

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



NINJA® AIR FRYER PRO XL



Quick start guide



TIPS & TRICKS
COOKING CHARTS
18 CHEF-CREATED RECIPES

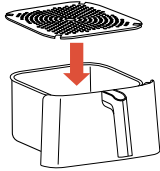


Air Fry 101



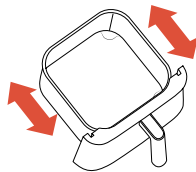
Preheat

For best cooking and crisping results, always preheat your Ninja® Air Fryer Pro XL for 3 minutes.



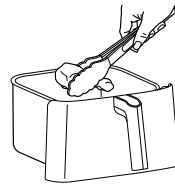
Crisper Plate

The crisper plate promotes overall browning. We recommend using it every time you air fry.



Shake or Toss

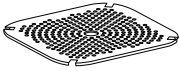




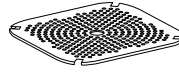

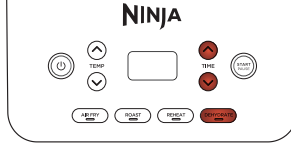
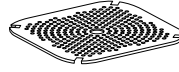

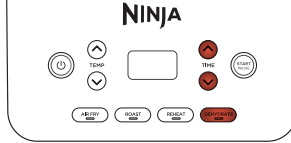
For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like.



Using your air fryer functions

Pull crispy meals out of thin air.

Super-heated air rapidly circulates around your food for an even, crispy finish every time.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
Air Fry Best for fresh foods such as hand-cut fries and chicken wings.	 Crisper Plate	 Adjust temp as needed.	 Set time, in minutes, and press START/STOP to begin.
Roast Best for roasted vegetables and meats.		 Adjust temp as needed.	 Set time, in minutes, and press START/STOP to begin.
Reheat Best for reviving leftovers	 Crisper Plate	 Adjust temp as needed.	 Set time, in minutes, and press START/STOP to begin.
Dehydrate Best for making veggies/fruit chips or jerky.	 Crisper Plate	 Adjust temp as needed.	 Set time, in 15-minute increments, and press START/STOP to begin.

Note: When setting time, the digital display shows HH:MM.

For inspiring recipes and cooking charts, visit ninjakitchen.com.

Air Fry Tips & Tricks



Shake, shake, shake

Check food and shake basket frequently for even browning.



Converting oven recipes

Convert oven recipes by using the Roast function and reducing the temperature by 25°F. Check food frequently to avoid overcooking.



Freestyling recipes

If you are cooking less food than the recipe calls for, remember to reduce the cook time. If you're cooking a bit more, increase the cook time. Check food frequently.



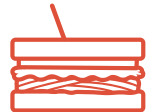
Air frying fresh ingredients

For best results with fresh vegetables, using at least 1 tablespoon of oil is a good rule of thumb (but you can use more or less to achieve your desired level of crispiness).



Don't overcrowd

Evenly arrange and space ingredients out to ensure consistent browning.



Secure your food

To keep lightweight foods from being blown around by the fan, secure them with toothpicks.



More even browning

Use an oil spritzer or cooking spray to evenly coat ingredients for more consistent browning.



Preheat recommendations

Preheat for 3 minutes before adding ingredients. Select desired function and temperature, set time to 3 minutes, and press START/PAUSE.



Slicing

Use a mandoline slicer to get consistent, thin fruit and vegetable slices. Fruits and veggies should be sliced as thinly as possible without falling apart.



Preventing oxidation

Fruits like apples and pears brown quickly when cut. To delay oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



Dry before you dehydrate

Pat fruits and vegetables as dry as possible before placing them in the basket.



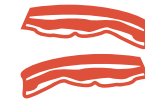
Don't overlap

Lay ingredients flat and close together to optimize space. Individual pieces should not overlap or be stacked.



Trim the fat

Before dehydrating beef or poultry, make sure to trim off all fat, as it does not dry out and could turn rancid.



Pasteurizing jerky

Before dehydrating meats and fish, use the Roast function at 330°F for 1 minute to fully pasteurize them.



How long to dehydrate?

Most fruits and veggies take 6-8 hours, while jerky takes 5-7 hours. The longer you dehydrate ingredients, the crispier they will become.



Storage

To maximize shelf life, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, trim stems	2 tsp	390°F	10-15 mins
Beets	6 small or 4 large (about 2 lbs)	Whole	None	390°F	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	400°F	20-25 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	5-10 mins
Brussels sprouts	2 lbs	Cut in half, remove stems	1 Tbsp	390°F	20-25 mins
Butternut squash	2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	20-25 mins
Carrots	2 lbs	Peel, cut in 1/2-inch pieces	1 Tbsp	400°F	20-25 mins
Cauliflower	2 heads (about 2 lbs)	Cut in 1-inch florets	2 Tbsp	390°F	20-25 mins
Corn on the cob	4 ears	Whole, remove husks	1 Tbsp	390°F	10-15 mins
Green beans	2 bags (12 oz each)	Trim	1 Tbsp	390°F	10-15 mins
Kale (for chips)	1/2 bag (8 oz)	Tear in pieces, remove stems	None	300°F	5-10 mins
Mushrooms	2 packages (10 oz each)	Rinse, cut in quarters	1 Tbsp	390°F	10-15 mins
Potatoes, russet	2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	25-30 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-25 mins
	2 lbs	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	25-30 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	35-40 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	20-25 mins
	4 whole (6-8 oz)	Pierce with fork 3 times	None	390°F	30-35 mins
Zucchini	2 lbs	Cut in quarters lengthwise, then cut in 1-inch pieces	1 Tbsp	390°F	15-20 mins
POULTRY					
Chicken breasts	4 breasts (3/4-1 1/2 lbs each)	Bone in	Brush with oil	375°F	25-35 mins
	4 breasts (1/2-3/4 lb each)	Boneless	Brush with oil	375°F	15-25 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brush with oil	390°F	25-35 mins
	4 thighs (4-8 oz each)	Boneless	Brush with oil	390°F	20-30 mins
Chicken wings	3 lbs	Drumettes & flats	1 Tbsp	390°F	25-35 mins
FISH & SEAFOOD					
Crab cakes	4 cakes (6-8 oz each)	None	Brush with oil	350°F	10-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-10 mins
Salmon fillets	2 fillets (4 oz each)	None	Brush with oil	390°F	10-15 mins
Shrimp	16 large	Whole, peeled, tails on	1 Tbsp	390°F	5-10 mins
BEEF					
Burgers	4 patties (1/4 lb each), 80% lean	1 inch thick	None	375°F	10-15 mins
Steaks	2 steaks (8 oz each)	Whole	None	390°F	10-20 mins

*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry.

The drier the fries, the better the results.

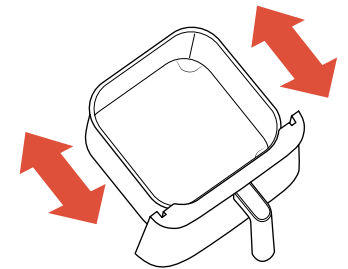
Preheat.

Let the unit preheat for 3 minutes before adding ingredients.

For best results, shake or toss often.

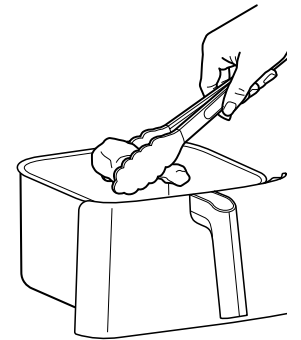
We recommend frequently checking your food and shaking or tossing it to get an even crisp.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK & LAMB					
Bacon	4 strips, cut in half	None	None	350°F	10-15 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	375°F	10-15 mins
	4 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	15-20 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brush with oil	375°F	25-35 mins
Sausages	6 sausages	Whole	None	390°F	10-15 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	15-20 mins
Chicken nuggets, precooked	2 lbs	None	None	390°F	15-20 mins
Chicken nuggets, uncooked	3 boxes (12 oz each)	None	None	390°F	20-25 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	15-20 mins
Fish sticks	1 box (25 oz)	None	None	390°F	10-15 mins
French fries	1 lb	None	None	350°F	20-25 mins
French fries	2 lbs	None	None	360°F	30-35 mins
Mozzarella sticks	2 boxes (12 oz each)	None	None	375°F	10-15 mins
Pot stickers	2 lbs	None	None	390°F	15-20 mins
Pizza rolls	2 lbs	None	None	390°F	10-15 mins
Popcorn shrimp	2 boxes (14-16 oz each)	None	None	390°F	10-15 mins
Sweet potato fries	1 lb	None	None	375°F	20-25 mins
Tater tots	2 lbs	None	None	360°F	20-25 mins

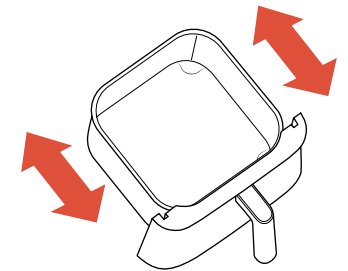
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Let the unit preheat for 3 minutes before adding ingredients.

For best results, shake or toss often.

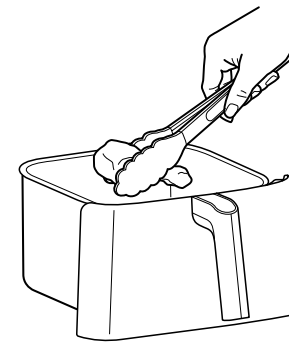
We recommend frequently checking your food and shaking or tossing it to get an even crisp.

Use these cook times as a guide, adjusting to your preference.



Shake your food

OR



Toss with silicone-tipped tongs

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 1/8-inch slices, remove core, rinse in lemon water, pat dry	135°F	7–8 hrs
Asparagus	Cut in 1-inch pieces, blanch	135°F	6–8 hrs
Bananas	Peel, cut in 3/8-inch slices	135°F	8–10 hrs
Beets	Peel, cut in 1/8-inch slices	135°F	6–8 hrs
Eggplant	Peel, cut in 1/4-inch slices, blanch	135°F	6–8 hrs
Fresh herbs	Rinse, pat dry, remove stems	135°F	4 hrs
Ginger root	Cut in 3/8-inch slices	135°F	6 hrs
Mangoes	Peel, cut in 3/8-inch slices, remove pits	135°F	6–8 hrs
Mushrooms	Clean with soft brush (do not wash)	135°F	6–8 hrs
Pineapple	Peel, core, cut in 3/8-1/2-inch slices	135°F	6–8 hrs
Strawberries	Cut in half or in 1/2-inch slices	135°F	6–8 hrs
Tomatoes	Cut in 3/8-inch slices or grate; steam if planning to rehydrate	135°F	6–8 hrs
MEAT, POULTRY, FISH			
Beef jerky	Cut in 1/4-inch slices, marinated overnight (refer to Chicken Jerky recipe, page 28)	150°F	5–7 hrs
Chicken jerky	Cut in 1/4-inch slices, marinated overnight (refer to Chicken Jerky recipe, page 28)	150°F	5–7 hrs
Turkey jerky	Cut in 1/4-inch slices, marinated overnight (refer to Chicken Jerky recipe, page 28)	150°F	5–7 hrs
Salmon jerky	Cut in 1/4-inch slices, marinated overnight (refer to Chicken Jerky recipe, page 28)	150°F	3–5 hrs

Frozen French Fries

COOK: 30 MINUTES | MAKES: 5-6 SERVINGS

INGREDIENTS

2 pounds frozen French fries



TIP Shake often or toss with silicone-tipped tongs for even, crispy results.

DIRECTIONS



Insert crisper plate in basket and insert basket in unit.



Select AIR FRY, set temp to 360°F, and set time to 33 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)



When time reads 30 minutes, remove basket and add fries and reinsert basket. After 10 minutes, remove basket and shake fries or toss them with silicone-tipped tongs. Reinsert basket to resume cooking for 10 more minutes. Check for desired crispiness, cooking for up to an additional 10 minutes if needed. When cooking is complete, serve with your favorite dipping sauce.

TIP For faster and crispier results, select AIR FRY and cook for 25 minutes, shaking twice throughout.

Crispy Chicken Wings

PREP: 5 MINUTES | COOK: 24 MINUTES | MAKES: 2-4 SERVINGS

INGREDIENTS

2 pounds uncooked frozen chicken wings
1 tablespoon canola oil
1 tablespoon kosher salt
1 teaspoon black pepper

DIRECTIONS

- 1 In a bowl, toss wings with oil, salt, and pepper.
- 2 Insert crisper plate in basket and basket in unit. Select AIR FRY and set time to 27 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 3 When time reads 24 minutes, remove the basket, place wings on crisper plate and insert basket in unit. After 12 minutes, toss wings with silicone-tipped tongs. Reinsert basket to resume cooking.
- 4 When cooking is complete, toss wings with desired flavorings and serve.

FLAVORINGS

Dijon Honey Mustard: Whisk together ¼ cup Dijon mustard, ¼ cup mayonnaise, and 2 tablespoons honey. Serve with wings after cooking.

Lemon Pepper: Before cooking the wings, toss with 2 tablespoons dried lemon and pepper seasoning along with the oil, salt, and pepper. Cook the wings as directed.

Buffalo: Whisk together ¼ cup hot sauce with 2 tablespoons melted butter. Toss wings in sauce after cooking and serve with blue cheese dressing.

Soy & Sesame Ginger: Whisk together ¼ cup soy sauce, ¼ cup rice wine vinegar, 2 tablespoons brown sugar, 2 tablespoons ground ginger, 1 tablespoon toasted sesame seeds, and 1 tablespoon cornstarch. Toss wings in sauce after cooking.

Honey, Siracha & Lime: Whisk together 2 tablespoons siracha, 2 tablespoons fresh lime juice, 2 tablespoons honey, 2 tablespoons rice wine vinegar and 1 tablespoon sugar. Toss wings in sauce after cooking.



Crecent Roll Breakfast Pastries

PREP: 10 MINUTES | **COOK:** 12-14 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1/2 package (4 ounces) cream cheese, softened
 1/4 cup fruit preserves (strawberry, raspberry, blueberry, etc.)
 3 tablespoons confectioners' sugar
 1 tube (8 ounces) prepared crescent roll dough, chilled
 All-purpose flour, for dusting

DIRECTIONS

- 1 In a large bowl, combine the cream cheese, fruit preserves, and confectioners' sugar. Using an electric hand mixer or whisk, whisk together to fully incorporate. Set aside.
- 2 Cut crescent roll dough into 4 squares. Dust a small amount of flour onto each square. Using a rolling pin, roll out dough squares until they are each approximately 5 inches wide by 5 inches long.
- 3 Divide cream cheese mixture equally among each dough square. Spread mixture, leaving at least a 1/4-inch border. One at a time, roll the corner of a dough square diagonally to the opposite end. Gently press ends to seal. Repeat with remaining dough.
- 4 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 325°F, and time to 17 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes)
- 5 When time reads 14 minutes, remove basket and spray with nonstick cooking spray. Place pastries on crisper plate, and spray them with nonstick cooking spray.
- 6 Reinsert basket to begin. After 12 minutes, check pastries for doneness. If needed, resume cooking for additional 2 minutes.
- 7 Cooking is complete when pastries are golden brown. Allow to cool for several minutes before serving.

French Toast Sticks

PREP: 10 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 tablespoon maple syrup, plus more for serving
 4 large eggs, lightly beaten
 1 cup coconut milk (or whole milk)
 1/4 cup brown sugar
 1 teaspoon ground cinnamon
 1/2 teaspoon ground nutmeg
 1 loaf (approximately 14 ounces) sliced bread (preferably challah, French, or sourdough), cut in 1-inch-thick strips
 Nonstick cooking spray
 Fresh fruit, for serving

DIRECTIONS

- 1 In a shallow baking dish, whisk together 1 tablespoon syrup, eggs, coconut milk, brown sugar, cinnamon, and nutmeg. Place the bread strips in the mixture and allow them to absorb batter for at least 5 minutes.
- 2 Insert crisper plate in basket and place basket in unit. Select AIR FRY, set temperature to 390°F, and time to 11 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes).
- 3 When time reads 8 minutes, remove basket and spray with nonstick cooking spray. Working in batches, fill the basket with French toast sticks in a single layer, making sure not to crowd the basket. Reinsert basket to begin cooking.
- 4 After 3 minutes. Remove the basket and flip the French toast sticks. Reinsert basket to resume cooking for 3 to 5 minutes.
- 5 When cooking is complete, remove French toast sticks and set aside. Repeat steps 3 and 4 for the remaining sticks. Serve French toast sticks hot with maple syrup and fruit.



TIP Leave the bread out for a few hours before cooking so it can dry out a bit—it will soak up more egg that way.

Italian Pork Loin & Roasted Vegetables

PREP: 20 MINUTES | **MARINATE:** 2-4 HOURS | **COOK:** 30 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 fresh boneless pork tenderloin (1 1/2-2 pounds), cut in half widthwise
 1/2 cup Italian dressing
 1 eggplant, peeled, cut in 1-inch pieces
 2 Roma tomatoes, sliced in 1/4-inch thick half moons
 1 zucchini, sliced in 1/2-inch thick half moons
 1 summer squash, sliced in 1/2-inch thick half moons
 1 red bell pepper, diced 1/2-inch pieces
 3 cloves garlic, peeled, minced
 2 tablespoons extra virgin olive oil
 1/4 cup fresh basil, torn
 Kosher salt, as desired

DIRECTIONS

- 1 Place pork loin into a bowl or large zip-top bag. Coat pork with Italian dressing. Cover and refrigerate for 2 to 4 hours.
- 2 In a large bowl, toss eggplant, tomatoes, zucchini, squash, red bell pepper, and garlic with oil, basil, and 2 teaspoons salt.
- 3 Remove pork from marinade and season with remaining 1 teaspoon salt.
- 4 Insert crisper plate in basket and basket in unit. Select AIR ROAST, set temperature to 375°F, and set time to 33 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 5 When time reads 30 minutes, remove basket, place vegetables on crisper plate and pork on top of vegetables, then reinsert basket. After 15 minutes, remove basket. Stir vegetables and flip the pork. Reinsert basket to resume cooking.
- 6 After 20 minutes, check pork for doneness. If necessary, cook up to 3 more minutes.
- 7 When cooking is complete, let pork rest for 5 minutes before slicing.

Crispy Fried Fish

PREP: 10 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
 1/4 cup Dijon mustard
 1 teaspoon kosher salt
 3/4 cups butter crackers, crushed
 1/2 cup plain bread crumbs
 4 fresh cod or haddock fillets (6 ounces each)
 Nonstick cooking spray

DIRECTIONS

- 1 Place olive oil, mustard, and salt into a bowl; whisk to combine. Add crushed butter crackers and bread crumbs to another bowl, stirring to combine.
- 2 Working in small batches, coat fish fillets in mustard mixture. Transfer fish to bread crumb mixture, tossing well to evenly coat.
- 3 Spray each breaded fillet liberally with nonstick cooking spray.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 11 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 5 When time reads 8 minutes, remove basket and place fillets on the crisper plate, then reinsert basket. After 4 minutes, remove basket and flip fillets. Reinsert basket to resume cooking.
- 6 When cooking is complete, serve fish immediately.

Bacon-Wrapped Sausage

PREP: 5 MINUTES | **COOK:** 20-22 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

6 uncooked sausages
(mild/hot Italian, chorizo, etc.)
12 slices uncooked bacon
6 toothpicks, cut in half
6 hot dog buns, for serving

DIRECTIONS

- 1 Wrap wrap each sausage with 2 slices of bacon. Secure each end of bacon with half of a toothpick.
- 2 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 360°F, and set time to 25 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 3 When time reads 22 minutes, remove basket and place sausages on the crisper plate and place basket back in unit. After 10 minutes, remove basket and flip sausages. Reinsert basket and resume cooking for 10 minutes.
- 4 After 10 minutes, check sausages for doneness. If desired, cook sausages up to 2 more minutes. When cooking is complete, serve sausages in buns with condiments.



Mini Cheeseburger Meatloaves

PREP: 10 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

2 pounds uncooked ground beef (80/20 blend)
5 slices uncooked bacon (6 ounces), chopped
½ cup white onion, diced
2 large eggs, lightly beaten
½ cup seasoned bread crumbs
½ cup ketchup, plus more for serving
¼ cup yellow mustard
2 tablespoons sweet relish
1 cup shredded cheddar cheese
1 tablespoon kosher salt
1 teaspoon black pepper
8 slices American cheese
8 slices bread

DIRECTIONS

- 1 In a large mixing bowl, combine beef, bacon, onion, eggs, bread crumbs, ketchup, mustard, relish, cheddar cheese, salt, and pepper. Mix thoroughly to fully incorporate ingredients. Form mixture into 8 mini meatloaves (about 6-7 ounces each).
- 2 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 19 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 3 When time reads 16 minutes, remove basket and place 4 meatloaves on the crisper plate and reinsert basket. After 10 minutes, remove basket and flip meatloaves. Reinsert basket to resume cooking for remaining 9 minutes.
- 4 When cooking is complete, top each meatloaf with a slice of American cheese. Cover meatloaves to keep warm and set aside.
- 5 Repeat steps 4 and 5 with remaining meatloaves.
- 6 Place each mini meatloaf on a slice of bread and drizzle with ketchup or your favorite burger condiments before serving.

Cajun Shrimp & Vegetables

PREP: 5 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 3-4 SERVINGS

INGREDIENTS

1 bag (16 ounces) frozen mixed vegetables (Asian medley)
2 tablespoons olive oil, divided
1 teaspoon kosher salt
1 pound frozen raw jumbo shrimp, peeled, deveined
2 tablespoons Cajun seasoning blend

DIRECTIONS

- 1 In a large bowl, add the frozen vegetables, 1 tablespoon oil, and salt. Toss to combine, then set aside.
- 2 Insert crisper plate in basket and basket in unit. Select AIR FRY and set time to 9 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes).
- 3 When time reads 6 minutes, remove basket and transfer vegetables to crisper plate. Reinsert basket to begin. Shake vegetables halfway through cooking.
- 4 Meanwhile, add shrimp, remaining oil, and Cajun seasoning to bowl. Toss to combine.
- 5 When vegetables are done cooking, transfer shrimp to basket on top of vegetables. Reinsert basket.
- 6 Select AIR FRY, set temperature to 390°F, and set time to 8 minutes. Select START/STOP to begin. When time reaches 3 minutes, shake basket halfway through cooking.
- 7 When cooking is complete, stir to combine and serve immediately.

Ranch Chicken Tenders

PREP: 10 MINUTES | **MARINATE:** 1 HOUR
COOK: 24 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

2 pounds uncooked chicken tenderloins
1 tablespoon olive oil
1 packet (1 ounce) ranch dressing seasoning mix
1 tablespoon kosher salt
4 cups corn flakes, finely crushed

DIRECTIONS

- 1 In a large mixing bowl, toss chicken with oil. Add ranch seasoning and toss to coat. Cover bowl with plastic wrap and refrigerate for 1 hour.
- 2 In a separate bowl, combine the kosher salt and crushed corn flakes. Working in batches, coat the marinated chicken in the corn flake mixture. Make sure to press the flakes onto the chicken to fully coat.
- 3 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 15 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 4 When time reads 12 minutes, remove basket and place chicken tenders on crisper plate in an even layer and reinsert basket. After 6 minutes, remove basket and flip chicken. Reinsert basket to resume cooking for the remaining 6 minutes.
- 5 Repeat cooking steps with remaining chicken.
- 6 When cooking is complete, serve immediately with dipping sauce.



Prosciutto-Stuffed Cheesy Chicken Breasts

PREP: 20 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

3 uncooked boneless, skinless chicken breasts (6-8 ounces each), butterflied
 6 slices prosciutto
 9-15 spears asparagus, trimmed
 6 each sundried tomatoes in oil
 1 cup shredded mozzarella, divided
 Kosher salt, as desired
 Ground black pepper, as desired

DIRECTIONS

- 1 Lay out butterflied chicken breasts, insides facing up, on a clean work surface. Place 2 slices of prosciutto on each breast. Place 5 standard asparagus or 3 jumbo asparagus on top of the prosciutto, toward one side of each breast. Divide sun-dried tomatoes and $\frac{1}{2}$ cup mozzarella between the breasts. Season with salt and pepper.
- 2 Working one at a time, hold the asparagus in place with your fingers, then roll the chicken over the asparagus and other fillings. Repeat with remaining chicken breasts. Use toothpicks to secure the stuffed breasts.
- 3 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 29 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 4 When time reads 26 minutes, remove basket and place chicken breasts on crisper plate and reinsert basket. After 12 minutes, remove basket and rotate chicken. Reinsert basket to resume cooking.
- 5 When time reads 2 minutes, remove basket and top chicken with remaining mozzarella. Reinsert basket to resume cooking.
- 8 When cooking is complete, allow chicken to rest for 5 minutes before serving.

TIP If you do not know how to butterfly chicken yourself, you can ask your butcher to do it for you.

Greek-Style Potatoes

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1 $\frac{1}{2}$ pounds red bliss potatoes (approx. 4 medium potatoes), cut in quarters
 2 tablespoons olive oil
 1 teaspoon kosher salt
 2 teaspoons dried oregano
 1 teaspoon black pepper
 1 teaspoon paprika
 $\frac{1}{4}$ cup red onion, diced in $\frac{1}{2}$ -inch
 $\frac{1}{2}$ cup crumbled feta cheese
 1 tomato, diced
 $\frac{1}{4}$ cup sliced black olives
 2 tablespoons lemon juice
 Fresh dill, for serving

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 21 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 2 In a large bowl, toss the potatoes with olive oil, salt, oregano, pepper, and paprika.
- 3 When time reads 18 minutes, remove basket, place potatoes on crisper plate, and reinsert basket in unit. After 13 minutes, add onion to basket and toss to combine. Reinsert basket to resume cooking.
- 4 When cooking is complete, transfer potatoes to a bowl. Add feta, tomato, olives, and lemon juice and toss to combine. Top with fresh dill and serve immediately.

Brussels Sprouts & Bacon Gratin

PREP: 10 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound Brussels sprouts, trimmed, cut in quarters
 1/2 small red onion, peeled, thinly sliced
 3 slices bacon, thinly sliced
 1/2 cup shredded Parmesan cheese, divided
 2 tablespoons olive oil
 1 teaspoon kosher salt
 1 teaspoon finely ground black pepper
 1 cup shredded cheddar cheese
 1/4 cup seasoned bread crumbs
 1/2 cup heavy cream
 Fresh parsley, chopped, for serving

DIRECTIONS

- 1 Remove crisper plate from basket and insert basket in unit. Select AIR ROAST, set temperature to 400°F, and set time to 27 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 2 In a large bowl, combine Brussels sprouts, red onion, bacon, 1/4 cup Parmesan, olive oil, salt, and pepper.
- 3 When time reads 24 minutes, place Brussels sprout mixture in basket and reinsert basket in unit. After 8 minutes, remove the basket and stir mixture. Reinsert basket to resume cooking.
- 4 Meanwhile, in a medium bowl, mix to combine remaining Parmesan, cheddar, and bread crumbs.
- 5 After 14 minutes, remove basket and add heavy cream to Brussels sprout mixture, stirring to combine. Top mixture with bread crumb mixture and reinsert basket to resume cooking.
- 6 When cooking is complete, carefully remove gratin from the basket. Garnish with parsley and serve immediately.

TIP Omit the bacon to make this dish vegetarian.

Garlic Parmesan Hand-Cut French Fries

PREP: 15 MINUTES | **SOAK:** 30 MINUTES | **COOK:** 26-28 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1 1/2 pounds russet potatoes (approx. 4 medium potatoes), cut in thin matchsticks 1/4-inch thick
 2 tablespoons canola oil, divided
 2 cloves garlic, peeled, minced
 1 teaspoon garlic powder
 1 teaspoon kosher salt
 2 tablespoons fresh parsley, chopped
 1/4 cup grated Parmesan cheese

DIRECTIONS

- 1 Soak raw fries in cold water for 30 minutes to remove excess starch. After 30 minutes, strain fries and pat completely dry. The drier the fries, the better they will crisp.
- 2 Place fries and 1 tablespoon canola oil in a large bowl; toss to combine.
- 3 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 360°F, and set time to 31 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 4 When time reads 28 minutes, remove basket, place fries on crisper plate, and reinsert basket.
- 5 After 13 minutes, remove basket and shake fries or toss with silicone-tipped tongs. Reinsert basket to resume cooking.
- 6 Meanwhile, in a large bowl, combine all remaining ingredients.
- 7 Check fries after 26 minutes. For crispier fries, continue cooking for remaining 2 minutes.
- 8 When cooking is complete, toss fries in bowl with garlic-Parmesan mixture. Serve immediately.



TIP Shaking fries during cooking is key for making them crispy and golden brown, so shake or toss with silicone-tipped tongs frequently.

Chicken Jerky

PREP: 15 MINUTES | **MARINATE:** 4-6 HOURS | **COOK:** 6 HOURS | **MAKES:** 3 CUPS

INGREDIENTS

1 pound uncooked boneless skinless chicken breasts, cut in 1/4 inch thin strips
 1/4 cup sriracha
 2 tablespoons soy sauce
 1 tablespoon kosher salt
 3 tablespoons brown sugar
 1 teaspoon black pepper
 1 teaspoon smoked paprika

DIRECTIONS

- 1 Whisk together all the ingredients, except chicken. Place mixture into a large resealable plastic bag.
- 2 Add chicken to bag and rub to coat. Marinate in refrigerator for 4-6 hours or overnight.
- 3 Strain meat; discard excess marinade.
- 4 Remove the crisper plate from the basket. Lay half the sliced meat flat on the bottom of the basket in 1 layer. Place the crisper plate on top of the meat. Place remaining meat on the crisper plate.
- 5 Insert basket in unit. Select DEHYDRATE, set temperature to 150°F, and set time to 6 hours. Select START/STOP to begin. Check after 4 hours, cooking until desired texture is reached.
- 6 When cooking is complete, remove jerky and store in an airtight container.



Crispy Asparagus Fingers

PREP: 15 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1/4 cup all purpose flour
 1 1/2 teaspoons kosher salt
 2 large eggs, lightly beaten
 3/4 cup seasoned bread crumbs
 1/2 cup grated Parmesan cheese
 1 bunch jumbo asparagus, trimmed
 Nonstick cooking spray

SRI-RANCH-A DIPPING SAUCE

2 tablespoons sriracha
 1/4 cup ranch dressing
 1 teaspoon lime juice

DIRECTIONS

- 1 Place flour and salt in a shallow bowl or on a plate; stirring to combine. Add eggs to another bowl. Place bread crumbs and Parmesan cheese into a third bowl; stirring to combine.
- 2 Working in small batches, coat asparagus with nonstick cooking spray. Toss in flour. Tap off excess flour, then coat asparagus in egg. Transfer asparagus to bread crumb mixture, tossing well to evenly coat. Place the coated asparagus on a tray or plate.
- 3 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 11 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 4 When time reads 8 minutes, remove basket, place asparagus on crisper plate in single layer (being careful to not overcrowd), and reinsert basket.
- 5 After 4 minutes, remove basket and shake asparagus or toss with silicone-tipped tongs. Reinsert basket to resume cooking.
- 6 Meanwhile, add all dipping sauce ingredients to a small bowl and stir to combine.
- 7 Repeat steps 3-5 with remaining asparagus. When cooking is complete, serve immediately with dipping sauce.



Air-Fried Peanut Butter Cup S'mores

PREP: 3 MINUTES | **COOK:** 2 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 graham crackers,
broken in half
4 peanut butter cups
($\frac{3}{4}$ ounce each)
4 marshmallows

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 360°F, and set time to 5 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 2 Once unit is preheated and time reads 2 minutes, place 4 graham cracker halves on the crisper plate. Then top each with a peanut butter cup; reinsert basket.
- 3 After 1 minute, top each peanut butter cup with a marshmallow; reinsert basket and cook for the remaining 1 minute.
- 4 When cooking is complete, top each s'more with another graham cracker half. Serve immediately.



Peanut Butter, Jelly & Banana Bites

PREP: 15 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

Creamy peanut or almond
butter, as desired
8 slices white or whole
wheat bread
Jam, jelly, or preserves
(grape, strawberry, or
raspberry), as desired
2 ripe bananas, sliced lengthwise
 $\frac{1}{4}$ cup white sugar
2 teaspoons ground cinnamon
Nonstick cooking spray
Chocolate hazelnut spread,
for serving
Marshmallow spread, for serving

DIRECTIONS

- 1 To assemble the sandwiches, spread the nut butter on one slice of bread and jelly or jam on another. Add half of a sliced banana and then close sandwich. Repeat with remaining ingredients.
- 2 In a small bowl, stir together the sugar and cinnamon. Set aside.
- 3 Insert crisper plate in basket and basket in unit. Select AIR FRY, set temperature to 390°F, and set time to 9 minutes. Select START/STOP to begin. (Allow unit to preheat for 3 minutes.)
- 4 Meanwhile, spray each side of all sandwiches with cooking spray, then dust with cinnamon sugar mixture.
- 5 When time reads 6 minutes, place sandwiches on crisper plate and reinsert basket.
- 6 After 3 minutes, remove basket and use silicone-tipped tongs to carefully flip sandwiches over. Reinsert basket to resume cooking.
- 7 When cooking is complete, allow sandwiches to cool slightly before cutting into strips. Serve with chocolate hazelnut or marshmallow spread if desired.

Notes

Notes

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