







# Get Cooking: AIR FRYERS Recipes

#### 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

### MAPLE GLAZED BUTTERNUT SQUASH

#### Serves 4

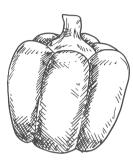
Cook time: 12-15 minutes

#### INGREDIENTS

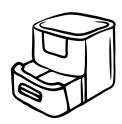
- 4 cups peeled butternut squash, acorn, or delicata squash, cut into 1-inch cubes
- 1 tablespoon maple syrup
- 2 teaspoons olive or vegetable oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

#### 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

#### 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
- 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

## **BBQ ONION RING**

Serves 4 Cook time: 8-10 minutes

#### 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
- Rach dressing for serving (optional)

#### 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

### **BLUEBERRY CORNBREAD**

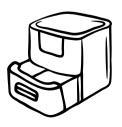
Makes one 8-inch round pan Cook time: 35-45 minutes

### 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



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