

Air Fryer Basics

AF means Air Fryer

Procedure

- 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 To provide a "solid" surface over the basket (that has holes in it for air circulation) you can cut the bottom out of a disposable pie pan and insert it on the basket to cover most but not all of the basket.
- 3 -
- 4 Like an oven, some recipes call to preheat the AF for about 5 minutes. I have not found the need to do so.
- 5 -
- 6 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.
- 7 -
- 8 Most recipes will be improved if you stop the cooking midway and shake/flip the product to allow airflow to previously 'hidden' food surfaces. Some recipes need shaking/stiring multiple times to get optimal crispiness.
- 9 Cooking time factors: Denseness of the food (thin tofu/potatoes cook faster than thicker slices), volume of food (just covering the basket vice basket 1/2 full) number of times shaken (an extra shake or flip helps things cook more evenly/all sides).
- 10 Some but NOT all recipes do better with a quick spray of canned oil. Try it first with a quick spray and then without. If not needed, save the time and mess.
- 11 Things that have NOT AF'ed well: store bought dessert hand pies, home made hash browns, even after soaking them before frying them, they turned into shoe string potatoes.

Cutting Cholesterol and Calories - Eggs

Recipe Tips

Many people want to replace eggs these days due to eggs high cholesterol, or to save money, or if they run out during high baking periods like Christmas Cookie season. Each egg replaced saves 186 mg of cholesterol and potentially 72 calories. The Cleveland Clinic recommends consuming no more than 200 mg of cholesterol per day. Each row is a recipe to replace 1 egg. Works well in pancakes, cakes, cookies and quick breads. You may want to reduce your liquid to create a thicker batter which will produce more product lift.

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1/4 cup applesauce per egg replaced, (max 1 cup)

1 tsp baking powder + 1 TBS water + 1 TBS vinegar

1 TBS cornstarch + 3 TBS water

1/2 banana, mashed (medium size) + 1/4 tsp baking powder

2 TBS ground flax seed + 3 TBS water (mix and let sit for 2 minutes until it looks like a gel)

-

Mayonnaise Substitute

1 Tablespoon of mayonnaise has 90 calories and 5 mg of cholesterol. An egg free mayo substitute like Nayonnaise (1 Tablespoon) has 40 calories and no cholesterol. Nayonnaise is found in the health food section of a grocery store and a similar product Vegenaïse is found in the refrigerated section.

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Milk Substitutes

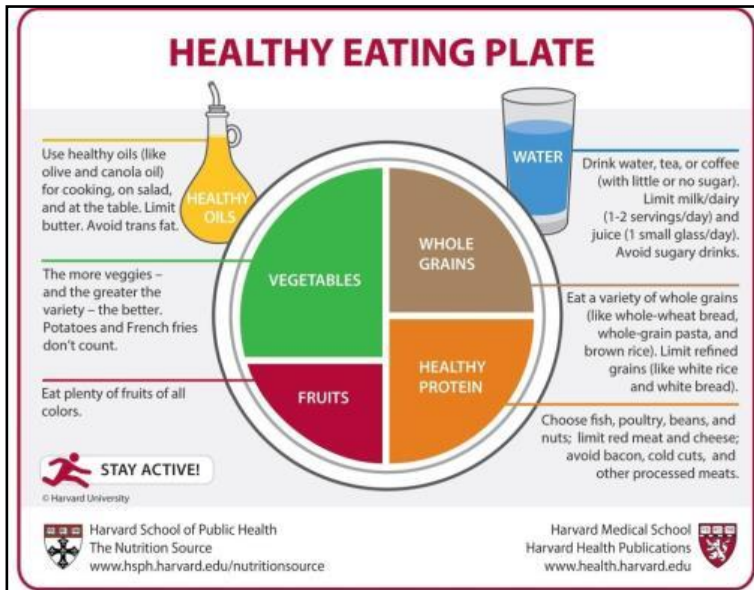
2% dairy milk has 124 calories and 20 mg cholesterol. Replacing it with unsweetened almond milk in recipes saves 94 calories and 20 mg cholesterol.

-

Butter Substitutes

1 Tablespoon of butter has 102 calories and 31 mg of cholesterol. Using Smart Balance with flax seed (only!) is 50 calories and no cholesterol for 1 Tablespoon. To replace stick butter in cooking, Crisco shortening has no cholesterol. Fleischmann's Unsalted Margarine sticks are 80 calories and no cholesterol for 1 Tablespoon.

Nutrition



Recipe Tips

The Healthy Eating Plate was created by nutrition experts at the Harvard School of Public Health. It offers more accurate and complete recommendations for a healthy diet than the USDA's MyPlate. The Healthy Eating Plate is based on up-to-date nutrition research, and it is not influenced by the food industry or agriculture policy. Key Points:

-
- Make most of your meal vegetables and fruits – ½ of your plate!
-
- Go for whole grains – ¼ of your plate!
-
- Remember that low-fat does not mean “healthy.” Americans eat too much meat and not enough vegetables, fruit and whole grains. Low fat processed food tends to have sugar added to replace the missing fat.
-
- Skip sugary drinks, limit milk, dairy products and juice to a small glass per day. Water, not milk, should be served with meals.
-

3 One Healthy Recipe

The amount of carbohydrate in the diet, high or low, is not what matters most for health. The Healthy Eating Plate illustrates the importance of healthy carbohydrates from vegetables, fruits, whole grains, and (in the healthy protein section) beans. Carbohydrates from these foods have a gentler effect on blood sugar and are also naturally rich in fiber, vitamins, and minerals.

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Avoid red and processed meat which increase the risk of heart disease, diabetes, and colon cancer. According to research done at Harvard School of Public Health and elsewhere, following the Healthy Eating Plate guidelines can lead to a lower risk of heart disease and premature death.

www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

Weight Management

Recipe Tips

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.

-

- Moderately active male:

_____ pounds x 15 calories = _____ total calories per day.

-

- Relatively inactive male:

_____ pounds x 13 calories = _____ total calories per day.

-

- Moderately active female:

_____ pounds x 12 calories = _____ total calories per day.

-

- Relatively inactive female:

_____ pounds x 10 calories = _____ total calories per day.

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

-

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.

Breads

"Doughnuts"

- 1 can Pillsbury Crescent Rolls 1 Tbs cinnamon-sugar

Procedure

- 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

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

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

- 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).

Oven Temperature: 400°F

Bisquick Biscuits

2 1/4 cup Bisquick Mix

2/3 cup soy milk

Procedure

- 1 Combine mix and soy milk.
- 2 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.
- 3 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. Make them slightly flatter than for the oven to ensure they cook in the middle. They puff higher in the air fryer!!!
- 4 Cook at 400 degrees for 6-8 minutes. Outside will be REALLY crispy and brown and inside of biscuit will be pillow like soft.

Servings: 9

Oven Temperature: 400°F

Nutrition Facts

Nutrition (per serving): 115 calories, 5 calories from fat, <1g total fat, 0mg cholesterol, 298.3mg sodium, <1g fiber, 1.5g sugar, 2.3g protein.

Buttermilk Biscuits-oven or crock pot or AF (“diet”!)

Photo is Air Fryer cooked.

- | | | | | | |
|-------|------------------------|---------------------|-------|---------------|---------|
| ½ cup | non-dairy milk plus 3T | 1 | Tbs | baking powder | |
| 2 | Tbs | lemon juice | ¼ cup | applesauce | |
| 1 | Tbs | vinegar (distilled) | 1 | Tbs | splenda |
| | | 1/2 | tsp | salt | |
| 1 | Tbs | sugar | | | |
| 2 | cups | all-purpose flour | | | |
| 2 | Tbs | rice flour | | | |
| ½ | tsp | baking soda | | | |



Procedure

- 1 In a medium bowl, whisk together non-dairy milk lemon juice and vinegar. Let sit in freezer or refrigerator for about 10 minutes so the non-dairy milk curdles (ie buttermilk substitute). Mix flour and dry ingredients in large bowl.
- 2 Mix applesauce into non-dairy milk mixture. Add wet to dry and mix just enough to moisten. (reduced handling =fluffier biscuits).
- 3 **Oven Method**
- 4 Spray a 9 x 13” glass pan. Drop or pat the dough into a circle that is 1” high. Place biscuits next to each other (forcing them to rise as they bake vice expand horizontally) and bake for 11 minutes until just done.
- 5 **Crock Pot Method:**
- 6 To get campfire like biscuits at home, cut the bottom of a disposable pie tin to fit the bottom of a crock pot. Place in the bottom of the crock pot. Spray bottom and 1” of the sides lightly with oil. Put about 1” of biscuit dough (about 3/4 of this recipe) onto the metal. Cook on high for 2-2 1/2 hours until toothpick comes out clean. Will be crispy on the sides and bottom but soft on top.

- 7 **Air Fryer Method:** 6 minutes 400 degrees
- 8 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.
- 9 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. Make them slightly flatter than for the oven to ensure they cook in the middle. They puff higher in the air fryer!!!
- 10 Cook at 400 degrees for 6 minutes. Outside will be REALLY crispy and brown and inside of biscuit will be pillow like soft.

Servings: 9 **Oven Temperature: 425°F**

Nutrition Facts

Nutrition (per serving): 123 calories, 3 calories from fat, 0mg cholesterol, 370.1mg sodium;<1g fiber, 3.3g sugar, 3.4g protein.

Recipe Tips

Tips to have them rise without the fat: 1-soymilk has most fat/causes most rising. Ensure ingredients are chilled before use (applies to all biscuit recipes). In a medium bowl, whisk together non-dairy milk lemon juice and vinegar. Let sit in freezer or refrigerator for about 10 minutes so the non-dairy milk curdles (ie buttermilk substitute).

Maximum fluffiness: For maximum fluffy biscuits the additional 3 T non-dairy milk so that it is more like a batter than a dough and do drop biscuits because will be too sticky to roll. Next tip is to flour hands and pat biscuits into a circle shape. Rolling out adds flour to the biscuits because you add the most flour here and the rolling encourages gluten formation which decreases fluffiness.

Any time using the oven, it is wise to SET the oven to 40 degrees higher than you need, then when you insert your baked goods turn it DOWN to the desired temperature. This is most beneficial for the steam release process of baking AND helps compensate for the 30-50 degrees lost when the oven door is opened to insert product.

Out of the Bag

Boca Burger

- 1 Boca veggie burger

Procedure

- 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)

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

- 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

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

Crabless Cakes-Gardein mini crispy

1 bag Gardein mini crispy crabless cakes

Procedure

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

Oven Temperature: 400°F

Battered Mushrooms (from Dollar Tree)

- 1 package Battered Mushrooms WITHOUT CHEESE purchased at Dollar Tree



Procedure

- 1 Put all of the frozen mushrooms from the package single layer onto the AF basket. NO spray oil is needed for the basket or the mushrooms to have them brown and crisp.
- 2 Turn on AF to 370 degrees for 10 minutes. Flip the mushrooms at the 6 minute point, they should be done at 10 minutes.
- 3 Do not defrost the mushrooms first or the dough will fall off the mushrooms as they thaw.

Oven Temperature: 370°F

Spring Rolls (from Dollar Tree)

- 1 package Spring Rolls purchased at Dollar Tree



Procedure

- 1 Put all of the frozen Spring Rolls from the package single layer onto the AF basket. While I have baked in the oven and did not notice that they have an oil coating, this becomes apparent with the AF as NO spray oil is needed for the basket or the rolls to have them brown and crisp.
- 2 Turn on AF to 370 degrees for 9 minutes. Flip the rolls at the 5 minute point, they should be done at 8 minutes.
- 3 I tried at 400 degrees but they cooked too fast on the outside and did not warm enough on the inside.

Oven Temperature: 370°F

Sides

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

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

- 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

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

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

Buffalo Cauliflower wings-Preferred

1/4 cup buffalo sauce

4 cups cauliflower florets

Procedure

- 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

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

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

Crispy Fat-Free Spanish Potatoes

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

- 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

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

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

French Fries-Homemade

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

- 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

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

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

Procedure

- 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

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

- 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			Spl enda
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

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



Procedure

- 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

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

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

Pickles

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

- 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

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

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	cinnamon	1/2	tsp
				garlic
				powder



Procedure

- 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

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

Side Dish, Vegan - Plant Based

Source

Source:

http://www.nutritionmd.org/recipes/view.html?recipe_id=629

Zuke Fries

- | | | | |
|---|----------|-------|--|
| 1 | zucchini | 1 tsp | Cornmeal
mixed with
Old Bay
seasoning |
|---|----------|-------|--|



Procedure

- 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

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.

Main Dishes

Buffalo Tofu Cubes

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

- 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

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

Author: Modified from:

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

Tofu BBQ Sandwich

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

- 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

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

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

- 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

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

Author: Modified from:

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

Tofu Bacon Strips-AF

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

- 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

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.

Popeye's Tofu-Baked or AF

12 oz tofu serves 2 so *DOUBLE* for a family of 4

12 oz	extra firm	¾	tsp	cayenne pepper
	tofu			
1	cup			Dip**
	all purpose flour			vinegar (distilled)
1	Tbs			pepper hot sauce
2	tsp	1/2	cup	non-dairy milk
2	tsp			salt
2	tsp	1	tsp	prepared mustard
2	tsp			2nd Coat
	baking powder	1/2	cup	corn flakes, crushed



Procedure

- 1 Drain tofu and cut into strips (12 oz makes approximately 12 strips).
- 2 Mix flour and dry spices for the coating.
- 3 Step1: Dip: take a plate/container and pour some hot sauce on it and then some vinegar to create a 50/50 mix. Put some coating flour on a second plate. Take tofu slice and dip in sauce/vinegar, flip to coat both sides. Place dunked tofu on the coating flour and spoon flour on top and press into the flour and flour sides.
- 4 If baking in the oven single coat, proceed to step 3. If cooking in the AF single coat, go to that method. If double coating, then place coated tofu on a floured board/container. If you place the tofu on something without flour, as the tofu warms the coating becomes sticky and will stick to whatever you put it on as you coat the other pieces!
- 5 Step 2 (a): If you want to double coat the tofu, then continue. Otherwise proceed to step 3.
- 6 Step 2(b): Take ½ c non-dairy milk and add 1T vinegar to create "buttermilk". Add the mustard and mix. Pour some non-dairy buttermilk on a plate.

- 7 Step 2(c): Take a breaded tofu strip and dunk in “buttermilk” to wet both sides.
- 8 Step 2 (d): Crush cornflakes and then add some coating flour to the cornflakes. Place cornflake coating on a plate. Place moistened tofu on the plate of cornflake flour and coat a second time. (w/o the coating flour, the cornflakes are too bland).
- 9 Step 3: Spread Crisco on pan to “fry” tofu (or more time consuming you can spray all sides of the tofu well and place on pan; spray oil will not spread during cooking so you must ensure flour is coated). Do NOT use cookie sheets or they will prevent crisping; use darker colored pans.
- 10 Bake for 15-20 minutes until desired crispiness depending on thicknesses of slices. Flip them 5 minutes before the end of the cooking time for best results.
- 11 **Air Fryer Method:**
- 12 Follow above until step 3. For AF, coat AF basket with spray oil or wipe with crisco. Place tofu on basket so they DO NOT touch each other. Set AF for 16 minutes.
- 13 Cook for 7 minutes then WITH A SPATULA, gently slip spatula under tofu to flip ensuring breading stays on tofu. If you try to turn with a fork, the breading may peel from the tofu. Put AF back on and check after 7 minutes to see if done to desired crisp level.

Servings: 3

Yield: 4 oz per serving

Oven Temperature: 400°F

Images



3 One Healthy Recipe

Beany Breakfast Sausage Patties- Bake or AF

I have used 1/2 tea fennel powder or the seed, both are good.



Photo is of AF method.

100 calories each if made as 1 of 5 burgers. Freezes well once cooked to use later in biscuit sandwiches.

2	cloves	garlic	1/2	tsp	dried
1		small onion			basil
1		carrot	1/2	tsp	thyme
1/2	tsp	fennel seed	1/2	tsp	red
1 1/2	cups	pinto beans, cooked			pepper flakes to taste
1	Tbs	vital wheat gluten	1/2	tsp	black pepper
1	Tbs	nutritional yeast	1/2	tsp	liquid smoke
1	tsp	smoked paprika	1/2	tsp	maple flavoring
1/2	tsp	oregano	1/2	tsp	
1/2	tsp	rubbed sage	1/8	tsp	cayenne

Procedure

- 1 Fit a food processor with a chopping blade and turn it on. Drop the garlic into the running blades to mince. Add the onion and carrot and pulse several times to chop fine. (Or mince all by hand.)
- 2 Heat a small non-stick skillet and add the vegetables from the food processor along with the fennel seed. Cook until carrots soften, about 4 minutes, adding water by the tablespoon if

3 One Healthy Recipe

needed to prevent sticking. Scrape into a medium-sized mixing bowl.

- 3 Put the pinto beans into the food processor and pulse until they are mostly broken down, but not at paste. Add to the vegetables in the bowl. Add all remaining ingredients to the bowl and stir well. If the mixture seems too runny, add extra flour.
- 4 Sausages:
- 5 Using a 1/8 cup measuring cup, add bean mixture and press it in until it's not quite to the top of the cup. Invert it over the prepared baking sheet and tap lightly, if necessary, to get the mixture to come out. Repeat for remaining bean mixture. Flatten each sausage slightly with a fork or the back of the measuring cup.
- 6 Burgers: Form into 5 patties and flatten.
- 7 Bake for 25 to 30 minutes, until crispy on the outside but moist inside. I flipped 1/2 way through to crisp on both sides. Allow to cool for a few minutes before removing from the baking sheet and serving.
- 8 -
- 9 Air Fryer Method: Make into really thin patties. Spray AF basket and place about 5 in basket so they do not touch. Bake at 400 degrees for 6 minutes. Spray the patties and then flip. Cook 2 minutes more.

Servings: 14 Oven Temperature: 400°F

Nutrition Facts

Nutrition (per serving): 38 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 8mg sodium, 123.1mg potassium, 6.7g carbohydrates, 2.4g fiber, <1g sugar, 2.9g protein.

Source: <http://blog.fatfreevegan.com/2014/05/beany-breakfast-sausage-patties.html>

Taquitos or burrito's- AF

3 flour tortillas 1/2 cup rice, cooked
3/4 cup refried beans

Procedure

- 1 Warm tortillas in microwave for about 15-30 seconds to make them pliable to fold and not break.
- 2 For taquitos place a thin strip of refried beans on the tortilla and wrap tightly like a cigar. For burrito's put 1/3 of the beans and rice on the tortilla but not so much that you cannot roll it. You can roll in the ends like a chimichunga if you want or just roll into a somewhat tight round burrito so the fillings do not fall out.
- 3 Microwave them for about 30-90 seconds so the filling is warmed.
- 4 Spray the AF basket, place the food seam side down. Spray the top of the tortillas. Set AF for 9 minutes.
- 5 Flip the taquitos every 3 minutes until crispy on all sides, spraying the top with every turn. For burritos, cook for 4 minutes and then flip and spray and cook 4-5 minutes more until desired crispiness.

Oven Temperature: 390°F

Lentil potato burgers

Can easily halve the recipe for a family of four.

2	cup	cooked lentils	1	tsp	dried parsley
2	cups	mashed potatoes	1	tsp	dried thyme
½	cup	chopped onion	½	tsp	marjoram
1/2	cup	chopped celery	¼	tsp	dried rosemary
1	cup	bread crumbs	1/8	tsp	pepper
1 ½	tsp	dried sage			

Procedure

- 1 Cook then mash some potatoes. Cook, drain and mash lentils.
- 2 Saute onion and celery about 10 minutes. Combine in a bowl with the remaining ingredients and mix well. Form into 9-10 patties and place on baking sheet, flatten.
- 3 Oven Method: Bake for 20 minutes, flip, flatten and bake an additional 20 minutes.
- 4 -
- 5 Air Fryer Method
- 6 Spray AF basket. You can fit 3 patties in the basket. Cook at 400 degrees for 10 minutes, flip and cook another 8-12 depending on how THICK the patties are and how crispy you want them.

Servings: 9 Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 134 calories, 8 calories from fat, <1g total fat, 0mg cholesterol, 96.5mg sodium, 335.1mg potassium, 25.7g carbohydrates, 5.1g fiber, 2.3g sugar, 6.4g protein.

Source

Source: McDougall Program