FREE DOWNLOAD

THE TEN MOST POPULAR

AIR FRYER

RECIPES



WWW.AIRFRYINGFOODIE.COM

Thank you for downloading our eBook, "10 Most Popular Air Fryer Recipes"!

We're thrilled to have you join the "Air Frying Foodies" community.

We hope you enjoy trying out these delicious recipes and discovering just how easy and fun air frying can be.

As a member of our community, you'll be the first to know about new recipes, tips, and exclusive content. We're here to support you every step of the way on your air frying journey.

Feel free to reach out with any questions or to share your cooking successes. We love hearing from our community and seeing the amazing dishes you create.

Welcome aboard, and happy cooking!
Warm regards,

Jen & Becky
"Air Frying Foodies"

P.S. Stay tuned for more exciting updates and delicious recipes coming your way soon!



THE TEN MOST POPULAR

AIR FRYER

RECIPES

Chicken wings 3

French fries 4

Salmon 5

Brussels Sprouts 6

Pork Chops 7

Mozzarella Sticks 8

Corn on the Cob 9

Sweet Potato Fries 10

Shrimp 11

Vegetables 12

Air Fryer Chicken Wings



INGREDIENTS

- 12 wings whole
- 1 Tablespoon olive oil
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 cup buffalo hot sauce

SERVINGS: 4

- Calories: 361 kcal
- Carbohydrates: 2g
- Protein: 27g
- Fat: 27g
- Saturated Fat: 7g

INSTRUCTIONS

1. Cut the wings into pieces so that you have 24 wings.
2. Preheat the air fryer to 380 degrees Fahrenheit.
3. Place the wings in a large bowl and add olive oil, garlic powder, and baking powder. Mix well.
4. Add the wings to the air fryer basket.
5. Air Fry WIngs at 380 degrees Fahrenheit for 20 minutes, flipping every 5 minutes. Increase the temperature to 400F/200C and cook an additional 2 minutes for extra crispy skin.
6. Carefully remove the wings from the air fryer, cover with your favorite sauce, and serve with your favorite sides.

Air Fryer French Fries



INGREDIENTS

- 4 medium Russet Potatoes
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon pepper



SERVINGS: 4

- Calories: 200kca
- lCarbohydrates: 39g
- Protein: 5g
- Fat: 4g
- Saturated Fat: 1g

INSTRUCTIONS

1. Peel and wash each potato. Slice them into strips, about ½ inch in thickness.
2. In a medium bowl, soak the cut potatoes in cold water for at least 30-60 minutes.
3. After they have soaked, drain the water from the bowl. Add the olive oil to the fries, tossing them until they have been lightly coated with oil.
4. Place half of the fries in the air fryer basket, without having them touch or overlap.
5. Air fry at 380 degrees F for about 14 minutes, tossing halfway through cooking. You can add an additional minute or two, depending on your preferred crispness.

Air Fryer Salmon



INGREDIENTS

- 2 salmon filets about 6 ounces each
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teasoon salt
- ¼ teaspoon black pepper

AIR FRYING Foodie®

SERVINGS: 4

- Calories: 310kcal
- Carbohydrates: 1g
- Protein: 34g
- Fat: 18g
- Saturated Fat: 3g

INSTRUCTIONS

1. Lightly brush salmon portions, on both sides, with olive oil.
2. In a small bowl, combine garlic powder, paprika, salt, and pepper. Stir together.
3. Coat salmon with seasonings, on both sides of each filet. Place seasoned filets in the air fryer basket and cook at 380 degrees Fahrenheit for 10-12 minutes.
4. Check for doneness using a fork. Salmon should flake easily, and internal temperature should be 145 degrees F. Serve immediately.

Air Fryer Brussels Sprouts



INGREDIENTS

- 1 pound brussel sprouts
- 1 tablespoon olive oil
- 2 cloves garlic pressed or minced
- ¼ cup shredded parmesan cheese
- ¼ teaspoon salt
- 1 pinch pepper

AIR FRYING Foodie®

SERVINGS: 4

- Calories: 106kca
- Carbohydrates: 11g
- Protein: 6g
- Fat: 5g

INSTRUCTIONS

1. Preheat the air fryer to 375 degrees
2. Cut the brussel sprouts in half and rinse.
3. Toss the ingredients together until the brussel sprouts are coated.
4. Place the prepared brussel sprouts in the basket, and sprinkle salt and pepper on top.
5. Air fry at 375 degrees Fahrenheit for about 10-12 minutes.
6. Sprinkle the parmesan cheese over the cooked brussel sprouts and return to the air fryer for one to two minutes, until melted.
7. Serve while warm.

Air Fryer Pork Chops



INGREDIENTS

- 2.5 pounds pork chops bone in or boneless, about 3-4 chops
- 1 large egg
- 2 tablespoons water
- ¾ cup almond flour
- ⅓ cup parmesan cheese grated
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

SERVINGS: 4

- Calories: 610kcal
- Carbohydrates: 5g
- Protein: 70g
- Fat: 33g
- Saturated Fat: 9g

INSTRUCTIONS

1. In a shallow medium bowl whisk together the egg and water. In a separate bowl, make the dry mixture and combine the flour, cheese, and seasonings.
2. Pat pork chops dry with a paper towel. Then, dredge the pork chop in the egg mixture, followed by the flour and seasoning mix, coating both sides.
3. Air fry at 390F for 13-15 minutes flipping it halfway through air frying cooking process. If using thinner chops, adjust cook time by 1-2 minutes.
4. Let pork chops rest about 5 minutes before cutting. Season pork chops with your favorite seasonings.

Air Fryer Mozzarella Sticks



INGREDIENTS

- 8 mozzarella cheese sticks frozen
- ½ cup all purpose flour
- 2 large eggs whisked
- 1 cup Italian Seasoned breadcrumbs

**Freeze the cheesesticks for 2 hours before making this recipe

SERVINGS: 4

- Calories: 368kcal
- Carbohydrates: 35g
- Protein: 21g
- Fat: 16g
- Saturated Fat: 8g

INSTRUCTIONS

1. Make three separate dipping stations.In the first bowl, add the flour. In a separate second bowl, whisk the eggs together. And in the third bowl, add the breadcrumbs.
2. First, dip in flour. Next, dip the coated cheese in egg.
3. Finally, dip the cheese into the breadcrumbs, until well coated, and shake off excess breading. Repeat.
4. If cheese sticks have been sitting out during the breading process, place them on a baking sheet and return them to the freezer.
5. Place the coated sticks in the air fryer in a single layer.
6. Air fry at 380 degrees F for 6-8 minutes, turning halfway through until the coating is golden brown.

Air Fryer Corn on the Cob



INGREDIENTS

- 4 Corn on the Cob
- 2 tablespoon unsalted butter melted
- 1 teaspoon salt
- 1 tsp peppe



SERVINGS: 4

- Calories: 129kcal
- Carbohydrates: 17g
- Protein: 3g
- Fat: 7g
- Saturated Fat: 4g

INSTRUCTIONS

1. Rinse corn and pat dry.
2. Brush each ear of corn with melted butter. Then season with salt and pepper, to your taste.
3. Place corn in the air fryer basket or on shelf.
4. Air fry at 400 degrees F for 12 minutes, turning corn halfway through cooking.

For this corn recipe I used salt and pepper, but a few of our preferred seasonings are: garlic powder, chili powder, and parmesan cheese.

Air Fryer Sweet Potato Fries



INGREDIENTS

- 2 medium sweet potatoes
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper

SERVINGS: 4

- Calories: 130kcal
- Carbohydrates: 23g
- Protein: 2g
- Fat: 4g
- Saturated Fat: 1g

INSTRUCTIONS

1. Use a sharp knife, or mandolin slicer, and slice the potatoes into ¼ inch thick slices that are about 4-5 inches in length.
2. Transfer the cut slices to a large mixing bowl. Add in the olive oil, salt, garlic powder, paprika, and black pepper, then toss together, coating the sweet potato.
3. Preheat the air fryer to 380 degrees F. Transfer the fries to the air fryer, place in a single layer.
4. Air fry at 380 degrees F for 10-12 minutes, until golden brown, or until they reach your desired crispness, tossing or shake the basket halfway through cooking process.

Air Fryer Shrimp



INGREDIENTS

- 1 lb shrimp peeled and deveined, uncooked
- 2 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- ½ teaspoon chili powder

SERVINGS: 4

- Calories: 147kcal
- Carbohydrates: 2g
- Protein: 16g
- Fat: 8g
- Saturated Fat: 1g

INSTRUCTIONS

1. After removing the shells, rinse the shrimp and pat them dry. Place them in a large bowl.
2. Add the olive oil and then add seasonings and toss with shrimp until they are seasoned.
3. Pour the shrimp into the basket, leaving enough room between them so they aren't stacked.
4. Air fry at 370 degrees Fahrenheit for 6-8 minutes, tossing halfway through.
5. To determine doneness, the base of the shrimp tail will be an opaque color, and no longer translucent.

Air Fryer Vegetables



INGREDIENTS

- 1 medium Zucchini
- 1 medium Red bell pepper
- 1 medium Orange bell pepper
- 1 medium Purple onion
- 1 medium Yellow squash

SERVINGS: 4

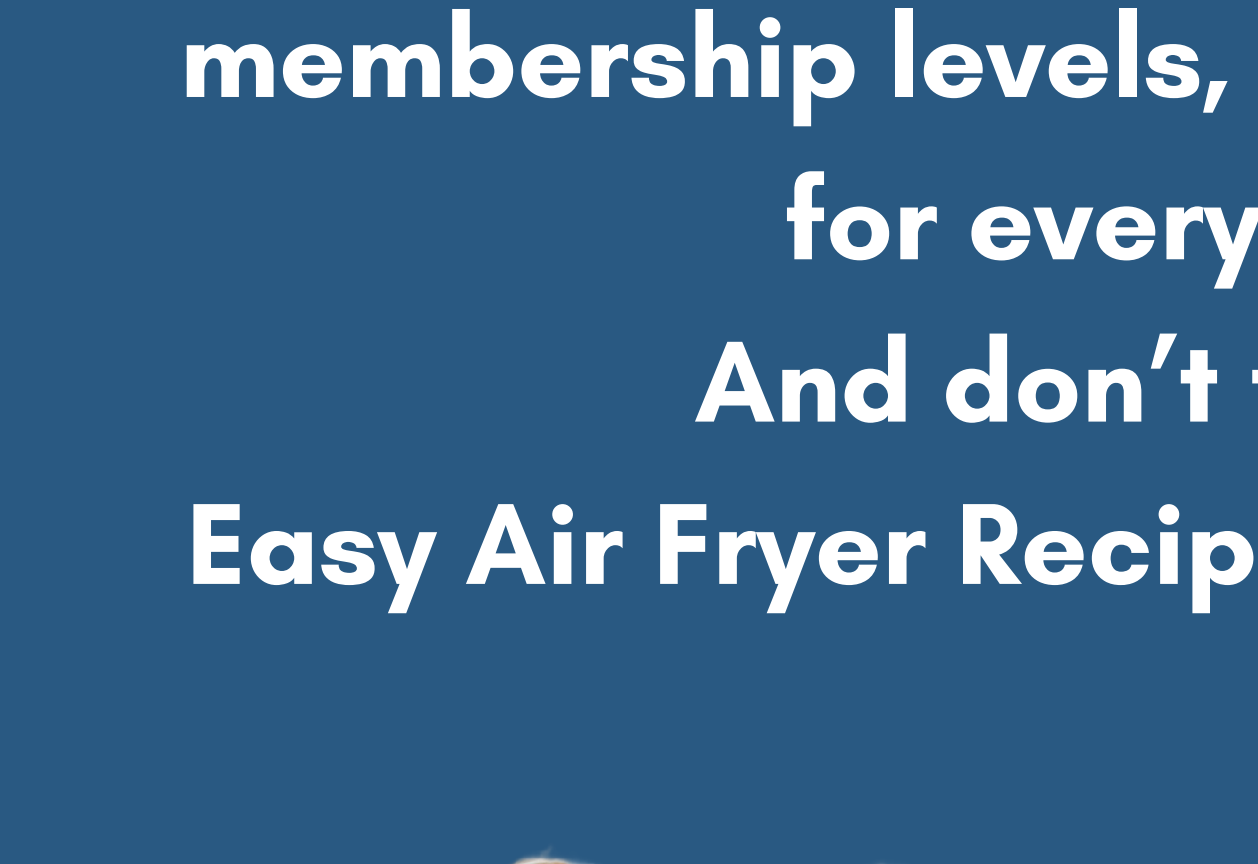
- Calories: 43kcal
- Carbohydrates: 9g
- Protein: 2g
- Fat: 0.5g
- Saturated Fat: 0.1g

INSTRUCTIONS

1. Cut wooden skewers to fit into the air fryer if needed.
2. Soak the skewers in water for 20 minutes before air frying.
3. Slice the zucchini and squash in ½ inch rounds.
4. Slice the bell peppers and onion into 2 inch squares.
5. Take the skewers and rotate the vegetables as desired. Repeat until each skewer is made. Place the vegetable kabobs into the air fryer basket in a single layer. Air fry the vegetable kabobs at 350 degrees Fahrenheit for 14 minutes, turning the kabobs halfway through the cook time.
6. Serve immediately.

Stay Tuned for more...

Until then...
check out our Air Frying Foodies membership levels, we have a level for everyone!
And don't forget
Easy Air Fryer Recipes mobile app!



Becky
&
Jen