

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

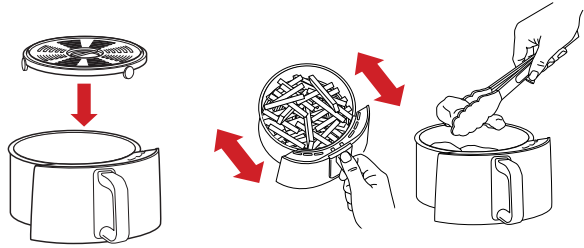
NINJA®

AIR FRYER XL

QUICK START GUIDE

+ COOKING CHARTS
+ 20 IRRESISTIBLE RECIPES

AIR FRY 101



PREHEAT

For best cooking and crisping results, always preheat your Ninja® Air Fryer 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'S FUNCTIONS

Pull crispy meals out of thin air.

The Ninja® Air Fryer XL circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

PREHEAT RECOMMENDATION:

Preheat for 3 minutes before adding ingredients.

Select desired function and temperature, set time to 3 minutes, and press Start/Stop.

FUNCTION

ACCESSORY
REQUIRED

TEMP

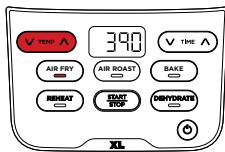
TIME

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

FUNCTION

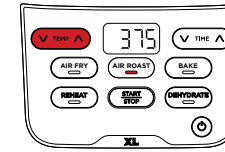
ACCESSORY
REQUIRED

TEMP

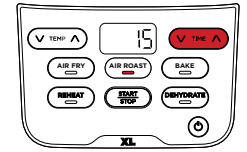
TIME

AIR ROAST

Best for roasted vegetables and meats.



Adjust temp as needed



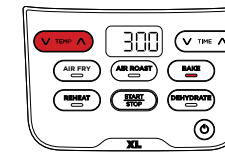
Set time, in minutes, and press START/STOP to begin

BAKE

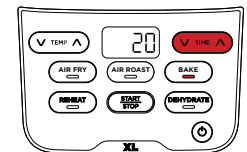
Best for cakes and desserts.



Crisper Plate



Adjust temp as needed



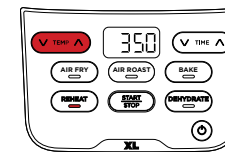
Set time, in minutes, and press START/STOP to begin

REHEAT

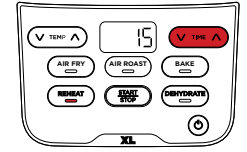
Best for reviving leftovers.



Crisper Plate



Adjust temp as needed



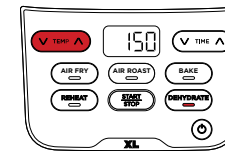
Set time, in minutes, and press START/STOP to begin

DEHYDRATE

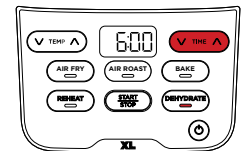
Best for making veggies/fruit chips or jerky.



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.



AUTO-STOP AND START

The unit will automatically pause cooking when the basket is removed and will resume cooking when the basket is replaced.



CONVERT OVEN RECIPES

Convert oven recipes by using the Roast or Bake 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.



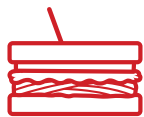
AIR FRYING FRESH INGREDIENTS

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.

DEHYDRATE TIPS & TRICKS



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.



PREVENT 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

Finish off dehydrated meats and fish by using 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, stems trimmed	2 tsp	390°F	11-13 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	26-30 mins
Broccoli	1 head	Cut in 1-inch florets	1 Tbsp	390°F	13-16 mins
Brussels sprouts	2 lbs	Cut in half, stem removed	1 Tbsp	390°F	18-22 mins
Butternut squash	2 lbs	Cut in 1-2-inch pieces	1 Tbsp	390°F	23-26 mins
Carrots	2 lbs	Peeled, cut in 1/2-inch pieces	1 Tbsp	400°F	20-24 mins
Cauliflower	2 heads (about 2 lbs)	Cut in 1-inch florets	2 Tbsp	390°F	20-24 mins
Corn on the cob	4 ears	Whole, remove husks	1 Tbsp	390°F	12-15 mins
Green beans	2 bags (12 oz each)	Trim	1 Tbsp	390°F	12-14 mins
Kale (for chips)	1/2 bag (8 oz)	Torn in pieces, stems removed	None	300°F	8-10 mins
Mushrooms	2 packages (10 oz each)	Rinsed, cut in quarters	1 Tbsp	390°F	10-12 mins
Potatoes, russet	2 lbs	Cut in 1-inch wedges	1 Tbsp	390°F	20-25 mins
	1 lb	Hand-cut fries*, thin	1/2-3 Tbsp, canola	390°F	20-24 mins
	2 lbs	Hand-cut fries*, thick	1/2-3 Tbsp, canola	390°F	23-26 mins
	4 whole (6-8 oz)	Pierced with fork 3 times	None	390°F	30-35 mins
Potatoes, sweet	2 lbs	Cut in 1-inch chunks	1 Tbsp	390°F	20-24 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	18-20 mins
POULTRY					
Chicken breasts	2 breasts (3/4-1 1/2 lbs each)	Bone in	Brush with oil	375°F	25-35 mins
	2 breasts (1/2-3/4 lb each)	Boneless	Brush with oil	375°F	18-22 mins
Chicken thighs	4 thighs (6-10 oz each)	Bone in	Brush with oil	390°F	22-28 mins
	4 thighs (4-8 oz each)	Boneless	Brush with oil	390°F	18-22 mins
Chicken wings	3 lbs	Drumettes & flats	1 Tbsp	390°F	22-26 mins
FISH & SEAFOOD					
Crab cakes	2 cakes (6-8 oz each)	None	Brush with oil	350°F	12-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	375°F	5-8 mins
Salmon fillets	2 fillets (4 oz each)	None	Brush with oil	390°F	10-13 mins
Shrimp	16 large	Whole, peeled, tails on	1 Tbsp	390°F	9-11 mins
BEEF					
Burgers	4 patties (1/4 lb each), 80% lean	1 inch thick	None	375°F	8-10 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.

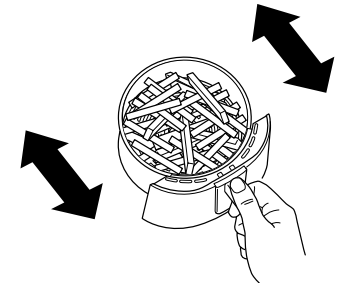
Preheat.

Let the unit preheat for 3 minutes before adding ingredients.

For best results, shake or toss often.

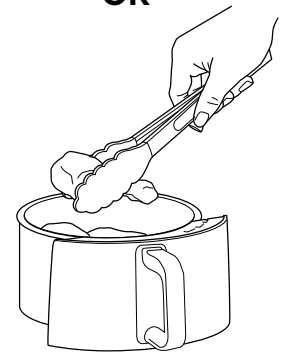
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

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	8-10 mins
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	375°F	14 mins
	4 boneless chops (8 oz each)	Boneless	Brush with oil	375°F	14-17 mins
Pork tenderloins	2 tenderloins (1-1 1/2 lbs each)	Whole	Brush with oil	375°F	25-30 mins
Sausages	6 sausages	Whole	None	390°F	8-10 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	390°F	18-21 mins
Chicken nuggets	3 boxes (12 oz each)	None	None	390°F	20-22 mins
Fish fillets	1 box (6 fillets)	None	None	390°F	14-16 mins
Fish sticks	1 box (25 oz)	None	None	390°F	12-14 mins
French fries	1 lb	None	None	350°F	20-25 mins
French fries	2 lbs	None	None	360°F	28-32 mins
Mozzarella sticks	2 boxes (12 oz each)	None	None	375°F	9-10 mins
Pot stickers	2 lbs	None	None	390°F	14-17 mins
Pizza rolls	2 lbs	None	None	390°F	14-16 mins
Popcorn shrimp	2 boxes (14-16 oz each)	None	None	390°F	14-15 mins
Sweet potato fries	1 lb	None	None	375°F	20-22 mins
Tater tots	2 lbs	None	None	360°F	20 mins

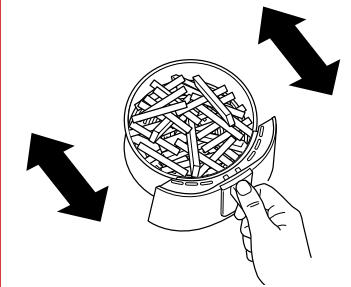
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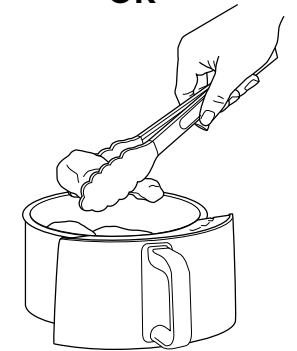
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Use these cook times as a guide, adjusting to your preference.



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, patted dry	135°F	7-8 hrs
Asparagus	Cut in 1-inch pieces, blanched	135°F	6-8 hrs
Bananas	Peeled, cut in 3/8-inch slices	135°F	8-10 hrs
Beets	Peeled, cut in 1/8-inch slices	135°F	6-8 hrs
Eggplant	Peeled, cut in 1/4-inch slices, blanched	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: 28-32 MINUTES | MAKES: 5-6 SERVINGS

INGREDIENTS

2 pounds frozen French fries

TIP For crispier fries, shake or toss with silicone-tipped tongs 2 separate times during cooking.



Insert crisper plate in basket and insert basket in unit. Preheat the unit by selecting AIR FRY, setting temperature to 360°F, and setting the time to 3 minutes. Select START/STOP to begin.



Once unit is preheated, add fries to basket; reinsert basket. Select AIR FRY, setting temperature to 360°F, and setting time to 32 minutes. Select START/STOP to begin.



After 14 minutes, remove basket from unit and shake fries or toss them with silicone-tipped tongs. Reinsert basket to resume cooking for 14 more minutes. Check for desired crispiness, cooking for up to an additional 4 minutes if needed. When cooking is complete, serve with your favorite dipping sauce.

CRISPY CHICKEN WINGS

PREP: 5 MINUTES | COOK: 20 MINUTES | MAKES: 2-4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a bowl, toss wings with oil, salt, and pepper. Once unit is preheated, place wings on crisper plate; reinsert basket.
- 3 Select AIR FRY, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.
- 4 After 10 minutes, toss wings with silicone-tipped tongs. Reinsert basket to resume cooking.
- 5 When cooking is complete, toss wings with desired flavorings and serve.

FLAVORINGS

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 $\frac{1}{4}$ 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 $\frac{1}{4}$ cup soy sauce, $\frac{1}{4}$ 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.



BASICS

TATER TOT EGG BAKE

PREP: 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

5 eggs
 1/4 cup whole milk
 1 teaspoon kosher salt
 1 teaspoon black pepper
 Cooking spray
 2 pre-cooked andouille sausages (3 ounces each), cut in 1/4-inch slices
 1 cup shredded cheddar cheese
 1 pound frozen tater tots
 Fresh scallions, sliced, for serving

DIRECTIONS

- 1 Remove crisper plate from basket. Preheat unit by selecting BAKE, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a bowl, whisk together the eggs, milk, salt and pepper.
- 3 Remove basket and spray it with cooking spray. Pour the egg mixture into the basket.
- 4 Reinsert basket and cook for 5 minutes. After 5 minutes, remove basket and place sliced sausage evenly on top of eggs, then sprinkle cheese on top. Place frozen tater tots in an even layer on top; reinsert basket.
- 5 Select BAKE, set temperature to 390°F, and set time to 20 minutes. Select START/STOP to begin.
- 6 When cooking is complete, let rest for 2 minutes. Top with scallions and serve.

TIP Substitute any other cooked sausage for the andouille.

FRENCH TOAST STICKS

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

INGREDIENTS

1 tablespoon maple syrup, plus more for serving
 4 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
 Cooking spray
 Fresh fruit, for serving

DIRECTIONS

- 1 In a shallow baking dish, whisk together 1 tablespoon syrup, eggs, milk, brown sugar, cinnamon, and nutmeg. Place the bread sticks into the mixture and allow them to absorb batter for at least 5 minutes.
- 2 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, set temperature to 390°F, and set time to 3 minutes. Select START/STOP to begin.
- 3 Once unit is preheated, spray the crisper plate with cooking spray. Working in batches, fill the basket with the sticks in one layer, making sure not to crowd the basket.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 8 minutes. Select START/STOP to begin.
- 5 After 3 minutes, remove basket and flip the sticks. Reinsert basket to resume cooking for 3 more minutes. If desired, cook for up to 2 more minutes.
- 6 Repeat steps 4 and 5 for the remaining sticks.
- 7 When cooking is complete, serve immediately with maple syrup and fresh 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.

CRESCENT ROLL BREAKFAST TARTS

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

INGREDIENTS

1 package (4 ounces)
cream cheese, softened
1/4 cup fruit preserves
(strawberry, raspberry,
blueberry, etc.)
3 tablespoons powdered sugar
1 tube (8 ounces) refrigerated
crescent roll dough
Flour, for dusting
Cooking spray

DIRECTIONS

- 1 In a mixing bowl, combine the cream cheese, fruit preserves, and powdered sugar. Using an electric hand mixer or a whisk, mix together to fully incorporate. Set aside.
- 2 Cut crescent roll dough into 4 squares. Dust a small amount of flour onto each square. Roll out squares with a rolling pin until they are approximately 5 inches wide by 5 inches long.
- 3 Spread approximately 1/3 cup cream cheese mixture onto each square. Make sure to leave space at each end of square.
- 4 Working one at a time, take one corner of the square and roll towards the other end. Squeeze ends to create a seal. Repeat with remaining squares.
- 5 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, set temperature to 325°F, and set time to 3 minutes. Select START/STOP to begin.
- 6 Once unit is preheated, spray the pastries liberally with cooking spray. Place onto the crisper plate.
- 7 Select AIR FRY, set temperature to 325°F, and set time to 14 minutes. Select START/STOP to begin.
- 8 After 12 minutes, remove basket and check doneness of pastries. If desired, reinsert basket and resume cooking for up to 2 more minutes.
- 9 Cooking is complete when pastries are golden brown. Allow pastries to cool slightly before serving.

CRISPY FRIED FISH

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

INGREDIENTS

2 tablespoons olive oil
1/2 cup Dijon mustard
1 teaspoon kosher salt
2 cups butter crackers, crushed
1 cup plain bread crumbs
4 uncooked cod or haddock
fillets (6 ounces each)
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. Set aside.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, set temperature to 390°F, and set time to 3 minutes. Select START/STOP to begin.
- 4 Spray each breaded fillet liberally with cooking spray. Once unit is preheated, place fillets onto the crisper plate.
- 5 Select AIR FRY, set temperature to 390°F, and set time to 8 minutes. Select START/STOP to begin.
- 6 After 4 minutes, remove basket and flip fillets. Reinsert basket to resume cooking.
- 7 When cooking is complete, serve fish immediately.

BACON-WRAPPED SAUSAGES

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

INGREDIENTS

4 uncooked sausages
(mild/hot Italian, chorizo, etc.)
8 slices uncooked bacon
4 toothpicks, cut in
1/2-inch pieces
4 hot dog buns, for serving

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting temperature to 360°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 While unit is preheating, wrap each sausage with 2 slices of bacon. Secure each end of bacon with half of a toothpick.
- 3 Once unit is preheated, place sausages on crisper plate.
- 4 Select AIR FRY, set temperature to 360°F, and set time to 22 minutes. Select START/STOP to begin.
- 5 After 10 minutes, remove basket and flip sausages. Reinsert basket and resume cooking for 10 minutes.
- 6 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:** 6 SERVINGS

INGREDIENTS

2 pounds uncooked ground beef (80/20 blend)
5 slices uncooked bacon (6 ounces), chopped
1/2 cup white onion, diced
2 eggs, lightly beaten
1/2 cup seasoned bread crumbs
1/2 cup ketchup, plus more for serving
1/4 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 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 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).
- 3 Once unit is preheated, place 4 loaves on the crisper plate; reinsert basket.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 16 minutes. Select START/STOP to begin.
- 5 After 10 minutes, remove basket and flip meatloaves. Reinsert basket to resume cooking for remaining 6 minutes.
- 6 When cooking is complete, top each meatloaf with a slice of American cheese. Cover meatloaves to keep warm and set aside.
- 7 Repeat steps 3 through 6 with remaining meatloaves.
- 8 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:** 18 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 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting temperature to 400°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 While unit is preheating, toss the frozen vegetables with 1 tablespoon oil and salt in a bowl.
- 3 Once unit is preheated, place vegetables on crisper plate.
- 4 Select AIR FRY, set temperature to 400°F, and set time to 8 minutes. Select START/STOP to begin. Shake vegetables halfway through cooking.
- 5 While vegetables are cooking, toss shrimp with Cajun seasoning blend in a bowl.
- 6 When cooking is complete, open basket and place shrimp on top of the vegetables. Reinsert basket.
- 7 Select AIR FRY, setting temperature to 390°F, and setting time to 10 minutes. Select START/STOP to begin. Shake basket halfway through cooking.
- 8 When the 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. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, place half the chicken in the basket in one layer.
- 5 Select AIR FRY, set temperature to 390°F, and set time to 12 minutes. Select START/STOP to begin.
- 6 After 6 minutes, remove basket and flip chicken. Reinsert basket to resume cooking for the remaining 4 minutes.
- 7 Repeat steps 4-6 with remaining chicken.
- 8 When cooking is complete, serve immediately with dipping sauce.



CUBAN-STYLE BISCUITS

PREP: 10 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 8 SERVINGS

INGREDIENTS

1 tube (16.3 ounces)
refrigerated biscuit dough
¼ cup Dijon mustard, divided
4 kosher dill pickle
spears, chopped
16 slices deli ham
(honey, oven roasted, etc.)
8 slices Swiss cheese

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat unit by selecting **BAKE**, setting temperature to 325°F, and setting time to 3 minutes. Select **START/STOP** to begin.
- 2 Unpackage the biscuit dough and separate the biscuits.
- 3 Once unit is preheated, place 4 biscuits in the basket; reinsert basket.
- 4 Select **BAKE**, set temperature to 325°F, and set time to 10 minutes. Select **START/STOP** to begin.
- 5 After 8 minutes, check biscuits for doneness. If necessary, cook up to 2 more minutes.
- 6 Repeat steps 3 and 4 with remaining biscuits.
- 7 When cooking is complete, allow biscuits to cool slightly. When they are cool enough to handle, start by pressing down on the biscuits with the flats of your palm. Spread 1 ½ teaspoons Dijon mustard on each biscuit, then add 1 tablespoon chopped pickles on top. Fold 2 pieces of ham and place on top. Finish by placing 1 slice of cheese on top of each biscuit.
- 8 Place 4 assembled biscuits in the basket; reinsert basket. Select **AIR FRY**, set temperature to 390°F, and set time to 3 minutes. Select **START/STOP** to begin. Repeat with remaining biscuits.
- 9 Allow to cool slightly before serving.



ITALIAN PORK LOIN & ROASTED VEGETABLES

PREP: 20 MINUTES | **MARINATE:** 2-4 HOURS | **COOK:** 23 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 uncooked boneless pork tenderloin (1 ½-2 pounds), cut in half widthwise
½ cup Italian dressing
1 eggplant, peeled, cut in 1-inch pieces
2 Roma tomatoes, diced
1 zucchini, sliced in half moons
1 summer squash, sliced in half moons
1 red bell pepper, diced
3 cloves garlic, peeled, minced
2 tablespoons extra virgin olive oil
¼ cup fresh basil, torn
3 teaspoons kosher salt, divided

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, and garlic with oil, basil, and 2 teaspoons salt.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting **AIR ROAST**, set temperature to 375°F, and set time to 3 minutes. Select **START/STOP** to begin.
- 4 While unit is preheating, remove pork from marinade and season with remaining 1 teaspoon salt.
- 5 Once unit is preheated, place vegetable mixture on the crisper plate. Place pork on top of vegetables.
- 6 Select **AIR ROAST**, set temperature to 375°F, and set time to 23 minutes. Select **START/STOP** to begin.
- 7 After 10 minutes, remove basket. Stir vegetables and flip the pork. Reinsert basket to resume cooking. After 20 minutes of cooking, check pork for doneness and cook for up to an additional 3 minutes if necessary.
- 8 After 20 minutes, check pork for doneness. If necessary, cook up to 3 more minutes.
- 9 When cooking is complete, let pork rest for 5 minutes before slicing.

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
1 bunch asparagus, trimmed
¼ cup sundried tomatoes in oil
1 cup shredded mozzarella, divided
1 tablespoon kosher salt
1 teaspoon ground black pepper
Cooking spray

DIRECTIONS

- 1 Lay out butterflied chicken breasts, insides facing up, on a clean work surface. Place 2 slices of prosciutto on each breast. Place a small bundle of asparagus (about 5 standard asparagus or 3 jumbo asparagus) on top of the prosciutto, toward one side of each breast. Divide sun-dried tomatoes and ½ 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. Preheat unit by selecting AIR FRY, set temperature to 390°F, and set time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, place stuffed chicken in the basket. Spray each with cooking spray. Insert basket in unit.
- 5 Select AIR FRY, set temperature to 390°F, and set time to 26 minutes. Select START/STOP to begin.
- 6 After 12 minutes, remove basket and rotate chicken. Reinsert basket to resume cooking.
- 7 In the last 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:** 4 SERVINGS

INGREDIENTS

1 pound red bliss potatoes, cut in quarters
2 tablespoons olive oil
1 teaspoon kosher salt
2 teaspoons dried oregano
1 teaspoon black pepper
1 teaspoon paprika
¼ cup red onion, diced
½ cup crumbled feta cheese
1 tomato, diced
¼ cup sliced black olives
2 tablespoons lemon juice
Fresh dill, for serving

DIRECTIONS

- 1 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a large bowl, toss the potatoes with olive oil, salt, oregano, pepper, and paprika.
- 3 Once unit is preheated, place potatoes in the basket; reinsert basket.
- 4 Select AIR FRY, set temperature to 390°F, and set time to 18 minutes. Select START/STOP to begin. Shake basket halfway through cooking.
- 5 After 13 minutes, add onion to basket, shaking to incorporate; reinsert basket.
- 6 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.

BRUSSELS SPROUT & BACON GRATIN

PREP: 10 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound Brussels sprouts, trimmed, cut in quarters
 1 small red onion, peeled, thinly sliced
 3 slices bacon, thinly sliced
 ½ cup shredded Parmesan cheese, divided
 2 tablespoons olive oil
 1 teaspoon kosher salt
 1 teaspoon finely ground black pepper
 1 cup shredded cheddar cheese
 ¼ cup seasoned bread crumbs
 ½ cup heavy cream
 Fresh parsley, chopped, for serving

DIRECTIONS

- 1 Remove crisper plate from basket. Preheat unit by selecting AIR ROAST, setting temperature to 400°F, and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a large mixing bowl, combine the Brussels sprouts, red onion, bacon, ¼ cup Parmesan, olive oil, salt, and pepper.
- 3 Once unit is preheated, place mixture in the basket; reinsert basket.
- 4 Select AIR ROAST, set temperature to 400°F, and set time to 24 minutes. Select START/STOP to begin.
- 5 After 8 minutes, remove the basket and stir mixture; reinsert basket.
- 6 In a mixing bowl, combine ¼ cup Parmesan, cheddar, and bread crumbs.
- 7 After 16 minutes, remove basket and stir heavy cream into Brussels sprout mixture. Top with bread crumb mixture. Reinsert basket to resume cooking.
- 8 When cooking is complete, remove gratin from the basket. Top 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:** 24-26 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 pound russet potatoes (about 3 medium potatoes), cut in thin matchsticks
 2 tablespoons canola oil, divided
 2 cloves garlic, peeled, minced
 1 teaspoon garlic powder
 1 teaspoon kosher salt
 2 tablespoons fresh parsley, chopped
 ¼ 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 mixing bowl; toss to combine.
- 3 Insert crisper plate in basket and basket in unit. Preheat unit by selecting AIR FRY, set temperature to 360°F, and set the time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, place fries on crisper plate; reinsert basket.
- 5 Select AIR FRY, set temperature to 360°F, and set time to 26 minutes. Select START/STOP to begin.
- 6 After 12 minutes, remove basket and shake fries or toss them with silicone-tipped tongs. Reinsert basket to resume cooking.
- 7 While fries are cooking, in a large mixing bowl, combine remaining canola oil, minced garlic, garlic powder, salt, parsley, and Parmesan.
- 8 Check fries after 24 minutes. For crispier fries, continue cooking up to 2 more minutes.
- 9 When cooking is complete, toss fries in bowl with garlic-Parmesan mix and 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:** 4-8 HOURS | **COOK:** 6 HOURS | **MAKES:** 3 CUPS

INGREDIENTS

4 large graham crackers
4 peanut butter cups
($\frac{3}{4}$ ounce each)
4 marshmallows

DIRECTIONS

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



CRISPY ASPARAGUS FINGERS

PREP: 15 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

$\frac{1}{4}$ cup all purpose flour
1 $\frac{1}{2}$ teaspoons kosher salt
2 eggs, lightly beaten
 $\frac{1}{2}$ cup seasoned bread crumbs
 $\frac{1}{4}$ cup grated Parmesan cheese
1 bunch jumbo asparagus,
trimmed
Cooking spray

SRI-RANCH-A DIPPING SAUCE

2 tablespoons sriracha
 $\frac{1}{4}$ 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 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. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, place asparagus on the crisper plate in a single layer (if all spears won't fit, set additional ones aside). Spray with cooking spray; reinsert basket.
- 5 Select AIR FRY, set temperature to 390°F, and set time to 8 minutes. Select START/STOP to begin.
- 6 After 4 minutes, remove basket and shake asparagus or toss with silicone-tipped tongs. Reinsert basket to resume cooking.
- 7 While asparagus is cooking, stir together all dipping sauce ingredients in a bowl. If there are additional spears, repeat steps 4-6.
- 8 When cooking is complete, serve asparagus immediately with dipping sauce.



AIR-FRIED PEANUT BUTTER CUP S'MORES

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

INGREDIENTS

4 large graham crackers
4 peanut butter cups
($\frac{3}{4}$ ounce each)
4 marshmallows

DIRECTIONS

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



PEANUT BUTTER, JELLY & BANANA BITES

PREP: 15 MINUTES | **COOK:** 24 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
 $\frac{1}{4}$ cup white sugar
2 teaspoons ground cinnamon
Cooking spray
Chocolate hazelnut spread, for serving
Marshmallow spread, for serving

DIRECTIONS

- 1 Start by building 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. Preheat unit by selecting AIR FRY, setting temperature to 390°F, and setting time to 3 minutes. Select START/STOP to begin.
- 4 While unit is preheating, spray both sides of sandwiches with cooking spray. Dust each side with the cinnamon sugar mixture.
- 5 Once unit is preheated, place a sandwich on the crisper plate. Select AIR FRY, set temperature to 390°F, and set time to 6 minutes. Select START/STOP to begin.
- 6 After 3 minutes, remove basket and flip sandwich. Reinsert basket to resume cooking.
- 7 Repeat steps 5 and 6 with remaining sandwiches.
- 8 When cooking is complete, allow to cool slightly before cutting into strips. Serve with a side of chocolate hazelnut or marshmallow spread, if desired.

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