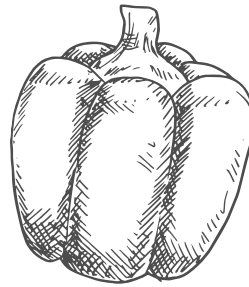


# Get Cooking: AIR FRYERS Recipes

## AIR FRYER VEGETABLES

### INGREDIENTS

- 1 red bell pepper, *chopped*
- 1 cup portobello mushrooms, *halved*
- 1 small zucchini, *cut into 1/2" moons*
- 2 cloves garlic, *minced*
- 1 tablespoon olive oil
- 1/2 teaspoon Italian seasoning
- Salt and pepper, *to taste*
- 1 tablespoon parmesan cheese, *grated*



### DIRECTIONS

1. Preheat air fryer to 380°F
2. Toss all ingredients except parmesan cheese
3. Place in a single layer in the air fryer
4. Cook 6 minutes, toss and sprinkle with parmesan cheese
5. Cook an additional 3-5 minutes or until tender crisp

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## MAPLE GLAZED BUTTERNUT SQUASH

Serves 4

Cook time: 12-15 minutes

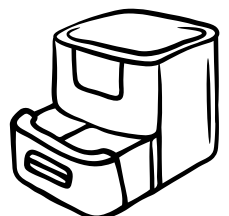
### INGREDIENTS

- 4 cups peeled butternut squash, acorn, or delicata squash, cut into 1-inch cubes
- 1 tablespoon maple syrup
- 2 teaspoons olive or vegetable oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper



### DIRECTIONS

1. Preheat air fryer at 400F
2. In a large bowl mix together all ingredients until squash is evenly coated with oil and maple syrup
3. Spray air fryer basket and crisper tray with nonstick cooking spray
4. Place squash in air fryer basket keep in an even layer
5. Cook 12-15 minutes or until squash is brown and cooked through



# INSIDE OUT DUMPLINGS

Serves 4

Cook time: 10-12 minutes

## DIRECTIONS

1. Preheat air fryer to air fryer at 400F.
  2. Mix all ingredients together
  3. Form into 1-1/2 inch balls
  4. Spray air fryer basket and crisper tray with nonstick cooking spray
  5. Cook 10-12 minutes or until cooked through, cooking in batches if necessary
- Serve over noodles or rice
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## INGREDIENTS

- 1 pound ground pork or beef
- 4 ounces water chestnuts, finely minced
- 3 tablespoons panko breadcrumbs
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon ginger, grated or finely minced
- 1 teaspoon garlic, grated or finely minced
- 1 large scallion, minced
- 1 egg, lightly beaten
- 1/2 teaspoon black pepper

# BBQ ONION RING

Serves 4

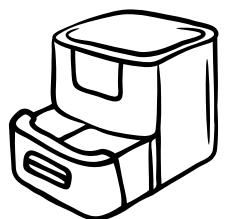
Cook time: 8-10 minutes

## DIRECTIONS

1. Preheat air fryer to air fryer at 400F.
  2. In a shallow pan, combine flour with BBQ seasoning
  3. In a separate pan, beat egg together with buttermilk
  4. Put panko in another separate pan
  5. Working in batches, dip onion rings into seasoned flour, then egg mixture and lastly into panko
  6. Spray air fryer basket and crisper tray with nonstick cooking spray
  7. Place as many onion rings as will fit in a single layer into air fryer basket and spray with a little nonstick cooking spray
  8. Cook in batches if necessary
  9. Cook onion rings for 8-10 minutes until golden brown
- Serve with ranch dressing if desired

## INGREDIENTS

- 1/2 cup all-purpose flour
- 2 teaspoons BBQ seasoning
- 1/2 cup buttermilk, or whole milk
- 1 egg
- 1 cup panko breadcrumbs
- 1 large yellow sweet onion, sliced 1/2-inch thick and separated into rings
- Ranch dressing for serving (optional)



# BLUEBERRY CORNBREAD

Makes one 8-inch round pan

Cook time: 35-45 minutes

## INGREDIENTS

- 1 cup cornmeal
- 1-1/2 cups all-purpose flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 3/4 teaspoon kosher salt
- 1 cup buttermilk or whole milk
- 12 tablespoons unsalted butter, melted and cooled
- 2 large eggs
- 2 cups blueberries, fresh or frozen

## DIRECTIONS

1. Preheat air fryer to bake at 350F
2. Grease bottom and sides of metal baking pan
3. Mix cornmeal, flour, sugar, baking powder and salt together in large bowl  
Toss in blueberries and evenly coat
4. Mix milk, melted butter, and eggs together in separate bowl
5. Stir milk mixture into flour mixture until just combined
6. Transfer batter to prepared pan
7. Bake until golden brown and knife inserted in center comes out clean, 35-45 minutes
8. Check cornbread halfway through baking and cover with foil if top is browning too quickly
9. Let cornbread cool in pan for 20 minutes before slicing

