air fryer 350F.
8. Spray the falafel with oil. Cook 14 minutes, in batches until golden brown, turning halfway.

NUTRITIONAL INFORMATION

Calories 134

Fat 2g

Protein 6g

Sugars 1g

Carbohydrates: 24g

Air Fryer Chick-Fil-A Crispy Chicken Sandwich

Mealthy



4 servings



20 minutes

INGREDIENTS

2 boneless, skinless chicken breasts, halved and pounded

1/2 cup pickle juice

1/2 cup milk

2 eggs

1 cup all purpose flour

1 tablespoon powdered sugar

1 teaspoon paprika

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon garlic powder

cooking oil spray

4 hamburger buns, toasted

8 pickle slices



INSTRUCTIONS

1. Place chicken in a large bowl and pour in pickle juice. Cover and refrigerate for 30 minutes.
2. Preheat air fryer to 340°F (170°C).
3. Whisk milk and eggs together in a bowl until well combined.
4. Mix flour, powdered sugar, paprika, salt, pepper, and garlic powder together in a separate bowl.
5. Remove chicken from pickle juice and discard pickle juice.
6. Coat chicken in egg mixture and then dip into flour mixture, ensuring chicken is completely coated. Shake off excess flour.
7. Spray air fryer basket or rack (depending on model) with cooking oil.
8. Place chicken side-by-side inside air fryer basket or rack, working in batches if needed, and lightly mist chicken with cooking spray oil.
9. Cook chicken in the air fryer for 6 minutes. Flip chicken, lightly mist with additional cooking oil spray, and cook for 6 minutes more.
10. Increase temperature of air fryer to 400°F (200°C) degrees and continue cooking until chicken is no longer pink in the center and is crispy on the outside, about 4 minutes more on each side.
11. Carefully remove chicken from air fryer and serve on toasted buns with 2 pickle slices on each sandwich.

NUTRITIONAL INFORMATION

Calories 495

Fat 14g

Protein 36g

Sugars 13g

Carbohydrates: 58.8g

Air Fryer Buffalo Chicken Zucchini Skins

Eating Bird Food

 8 servings  25 minutes

INGREDIENTS

2 large zucchini, about 9 ounces each

olive oil spray

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon paprika

Buffalo Chicken Stuffing:

- 7 ounce shredded skinless chicken breasts, from rotisserie chicken or make in slow cooker
- 1 ounces 1/3 less fat cream cheese, softened
- 1/4 cup Franks hot sauce, plus more for drizzling on top
- 4 teaspoons crumbled blue cheese or gorgonzola
- 1/4 cup light Blue Cheese or Ranch Dressing
- 2 tablespoons chopped scallions



INSTRUCTIONS

1. Combine the cream cheese and hot sauce together in a medium bowl until smooth. Add the chicken.
2. Cut zucchini in half lengthwise; then cut in half to give you 8 pieces. Scoop out the pulp on each piece, leaving a 1/4-inch shell on all sides (save pulp for another use).
3. Place zucchini skins on a work surface. Spray both sides with olive oil then season both sides with salt, then cut side with garlic powder and paprika.
4. Cook 350F in batches for 8 minutes, until tender-crisp. Place 3-4 tablespoons buffalo chicken inside each skin and top with 1/2 teaspoon cheese, dividing equally. Cook until cheese is melted, about 2 minutes longer. Serve right away each drizzled with 1/2 tablespoon blue cheese dressing topped with scallions for garnish. Serve hot.

NUTRITIONAL INFORMATION

Calories 80

Fat 3g

Protein 9.5g

Sugars 2g

Carbohydrates: 3.5g

Easy Air Fryer Turkey Meatballs

A Peachy Plate



24 servings



20 minutes

INGREDIENTS

1 pound 93/7 ground turkey meat (93% turkey, 7% fat)

½ cup panko crumbs

¼ cup freshly grated parmesan

1 egg

½ tablespoon tamari or soy sauce

½ teaspoon salt

¼ teaspoon ground pepper

½ teaspoon oregano

½ teaspoon dried basil

½ teaspoon garlic powder



INSTRUCTIONS

1. Preheat air fryer at 400 degrees Fahrenheit
2. In a bowl, combine all ingredients and mix well.
3. Form meatballs into 1 inch round balls.
4. Add meatballs to the basket in a single layer, about ½ inches apart.
5. Air Fry for 8 to 9 minutes.

NUTRITIONAL INFORMATION

Calories 62

Fat 3g

Protein 7g

Sugars 1g

Carbohydrates: 2g

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

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

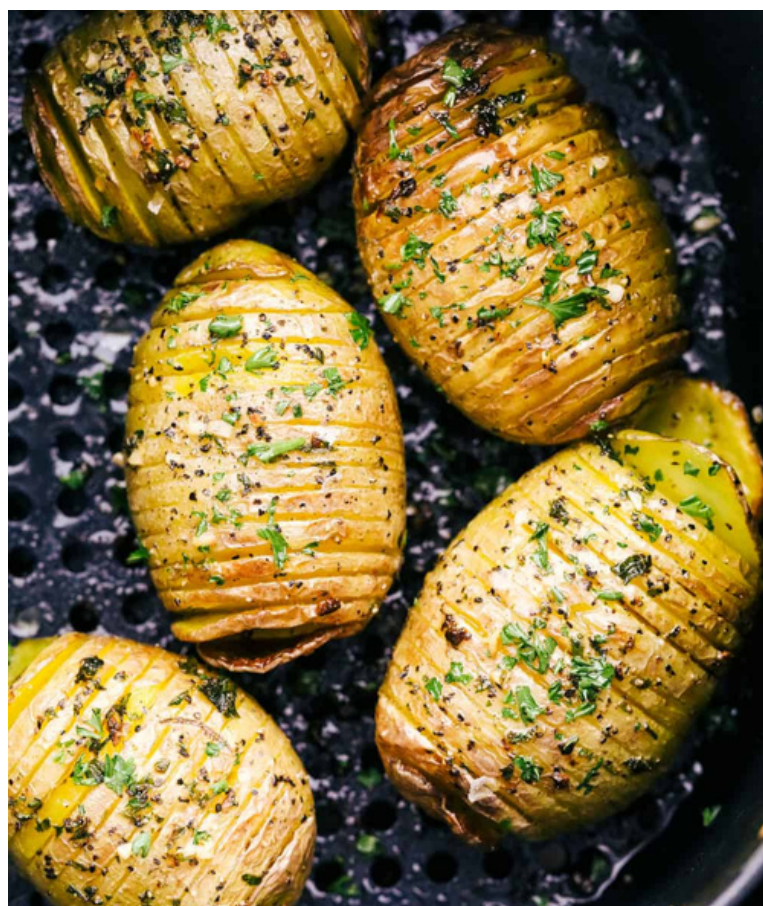
1/2 cup butter melted

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