

## Air Fryer Basics

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*AF means Air Fryer*

### Procedure

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- 1 Only a mesh basket, designed for solid foods, comes with the fryer. You can buy bowls or use anything that fits in the fryer, allows some room for the air to circulate and is oven safe.
- 2 -
- 3 Like an oven, some recipes call to preheat the AF for about 5 minutes.
- 4 -
- 5 Adapting recipes: The majority of recipes call for 400 degrees. Take your oven recipe and decrease the temperature by about 30 degrees and cut the time in half and adjust from there.
- 6 -
- 7 Most recipes will be improved if you stop the cooking midway and shake the product to allow airflow to previously 'hidden' food surfaces. Some recipes need shaking/stiring multiple times to get optimal crispiness.
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# Weight Management

## Recipe Tips

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### Weight

To maintain your current weight, follow this formula:

Write your current body weight in the equation that fits your activity level and gender. Then, multiply.

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- Moderately active male:

\_\_\_\_\_ pounds x 15 calories = \_\_\_\_\_ total calories per day.

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- Relatively inactive male:

\_\_\_\_\_ pounds x 13 calories = \_\_\_\_\_ total calories per day.

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- Moderately active female:

\_\_\_\_\_ pounds x 12 calories = \_\_\_\_\_ total calories per day.

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- Relatively inactive female:

\_\_\_\_\_ pounds x 10 calories = \_\_\_\_\_ total calories per day.

<http://umm.edu/programs/heart/health/the-heart/calories>

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So an inactive 120 pound woman should consume no more than 1200 calories per day to maintain her weight.

Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500 calories per day to lose about 1 pound per week.

To burn 100 calories you have to run 1 mile.

## "Doughnuts"

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- 1 can Pillsbury Crescent Rolls      1 Tbs cinnamon-sugar

### Procedure

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- 1 Unroll dough and at the wide part fold in over and at the narrow part at the bottom fold it up to have it double in thickness. Then form into a ring and press.
- 2 Spread cinnamon sugar on a plate. Place first doughnut onto plate, both sides, to somewhat coat.
- 3 Spray basket and then put doughnut into basket. Do not allow doughnuts to touch each other. Quickly spray doughnuts with oil.
- 4 Cook for 5 full minutes shaking once during the cooking.

Servings: 8

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 92 calories, 0 calories from fat, 3g total fat, 0mg cholesterol, 220mg sodium, <1mg potassium, <1g carbohydrates, 0g fiber, 3.5g sugar, 2g protein.

## Biscuits-Canned

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*Psst Brand canned biscuits are milk and egg free. They are the ONLY ones that are in a Kroger/Harris Teeter store.*

- 1 Can Psst Brand (Kroger) canned biscuits

### Procedure

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- 1 You can use an oven proof metal pan that fits in your AF or you can cut the bottom from an aluminum pie pan and use it. You MIGHT be able to use aluminum foil. By using metal on the bottom of the AF the bottom of the biscuits will brown nicely. Still works just right on the AF basket, they are just not browned on the bottom.
- 2 Whether using the bottom of a pie pan like I did or another method, spray the surface that will come in contact with the biscuits. Arrange the biscuits in a circle around the AF.
- 3 Cook at 400 degrees for 7 minutes. (8 minutes darkened the top too much).

## Biscuits-Box Mix

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*Bisquick or Aldi brand biscuit mix are accidently vegan*

- 1 batch biscuit dough

### Procedure

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- 4 You can use an oven proof metal pan that fits in your AF or you can cut the bottom from an aluminum pie pan and use it. You MIGHT be able to use aluminum foil. By using metal on the bottom of the AF the bottom of the biscuits will brown nicely. Still works just right on the AF basket, they are just not browned on the bottom.
- 5 Whether using the bottom of a pie pan like I did or another method, spray the surface that will come in contact with the biscuits. Arrange the biscuits in a circle around the AF.
- 6 Cook at 400 degrees for 8 minutes. Oven Temperature: 400°F

## Boca Burger

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- 1 Boca veggie burger

### Procedure

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- 1 Put frozen burger patty in AF. Set time for 6 minutes. Flip at 3.
- 2 If doing more than 1 burger, 3 Boca will fit, then add 1 minute.

Oven Temperature: 400°F

## Tater Tots (frozen)

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*NOTE: Check the bag to make sure no milk was added. No cholesterol or puss is needed for this recipe!*

15 oz Tater Tots

### Procedure

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- 1 A bag is usually 32 ounces. You can cook 1/2 bag at once. They are greasy enough you do NOT need to spray them with oil.
- 2 Set AF for 16 minutes. Stir half way through to allow for even cooking.
- 3 Check them 2 minutes before they are done and see if they need to be stirred again and if they will be done. Can cook as long as 18 minutes if desired.

Servings: 4

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 200 calories, 90 calories from fat, 10g total fat, 0mg cholesterol, 425mg sodium, 1.3g fiber, 1.3g protein.

## Brussels Sprouts (Frozen)-AF

2 cups Brussels's  
sprouts  
(frozen)      1/2 tsp onion  
powder  
2 tsp season salt



### Procedure

- 1 Mix dry ingredients in a container with a lid. Reserve half in a separate container.
- 2 Allow to defrost at least 90% of the way. Can microwave them to defrost them if needed. Cut them in half.
- 3 Put half of them in with half the spices, put on lid, shake to coat.
- 4 Spray bottom of AF. Lay veggies along bottom-they can touch. Then repeat with remaining veggies until AF basket is covered.
- 5 Bake in AF by setting timer to 13 minutes. Shake/turn/flip at 7 minutes and at 11 minutes monitor to see how crisp you want it.
- 6 -

Servings: 2

Yield: Shrinks to about 1/3 cup/serving

Oven Temperature: 400°F

### Nutrition Facts

Nutrition (per serving): 44 calories, 4 calories from fat, <1g total fat, 0mg cholesterol, 1377.4mg sodium, 375.9mg potassium, 8.9g carbohydrates, 4g fiber, <1g sugar, 3.9g protein.

## Buffalo Cauliflower wings

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*I used regular bread crumbs and it worked fine!*

1 cup panko                                  1/4 cup buffalo sauce  
1/4 cup dairy free margarine      4 cups cauliflower florets

### Procedure

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- 1 Melt margarine in coffee cup into which you can dunk cauliflower to coat. Add buffalo sauce.
- 2 Dunk cauliflower in sauce, dredge in panko, lay on AF basket.
- 3 AF 14-17 minutes depending on size of cauliflower. Shake every 3-5 minutes and check for doneness. Will be browned when done.
- 4 If just doing a few and they do not overlap 10 minutes is enough.

Servings: 4

Yield: 1 cup per serving

Oven Temperature: 350°F

### Nutrition Facts

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Nutrition (per serving): 212 calories, 96 calories from fat, 10.7g total fat, 0mg cholesterol, 246.9mg sodium, 351.9mg potassium, 24.4g carbohydrates, 3.2g fiber, 3.6g sugar, 5.5g protein.

### Source

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Author: <https://www.youtube.com/watch?v=U6BPVS9o2cE>



## Buffalo Cauliflower wings-Preferred

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1/4 cup buffalo sauce

4 cups cauliflower florets

### Procedure

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- 1 Pour wing sauce into coffee cup into which you can dunk cauliflower to coat.
- 2 Dunk cauliflower in sauce, lay on AF basket.
- 3 AF 10-12 minutes depending on size of cauliflower and amount that you put into the basket. Shake every 3-5 minutes and check for doneness. Will be browned when done.
- 4 If just doing a few and they do not overlap 10 minutes is enough.

Servings: 4

Yield: 1 cup per serving

Oven Temperature: 350°F

### Nutrition Facts

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Nutrition (per serving): 25 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 49.2mg sodium, 299mg potassium, 5g carbohydrates, 2g fiber, 1.9g sugar, 1.9g protein.

### Source

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Author: <https://www.youtube.com/watch?v=U6BPVS9o2cE>

## Crispy Fat-Free Spanish Potatoes

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*The aquafaba and tomato paste should just barely moisten the potatoes. If you use too much, it can be hard to get them to crisp up, so that's why I use so little. It's the paprika and other spices that you really want to make sure coat the potatoes completely.*

1 1/2 lbs	small red potatoes	1	tsp	smoked Spanish paprika
1	tsp	salt optional		
1	Tbs	aquafaba or water (liquid from cooked chickpeas)	1	tsp
				hot smoked paprika or 3/4 tsp. sweet smoked paprika plus 1/4 tsp. cayenne pepper
1	tsp	tomato paste		
1/2	Tbs	brown rice flour or flour of your choice	1/2	tsp
			1/2	tsp
				salt

### Procedure

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- 1 Wash the potatoes well. Cut the small ones in half, medium ones in quarters, and large ones into sixths. Potatoes should be about 1 1/2-inch at widest point.
- 2 Boil the potatoes until just soft using one of the following methods. Using an Instant Pot or pressure cooker: Place the potatoes in the pot with 1 cup water. Add one teaspoon salt, if desired. Seal and set to cook on high pressure for 4 minutes (use manual setting on Instant Pot). Quick release the pressure after 4 minutes at high pressure. On the stove: Place potatoes and optional salt in a saucepan. Cover with cold water. Bring to a boil and cook until potatoes are just tender, about 10-20 minutes.
- 3 Drain potatoes well and put them in a large bowl.
- 4 Combine the aquafaba and tomato paste in a small bowl. In another small bowl, mix the flour with the remaining ingredients.
- 5 Add the tomato paste mixture to the potatoes, using a silicone spatula or spoon to gently coat all the potatoes. Sprinkle the dry seasonings on the potatoes, stirring gently with the spatula until all are coated.
- 6 In an air fryer: Set the air fryer to 360F and preheat for 3 minutes. Add the potatoes to the basket and set the timer for 12 minutes. Shake the basket every 6 minutes, using a

spatula to loosen any potatoes that have stuck to the bottom. Potatoes are done when they are crispy but not rock-hard. Air-Fryers vary, so they may take from 12-20 minutes. Add additional time as necessary.

- 7 In the oven: Preheat oven to 400F. Line a baking sheet with parchment paper or a silicon baking mat. Spread the potatoes in a single layer on the prepared sheet. Bake for 10 minutes. Use a spatula to turn the potatoes and bake for another 10 minutes. Check for crispiness and add additional time as needed. Potatoes are done when they are crispy on the outside and tender inside.

### Nutrition Facts

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Nutrition (per serving): 547 calories, 18 calories from fat, <1g total fat, 0mg cholesterol, 3573.1mg sodium, 3769.1mg potassium, 124.5g carbohydrates, 11.3g fiber, <1g sugar, 14.6g protein.

### Source

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Author: <http://blog.fatfreevegan.com/2017/01/crispy-fat-free-spanish-potatoes.html>

## French Fries-Homemade

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*I think it works fine without the spray but they will be more browned with it. Do not use flour as the starch, it has a "strange" flavor on the cooked fries.*

1 medium Potato

### Procedure

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- 1 Slice potato into long, very thin strips.
- 2 Place in a container that has a lid. Quickly spray with oil and shake. Then sprinkle a little cornstarch (1 teaspoon) on top and shake. Place in AF basket. Try not to have them overlap- the AF works by air running across the surface of the food.
- 3 Cook for 12 minutes. To provide even cooking, expose previously covered surface areas and check for doneness, flip fries after 6-7 minutes and then shake the basket once more before they are done. Adjust cooking up or down as needed.
- 4 -
- 5 Time for 2 potatoes is 15 minutes.

Servings: 1

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 164 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 12.8mg sodium, 896.7mg potassium, 37.2g carbohydrates, 4.7g fiber, 1.7g sugar, 4.3g protein.

## French Fries-Homemade seasoned

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1 medium	Potato	1 tsp	garlic powder
1 tsp	onion powder	1 tsp	season salt

### Procedure

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- 1 Slice potato into long, very thin strips.
- 2 Place in a container that has a lid. Quickly spray with oil and shake.
- 3 Then sprinkle a with half the spices, put on lid, shake to coat. Put fries in AF. Repeat with remaining fries. Try not to have them overlap-the AF works by air running across the surface of the food.
- 4 Cook for 12 minutes. To provide even cooking, expose previously covered surface areas and check for doneness, flip fries after 6-7 minutes and then shake the basket once more before they are done. Adjust cooking up or down as needed.
- 5 -
- 6 Time for 2 potatoes is 15 minutes.

Servings: 1

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 186 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 1383.4mg sodium, 957.4mg potassium, 42g carbohydrates, 5.4g fiber, 1.9g sugar, 5.2g protein.

## Green Beans (frozen)

### Procedure

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- 1 400 degrees for 5 minutes, shake and another 4-5. Ok, maybe stir with spices first like Brussels Sprouts.

## Hush Puppies

1 1/2	cups	corn meal	1	Tbs	baking powder
8	oz	cream corn	1 1/2	tsp	salt
1/3	cups	almond milk	1/4	tsp	Old Bay Spice
1		small onion minced	1/2	cup	
2	cloves	garlic, minced			Splenda
1	cup	whole wheat pastry flour	1 1/2	tsp	black pepper



### Procedure

- 1 Mix all ingredients in a bowl. Take 2-3 tablespoons of the mixture and form into a ball. Spray all then flip and spray again so they are sprayed on both sides.
- 2 Oven: Bake the balls for 15 minutes and then flip and bake 10 minutes more until golden.
- 3 AF:400 degrees for 12-15 minutes shaking every 3 minutes. Spray with after cooking for 6 minutes to help firm up outside.

Servings: 30

Yield: 1 hushpuppy/serving

Oven Temperature: 350°F

### Nutrition Facts

Nutrition (per serving): 53 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 187.5mg sodium, 25.9mg potassium, 9.6g carbohydrates, 1g fiber, 1.7g sugar, 1.2g protein.

### Recipe Type

Side Dish, Vegan - Plant Based

### Source

Source: <http://www.vegan-food.net/recipe/122/Hush-Puppies/>

Web Page: <http://www.tasteofhome.com/recipes/hush-puppy-mix>

## Okra circles-AF

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2 cups chopped okra    1 1/2 tsp garlic powder  
 1 1/2 tsp onion powder    1 Tbs season salt



### Procedure

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- 1 Mix dry ingredients in a container with a lid. Reserve half in a separate container.
- 2 If using frozen cut okra, allow to defrost at least 90% of the way. Put one half of the okra in with half the spices, put on lid, shake to coat. Put okra in AF. Repeat with remaining okra.
- 3 Bake in AF by setting timer to 18 minutes. Shake at 7 minutes and 16 minutes and then monitor to see how crisp you want it. Cook about 18-19 minutes total for 2 cups.
- 4 -
- 5 If using oven, cook in 400-450 degree oven for 5 minutes, flip, cook 5 more minutes, flip. Take out the thinner/smaller ones and put larger ones back in for 5 minutes as often as needed until as crisp as desired-about 15-20 minutes. Will shrink as they dry so plan accordingly.

Servings: 4

Yield: Shrinks to about 1/3 cup/serving

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 32 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 1031.4mg sodium, 188.9mg potassium, 7.1g carbohydrates, 2.2g fiber, <1g sugar, 1.5g protein.

### Source

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Source: <http://blog.fatfreevegan.com/2006/08/roasted-okra.html>



## Pickles

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*The AF slightly dehydrates them which makes them seem a bit salty.*

*I tried both using cornstarch and without and did not see a difference so no need to do an extra step.*

3/4 cup dill pickle slices

### Procedure

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- 1 Put pickles in AF and set time and temperature to cook for 15 minutes.
- 2 After 5 minutes manually flip the pickles over because they will be starting to crisp on top but very soft on the bottom.
- 3 Shake pickles every 3 minutes until desired doneness.

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 13 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 938.4mg sodium, 98.7mg potassium, 2.8g carbohydrates, 1.2g fiber, 1.4g sugar, <1g protein.

## Sweet Potato Fries

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*Much sweeter tasting and less greasy than frozen, prepackaged fries.*

2	medium	1/2	tsp	seasoned
	sweet			salt
	potatoes,	1/2	tsp	ground
	cut into			cumin
	wedges or	1/2	tsp	black
	fries			pepper
1/2	tsp	1/2	tsp	garlic
	cinnamon			powder



### Procedure

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- 1 Combine all spices in a small bowl. Cut sweet potatoes into equal diameter size fry pieces. Cooking time is impacted by depth of fries but not by length.
- 2 Put a handful or two of fries in a baggie or a container with a lid. If they have no moisture, then wet your hand before handling fries to put a little moisture on the fry to let the spices adhere. Sprinkle some of the spices over the fries.
- 3 Seal and shake until wedges are completely covered in seasoning. Spray AF basket. Place sweet potatoes in basket- do not overlap them. AF for 13-15 minutes or until very tender. Shake after cooking 6 minutes.
- 4 -oven method
- 5 Place sweet potatoes on a baking sheet (do not overlap) coated with vegetable oil spray if necessary (usually they do not stick and spray not needed). Bake at 450 degrees for 20 minutes or until very tender, flipping potatoes once during cooking. If you put them on a dark pan and put the pan on the lowest oven shelf they will crisp the best.

Servings: 2

Yield: 1 cup per serving

Oven Temperature: 400°F

### **Nutrition Facts**

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Nutrition (per serving): 120 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 414.8mg sodium, 466.5mg potassium, 28g carbohydrates, 4.5g fiber, 5.5g sugar, 2.4g protein.

### **Recipe Type**

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Side Dish, Vegan - Plant Based

### **Source**

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Source:

[http://www.nutritionmd.org/recipes/view.html?recipe\\_id=629](http://www.nutritionmd.org/recipes/view.html?recipe_id=629)

## Zuke Fries

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- 1 zucchini                      1 tsp Cornmeal  
                                         mixed with  
                                         Old Bay  
                                         seasoning



### Procedure

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- 1 Cut zucchini into VERY THIN, long strips.
- 2 AF: Put into container with lid and spray with oil and shake. Next dust with cornmeal or flour. AF at 400 degrees for about 12 minutes, shaking every 4 minutes and checking on crispness.
- 3 Oven: Dip them in water and then roll in cornmeal mixture. Bake for 35 minutes and then put on broil and broil for 4 minutes more to crisp.

Oven Temperature: 350°F

### Nutrition Facts

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Nutrition (per serving): 45 calories, 6 calories from fat, <1g total fat, 0mg cholesterol, 15.9mg sodium, 516.2mg potassium, 8.7g carbohydrates, 2.1g fiber, 5g sugar, 2.6g protein.

### Recipe Type

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Side Dish, Vegan - Plant Based

## Buffalo Tofu Cubes

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*Note, the smaller you cut the tofu cubes, the more the surface area so it will be more surface area to be crispy, and the cooking time decreases.*

1 package	tofu (12 oz)	1 Tbs	rice vinegar
2 Tbs	wing sauce	2 tsp	cornstarch

### Procedure

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- 1 Mix soy sauce and rice vinegar in a bowl with a lid. Cut tofu to size and put in bowl. Put on lid and mix tofu with sauce.
- 2 Sprinkle the starch on the tofu and put lid back on and shake to coat.
- 3 Spray bottom of frier basked. Put tofu in basket. Set timer for 18-20 minutes depending on size of cubes and amount being cooked and desired level of crunchiness. 18 minutes generally works for 1 package dice sized tofu.
- 4 Shake tofu about every 4 minutes to expose new surface areas, keep from sticking to basket and check on progress of cooking. Last 3 minutes quickly spray with oil to get finished frying effect. Add AF tofu to your recipe.

Servings: 12

Yield: 1 ounce per serving

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 4 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 3.6mg sodium, 12.4mg potassium, <1g carbohydrates, <1g fiber, 0g sugar, <1g protein.

### Source

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Author: Modified from:

<https://www.glueandglitter.com/2016/08/12/crispy-air-fried-tofu/>

## Tofu BBQ Sandwich

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*Calories is for tofu and Kraft BBQ sauce.*

*ALSO works well with Korean BBQ sauce found in the International Isle of the grocery store in a jar!!*

*ALSO works well with Buffalo or Louisiana Wing Sauce instead of BBQ sauce.*

12 oz tofu drained

3 Tbs BBQ sauce

### Procedure

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- 1 Cut tofu into somewhat thick slices, about 8-9 of them to provide 2 per sandwich.
- 2 Place a strip of tofu on a plate. Spread BBQ sauce onto one side of the tofu to completely cover.
- 3 Spray bottom of AF basket. Place tofu in basket BBQ Sauce side up. You can fit 5-6 slices in AF with minimal/no overlapping.
- 4 Set timer for 15-16 minutes. Cook for 7 minutes, flip, coat the other side by spooning sauce on top and pressing it lightly into the tofu. Bake another 6 minutes. Check if it needs more BBQ sauce or needs to be flipped again and check how crunchy it is. Cook until desired crispness. Serve as a sandwich with toppings like tomato, lettuce etc.

Servings: 4

Yield: 6 oz per serving

### Nutrition Facts

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Nutrition (per serving): 100 calories, 41 calories from fat, 4.5g total fat, 0mg cholesterol, 158.9mg sodium, 153.1mg potassium, 4.9g carbohydrates, 2g fiber, 3.9g sugar, 8g protein.

## Tofu Cubes for Stir Frys

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*Note, the smaller you cut the tofu cubes, the more the surface area so it will be more surface area to be crispy, and the cooking time decreases.*

- |           |              |       |              |
|-----------|--------------|-------|--------------|
| 1 package | tofu (12 oz) | 1 Tbs | rice vinegar |
| 2 Tbs     | soy sauce    | 2 tsp | cornstarch   |

### Procedure

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- 1 Mix soy sauce and rice vinegar in a bowl with a lid. Cut tofu to size and put in bowl. Put on lid and mix tofu with sauce.
- 2 Sprinkle the starch on the tofu and put lid back on and shake to coat.
- 3 Spray bottom of frier basked. Put tofu in basket. Set timer for 18-20 minutes depending on size of cubes and amount being cooked and desired level of crunchiness. 18 minutes generally works for 1 package dice sized tofu.
- 4 Shake tofu about every 4 minutes to expose new surface areas, keep from sticking to basket and check on progress of cooking. Last 3 minutes quickly spray with oil to get finished frying effect. Add AF tofu to your recipe.

Servings: 12

Yield: 1 ounce per serving

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 5 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 85.6mg sodium, 20.7mg potassium, 1.1g carbohydrates, <1g fiber, <1g sugar, <1g protein.

### Source

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Author: Modified from:

<https://www.glueandglitter.com/2016/08/12/crispy-air-fried-tofu/>

3 One Healthy Recipe

## **Crabless Cakes-Gardein mini crispy**

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1 bag Gardein mini crispy crabless cakes

### **Procedure**

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1 Spray bottom of AF basket. Put frozen crabless cakes in AF. Set time for 10 minutes. Flip at 6.

Oven Temperature: 400°F



3 One Healthy Recipe

## Tofu Bacon Strips-AF

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12 oz	tofu	1 tsp	maple syrup
	drained,	1 tsp	maple extract
	frozen,	1 tsp	vanilla
	defrosted	1 tsp	brown sugar
1/4 cup	soy sauce		
2 tsp	liquid		
	smoke		



### Procedure

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- 1 Once tofu is defrosted, press free of water and cut into strips.
- 2 Cut tofu slightly thicker for AF method than oven method to get the SAME level of crispness. They almost burn/dry out if too thin. Both thickness and number of tofu strips in the basket will affect cooking time.
- 3 Mix liquid ingredients. Thoroughly coat each piece of tofu in the liquid/let it soak in.
- 4 Place tofu strips in AF basket, as many as will fit, probably 6 slices.
- 5 Set AF for 400 degrees and 14 minutes. Flip at 7 minutes. Check at 13 minutes. You can see AND feel when they are done.
- 6 -
- 7 You can cook a LOT of tofu in the oven at 350-400 degrees, just place tofu strips on dark metal pan and cook for 20-25 minutes, flipping at 15 minutes.

Servings: 3 Yield: 4 oz per serving

Oven Temperature: 400°F

### Nutrition Facts

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Nutrition (per serving): 136 calories, 60 calories from fat, 6.1g total fat, 0mg cholesterol, 824.5mg sodium, 248.3mg potassium, 4.6g carbohydrates, 2.9g fiber, 3.3g sugar, 12.6g protein.

Recipe Tips Left over marinade can be frozen. It will not fully harden in freezer but will remain "good" for use at a later time.

### 3 One Healthy Recipe