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Air Fryer

Lunch

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Air Fryer Chicken Wings

Feel Good Foodie



2 servings



23 minutes

INGREDIENTS

Nonstick cooking spray for air fryer basket

1 pound chicken wings split into flats and drumettes

1 tablespoon olive oil

½ teaspoon paprika

½ teaspoon garlic powder

Salt and pepper to taste

Chopped parsley for serving

Ranch dressing for serving



INSTRUCTIONS

1. Preheat the air fryer to 380°F. When heated, spray the basket with cooking spray.
2. Pat the chicken wings dry. Then transfer them to a large bowl. Toss the wings with olive oil, paprika and garlic powder; then season with salt and pepper.
3. Place the chicken wings in the air fryer so they are not touching. Cook for 10 minutes, then increase the temperature to 400°F, and cook until crisp and golden, about 6-8 more minutes.
4. Garnish the chicken wings with parsley, and serve with ranch dressing on the side, if desired

NUTRITIONAL INFORMATION

Calories 433

Fat 36g

Protein 23g

Sugars 1g

Carbohydrates: 3g

Air Fryer Falafel

Skinny Taste



4 servings



2 hrs 24mins

INGREDIENTS

- 1 (15.5 ounce can) chickpeas, rinsed and drained
- 1 small yellow onion, quartered
- 3 cloves garlic, roughly chopped
- 1/3 cup roughly chopped parsley
- 1/3 cup roughly chopped cilantro
- 1/3 cup chopped scallions
- 1 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon baking powder
- 4 tablespoons all purpose flour, plus more for dusting
- olive oil spray

Optional for serving:

- hummus, sliced tomatoes, sliced cucumber, thinly sliced red onion, pita, tahini, etc



INSTRUCTIONS

1. Dry the chickpeas on paper towels.
2. Place the onions and garlic in the bowl of a food processor fitted with a steel blade. Add the parsley, scallions, cilantro, cumin, salt, and red pepper flakes.
3. Process until blended 30 to 60 seconds, then add the chickpeas and pulse 2 to 3 times until just blended, but not pureed.
4. Sprinkle in the baking powder and the flour, scrape the sides of the bowl down with a spatula and pulse 2 to 3 times.
5. Transfer to a bowl and refrigerate, covered, 2 to 3 hours.
6. Form the falafel mixture into 12 balls, if it's too sticky add some flour to your hands and your work surface.
7. Preheat the air fryer 350F.
8. Spray the falafel with oil. Cook 14 minutes, in batches until golden brown, turning halfway.

NUTRITIONAL INFORMATION

Calories 134

Fat 2g

Protein 6g

Sugars 1g

Carbohydrates: 24g

Air Fryer Chick-Fil-A Crispy Chicken Sandwich

Mealthy



4 servings



20 minutes

INGREDIENTS

2 boneless, skinless chicken breasts, halved and pounded

1/2 cup pickle juice

1/2 cup milk

2 eggs

1 cup all purpose flour

1 tablespoon powdered sugar

1 teaspoon paprika

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon garlic powder

cooking oil spray

4 hamburger buns, toasted

8 pickle slices



INSTRUCTIONS

1. Place chicken in a large bowl and pour in pickle juice. Cover and refrigerate for 30 minutes.
2. Preheat air fryer to 340°F (170°C).
3. Whisk milk and eggs together in a bowl until well combined.
4. Mix flour, powdered sugar, paprika, salt, pepper, and garlic powder together in a separate bowl.
5. Remove chicken from pickle juice and discard pickle juice.
6. Coat chicken in egg mixture and then dip into flour mixture, ensuring chicken is completely coated. Shake off excess flour.
7. Spray air fryer basket or rack (depending on model) with cooking oil.
8. Place chicken side-by-side inside air fryer basket or rack, working in batches if needed, and lightly mist chicken with cooking spray oil.
9. Cook chicken in the air fryer for 6 minutes. Flip chicken, lightly mist with additional cooking oil spray, and cook for 6 minutes more.
10. Increase temperature of air fryer to 400°F (200°C) degrees and continue cooking until chicken is no longer pink in the center and is crispy on the outside, about 4 minutes more on each side.
11. Carefully remove chicken from air fryer and serve on toasted buns with 2 pickle slices on each sandwich.

NUTRITIONAL INFORMATION

Calories 495

Fat 14g

Protein 36g

Sugars 13g

Carbohydrates: 58.8g

Air Fryer Buffalo Chicken Zucchini Skins

Eating Bird Food



8 servings



25 minutes

INGREDIENTS

2 large zucchini, about 9 ounces each

olive oil spray

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon paprika

Buffalo Chicken Stuffing:

- 7 ounce shredded skinless chicken breasts, from rotisserie chicken or make in slow cooker
- 1 ounces 1/3 less fat cream cheese, softened
- 1/4 cup Franks hot sauce, plus more for drizzling on top
- 4 teaspoons crumbled blue cheese or gorgonzola
- 1/4 cup light Blue Cheese or Ranch Dressing
- 2 tablespoons chopped scallions



INSTRUCTIONS

1. Combine the cream cheese and hot sauce together in a medium bowl until smooth. Add the chicken.
2. Cut zucchini in half lengthwise; then cut in half to give you 8 pieces. Scoop out the pulp on each piece, leaving a 1/4-inch shell on all sides (save pulp for another use).
3. Place zucchini skins on a work surface. Spray both sides with olive oil then season both sides with salt, then cut side with garlic powder and paprika.
4. Cook 350F in batches for 8 minutes, until tender-crisp. Place 3-4 tablespoons buffalo chicken inside each skin and top with 1/2 teaspoon cheese, dividing equally. Cook until cheese is melted, about 2 minutes longer. Serve right away each drizzled with 1/2 tablespoon blue cheese dressing topped with scallions for garnish. Serve hot.

NUTRITIONAL INFORMATION

Calories 80

Fat 3g

Protein 9.5g

Sugars 2g

Carbohydrates: 3.5g

Easy Air Fryer Turkey Meatballs

A Peachy Plate



24 servings



20 minutes

INGREDIENTS

1 pound 93/7 ground turkey meat (93% turkey, 7% fat)

½ cup panko crumbs

¼ cup freshly grated parmesan

1 egg

½ tablespoon tamari or soy sauce

½ teaspoon salt

¼ teaspoon ground pepper

½ teaspoon oregano

½ teaspoon dried basil

½ teaspoon garlic powder



INSTRUCTIONS

1. Preheat air fryer at 400 degrees Fahrenheit
2. In a bowl, combine all ingredients and mix well.
3. Form meatballs into 1 inch round balls.
4. Add meatballs to the basket in a single layer, about ½ inches apart.
5. Air Fry for 8 to 9 minutes.

NUTRITIONAL INFORMATION

Calories 62

Fat 3g

Protein 7g

Sugars 1g

Carbohydrates: 2g