



THE AFFORDABLE AIR FRYER COOKBOOK

5-INGREDIENT QUICK & EASY BUDGET FRIENDLY
RECIPES FOR YOUR AIR FRYER!

2020
EDITION



600

RECIPES



The Affordable Air Fryer Cookbook 2020

*600 Quick & Easy 5-Ingredients or Less
Budget Friendly Recipes for Your Air
Fryer*

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Air Fryer Introduction

An air fryer is a kitchen appliance that cooks food by circulating hot air using a convection mechanism. It is a smaller version of the traditional convection oven. A mechanical fan circulates the hot air around the food at high speed, which allows the food to cook and produces a crispy layer as a result of the browning reactions of caramelization and the Maillard reaction. The Maillard reaction requires temperatures of between 140 to 165 °C (284 to 329 °F) while caramelization temperatures require the caramelization of sugar and ranges from 110 to 180 °C (230 to 356 °F).

Air Fryer Mechanics

Air fryers promote the circulation of hot air to cook food that would otherwise be submerged in oil. The air fryer's cooking chamber induces heat from a heating element next to the food, thus cooking it more efficiently. A fan circulates hot air around the food. The opening at the top of the Air Fryer, or vent, allows hot air to be taken in and the exhaust at the back controls temperature by releasing excess hot air. It is also used to counter any increases in internal pressure. The temperatures inside can go up to 230 °C (445 °F) depending on the model. For safety, it is essential to not put oil inside the air fryer or have flammable objects near the air fryer. In general, cooking times in the air fryer are reduced by 20% in comparison with traditional ovens. This varies per brand and the quantity of the food cooked in the air fryer.

Traditional frying methods induce the Maillard effect by completely submerging foods in hot oil, which attains considerably higher temperatures than boiling water. The air fryer works by coating the desired food in a thin layer of oil while circulating air heated up to 200 °C (392 °F) to apply heat and initiate the reaction. As a result, the appliance can brown foods like potato chips, chicken, fish, steak, cheeseburgers, French fries or pastries using 70% to 80% less oil than a traditional deep fryer.

Many air fryers have temperature and timer adjustments that allow more precise cooking. Food is cooked in a cooking basket that sits atop a drip tray. The basket and the food inside must be shaken frequently to ensure even oil treatment and cooking. More expensive fryers achieve this by mixing a food agitator that continuously shakes the food during the cooking process. However, most air fryers require the cook to perform the task manually. Convection ovens and air fryers are similar in the way they cook food, but air fryers are mostly smaller in size and volume than convection ovens and emit less heat.

The taste and consistency of foods cooked with traditional fried methods in comparison to air fried methods are not the same, because the larger quantity of oil involved in traditional frying soaks into the foods (or the

coating batter, if it is used) and adds its own unique flavor. With air fryers, food is coated in a wet batter, not a dry coating such as breadcrumbs, and rests firmly on the food surface, meaning the air fryer's fan can blow the batter off the food and ensure even cooking.

The majority of air fryers are equipped with more accessories that suit specific kinds of cooking, such as pizza pans, skewer racks, grilling trays, and cake barrels.

Health Benefits

As the Air Fryer can produce results similar to deep-frying using a tiny fraction of the oil needed to deep-fry, the health benefits it offers to folks are many. When deep-frying, the food is coated with oil and it is this oil that is absorbed by the food to form a delicious coating on the outside. In an air fryer, oil is still used because it helps crisp and brown several foods, but only one tablespoon is generally required at a time. Instead of putting the tablespoon of oil in the air fryer, the foods are simply tossed in the fryer with oil and then placed in the air fryer basket. In fact, spraying the foods lightly with oil is an even easier way to ensure that foods have an even coating using the least amount of oil. Oil sprays, as opposed to drip oil, are a great way of ensuring this.

Quick & Energy Efficient

Sometimes it can take fifteen to twenty minutes to pre-heat standard ovens. As the air fryer is so compact, that pre-heat time is reduced to two or three minutes! That's a huge saving in time as well as energy. You can pre-heat your air fryer and not heat up the whole kitchen. What's more? The intense heat inside the air fryer cooks foods quickly too, about 25% faster than in an oven, so you're saving time and energy there as well. No one these days seems to have time to spare, so this should please everyone!

Safe & Easy

It is generally agreed that air-frying is safer and easier than deep-frying. The majority of air fryers come with settings for time and temperature. It doesn't get much easier than that! When deep-frying, you had to heat a large pan of oil on the stovetop and use a deep-frying thermometer to check the temperature. On top of all that, you dealt with a lot, and I mean *a lot* of oil. That was really bad thing to do because oil is heavy to move, dangerous if it gets too hot, and is really just annoying to drain and get rid of. Ask yourself why should you bother with all that if you can get the same results so much more easily with an air fryer?

Clean & Tidy

I didn't earn the "Miss Tidy Cook" badge for nothing! I love keeping my kitchen clean and tidy when I'm cooking and *after* I've been cooking too. The air fryer fits into my culinary world perfectly. It cooks foods in a small, safe space and keeps my food from causing a mess. My husband recently found out that you can even cook bacon in the air fryer without making a mess. Of course, please remember to add a little water in the drawer below to prevent the bacon grease from smoking. Ultimately, the air fryer is a simple and straightforward machine to clean and keep clean, and you know what they say about cleanliness...

Choosing Ingredients

Every now and then, I do like to resort to my air fryer to cook ingredients for meals that might not even require an air fryer. Please don't underestimate the convenience of quickly toasting nuts for a salad, or roasting a pepper for pasta, or quickly cooking bacon for an egg sandwich. Ingredients in recipes often have a requirement – “walnuts, toasted”, or “bread cubes, toasted” – and the air fryer comes to the rescue, once again saving your time.

Breakfast & Brunch

Air Fryer Bagels

Servings: 4

Ingredients:

- Plain Greek yogurt - zero-fat (1 cup)
- Self-rising flour (1 cup)
- Egg (1 for the egg wash)
- Desired Garnishes: Sesame or poppy seeds

Steps Used to Prepare:

1. Set the Air Fryer at 330° Fahrenheit ahead of baking time.
2. Whisk the yogurt and flour to form a tacky dough.
3. Dust a preparation surface and roll the dough into a ball, slicing it into four sections.
4. Roll each one into bagel shapes and pinch to close. Prepare two at a time, brushing the tops with egg wash.
5. Set the timer for ten minutes after arranging the bagels in the cooker.
6. For the toppings, brush with a portion of melted butter and season as desired.

Avocado Egg Boats

Servings: 2

Ingredients:

- Avocado (1)
- Large eggs (2)
- Optional Garnishes:
- Freshly chopped chives
- Parsley
- Pepper

Steps Used to Prepare:

1. Set the Air Fryer temperature setting at 350° Fahrenheit.
2. Discard the pit from the avocado. Slice and scoop out part of the flesh and add the seasonings.
3. Break an egg into each half and place it in the Air Fryer. Set the timer for six minutes.
4. Serve using toppings of your choice.

Bacon-Wrapped Tater Tots

Servings: 4

Ingredients:

- Sour cream (3 tbsp.)
- Medium-sliced bacon (1 lb.)
- Bag of crispy tater tots (1 large)
- Scallions (4)
- Shredded cheddar cheese (.5 cup)

Steps Used to Prepare:

1. Set the Air Fryer at 400° Fahrenheit.
2. Wrap each of the tots in bacon and place them into the fryer basket. Keep them in a single layer.
3. Set the timer for eight minutes.
4. Arrange the tots on a plate. Serve with the scallions and cheese garnish. Add a dash of sour cream.

Banana Fritters

Servings: 8

Ingredients:

- Vegetable oil (3 tbsp.)
- Breadcrumbs (.75 cup)
- Corn flour (3 tbsp.)
- Ripe peeled bananas (8)
- Egg white (1)

Steps Used to Prepare:

1. Warm the Air Fryer to reach 356° Fahrenheit.
2. Use the low-heat temperature setting to warm a skillet. Pour in the oil and toss in the breadcrumbs. Cook until golden brown.
3. Coat the bananas with the flour. Dip them into the whisked egg white and cover with the breadcrumbs.
4. Arrange the prepared bananas in a single layer of the basket and place the fritter cakes onto a bunch of paper towels to drain before serving.

Easy Poached Eggs

Servings: 1

Ingredients:

- Boiling water (3 cups)
- Large egg (1)

Steps Used to Prepare:

1. Set the Air Fryer at 390° Fahrenheit.
2. Pour boiling water into the Air Fryer basket.
3. Break the egg into a dish and slide it into the water. Set the basket into the fryer.
4. Set the timer for 3 minutes. When ready, scoop the poached egg into a plate using a slotted spoon.
5. Serve with a serving of toast to your liking.

Easy Sausage Patties

Servings: 4

Ingredients:

- Sausage patties (12 oz pkg.)

Steps Used to Prepare:

1. Warm the Air Fryer at 400° Fahrenheit.
2. Arrange the patties in a single layer, working in batches if needed.
3. Set the timer for five minutes.
4. Flip the sausage over and cook until they reach 160° Fahrenheit on an instant-read thermometer or about three minutes.

English Breakfast

Servings: 4

Ingredients:

- Sausages (8)
- Eggs (4)
- Bacon slices (8)
- Baked beans (16 oz. can)
- Toast (8 slices)

Steps Used to Prepare:

1. Arrange the bacon and sausage in the Air Fryer basket. Set the timer for ten minutes at 320° Fahrenheit.
2. Add the beans into a ramekin/heat-safe dish. In a second dish, add the whisked eggs.
3. Increase the setting to 390° Fahrenheit.
4. Place them in the basket and set the timer for another ten minutes.
5. Stir and serve when ready.

Grilled Cheese Sandwiches - Brunch

Servings: 2

Ingredients:

- Sharp cheddar cheese (.5 cup)
- White bread or brioche (4 slices)
- Melted butter (.25 cup)

Steps Used to Prepare:

1. Set the Air Fryer at 360° Fahrenheit.
2. Butter all slices of bread (both sides). Assemble each sandwich and arrange them in the fryer basket.
3. Prepare for 5-7 minutes and serve immediately for the best taste results.

Hawaiian Pizzas

Servings: 12

Ingredients:

- Thomas' Light Multi-Grain English Muffins (1 pkg.)
- Pizza sauce (1 cup)
- Canadian Bacon (.5 cup)
- Crushed pineapple (.25 cup)
- Shredded mozzarella cheese (1-2 cups)

Steps Used to Prepare:

1. Set the fryer at 355° Fahrenheit.
2. Gently, using your finger, separate the English muffins.
3. Place a sheet of foil inside the Air Fryer, making sure that air is still able to circulate. Spritz it with a non-stick cooking spray.
4. Add the halves of the English muffins to the fryer (as many as can fit neatly).
5. Top each half with sauce, Canadian bacon, and pineapple, and shredded cheese.
6. Air-fry for 5 minutes. It's essential to check them after about 3 minutes to be sure all toppings are still cooking evenly.
7. Remove and serve.

Mushroom Onion Cheese Frittata

Servings: 2

Ingredients:

- Olive oil (1 tbsp.)
- Mushrooms (2 cups)
- Onion (1 small)
- Eggs (3)
- Grated cheese (50 g or .5 cup)
- Also Needed: 1 Skillet

Steps Used to Prepare:

1. Warm the Air Fryer at 320° Fahrenheit.
2. Prepare a skillet (medium heat) and pour in the oil.
3. Chop the mushrooms and onions. Toss into the pan and sauté for about five minutes before adding them to the Air Fryer.
4. Whisk the eggs and salt. Dump it into the fryer with a sprinkle of cheese.
5. Set the timer for 10 minutes and remove to serve.

Pepperoni, Egg, and Cheese Pizza

Servings: 1

Ingredients:

- Oregano (.5 tsp.)
- Basil (.5 tsp.)
- Eggs (2)
- Shredded mozzarella cheese (2 tbsp.)
- Thinly sliced pepperoni (4 pieces)
- Also Needed: 1 ramekin

Steps Used to Prepare:

1. Whisk the eggs, basil, and oregano.
2. Pour the eggs into the ramekin, and add the pepperoni and cheese.
3. Arrange the ramekin in the Air Fryer for three minutes and serve.

Pumpkin Steel-Cut Oat

Servings: 4

Ingredients:

- Water (1.5 cups)
- Pumpkin puree (.5 cup)
- Stevia (3 tbsp.)
- Pumpkin pie spice (1 tsp.)
- Steel-cut oats (.5 cup)

Steps Used to Prepare:

1. Heat the Air Fryer at 360° Fahrenheit to preheat.
2. Toss in and mix the fixings into the Air Fryer.
3. Set the timer for 20 minutes.
4. When it's ready, portion the oatmeal into bowls and serve.

Quick and Easy Doughnuts

Servings: 4

Ingredients:

- Flaky jumbo refrigerated dough biscuits (1 can)
- Ground cinnamon (1.5 tsp.)
- White granulated sugar (.5 cup)
- Coconut oil or ghee (as needed)

Steps Used to Prepare:

1. Set the Air Fryer at 350° Fahrenheit.
2. Arrange the biscuits on a cutting board. Use a one-inch biscuit cutter to remove the centers.
3. Grease the basket with the oil/ghee.
4. Whisk the sugar and cinnamon.
5. Air-fry the doughnuts for five to six minutes. Fry the holes for three to four minutes.
6. Transfer to a dish and brush using the butter, garnishing using a sprinkle of the cinnamon/sugar mixture.

Raisin and Apple Dumplings

Servings: 2

Ingredients:

- Raisins (2 tbsp.)
- Small apples (2)
- Brown sugar (1 tbsp.)
- Puff pastry (2 sheets)
- Melted butter (2 tbsp.)

Steps Used to Prepare:

1. Warm the Air Fryer to reach 356° Fahrenheit.
2. Peel and core the apples. Combine the raisins and sugar. Place the apples on the pastry sheets and fill with the raisin mixture.
3. Fold the pastry over to cover the fixings. Place them on a piece of foil so they won't fall through the fryer. Brush them with melted butter.
4. Air-fry until they're golden brown (25 minutes).
5. Note: It's best to prepare using tiny apples.

Sausage Wraps

Servings: 8

Ingredients:

- Crescent roll dough (8-count can)
- American cheese (2 slices)
- Heat and Serve Sausages (8)
- Wooden skewers (8)
- Optional for Dipping: BBQ sauce/ketchup/syrup

Steps Used to Prepare:

1. Set the Air Fryer to 380° Fahrenheit.
2. Open the sausages, and separate the rolls.
3. Slice the cheese into quarters, and add the pieces starting on the widest part of the triangle to the tip. Add the sausage.
4. Gather each end and roll-over the sausage and cheese. Pinch each side together. Add these in two batches to the fryer.
5. Cook for 3-4 minutes.
6. Remove from the fryer and add a skewer. Set it out for serving with the desired garnish.

Scrambled Eggs

Servings: 1

Ingredients:

- Butter (for the fryer basket)
- Eggs (2)
- Black pepper (as desired)
- Optional: Cheese and tomatoes

Steps Used to Prepare:

1. Warm the Air Fryer at 285° Fahrenheit for about five minutes.
2. Melt a small portion of butter, spreading it out evenly.
3. Whisk and dump the eggs and any other desired fixings desired.
4. Open the fryer every few minutes to whisk the eggs.
5. Serve with a serving of toast or have a scrambled egg sandwich.

Spinach Frittata

Servings: 1-2

Ingredients:

- Spinach ($\frac{1}{3}$ of 1 pkg.)
- Red onion (1 small)
- Mozzarella cheese
- Eggs (3)

Steps Used to Prepare:

1. Heat the Air Fryer at 356° Fahrenheit for at least three minutes.
2. Pour the oil into a baking pan for one minute.
3. Mince and toss in the onions. Sauté for two to three minutes. Toss in the spinach and sauté another three to five minutes.
4. Whip in the eggs, add the seasonings, cheese, and add to the pan.
5. Air Fry for 8 minutes. Flavor with salt and pepper if you wish.

Egg Cups to Go

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 4 large eggs
- 1 cup of diced veggies (e.g. mushrooms, broccoli, tomatoes, peppers, spinach)
- ½ of a cup of sharp cheddar cheese, shredded
- ¼ of a cup of half and half (or light cream)
- 2 tablespoons fresh coriander, chopped

How to cook

1. Mix the eggs, veggies, half of the cheese, cream and coriander together. Divide the mixture equally between 4 halfpint widemouth jars (you can also use other pressure cooker-safe containers with lids). Put the lids on the jars – don't close them, as their job is only to prevent water from getting into the egg mixture.
2. Add 2 cups of water into the Air fryer and place the trivet in.
3. Then, put your jars carefully onto it.
4. Set the timer for 5 minutes and the pressure to the highest setting. Once it is done cooking, release the steam quickly. Carefully remove the jars from the cooker, sprinkle the tops of the eggs with the rest of the cheese and place the jars under a broiler (or into an air fryer) for additional 2-3 minutes, or until the cheese is golden brown and bubbly.
5. Add salt and pepper to taste. You can also garnish with herbs of your choice.

Nutritional Facts

Cal.: 117

Fat: 8.7 g

Carbs: 2.3 g

Protein: 9.8 g

Eggs & Marinara

Cooking time: 11 minutes Makes: 4-6 servings

What's Inside

- 2 minced cloves of garlic
- 1 diced bell pepper, diced
- 1 ½ cup of sugar-free marinara sauce
- 4-6 eggs
- 1 teaspoon of paprika

How to cook

1. Put some coconut oil into the Air fryer and set it to sauté. Once the oil is hot, carefully add the garlic and bell pepper. Sprinkle in the paprika and fry, stirring gently, for 5-6 minutes – until the peppers soften.
2. Pour in the marinara sauce and mix. Turn off the heat and let the mixture rest for another 5 minutes.
3. Make small, evenly spaced wells in the sauce with a back of a spoon and crack one egg into each well. Be careful to not break the yolks!
4. After closing the lid – and making sure the valve is sealed – manually set the pressure to low and the timer to 5 minutes.
5. Once the timer beeps, carefully release the pressure valve and, once the steam has escaped, open the lid.
6. Gently scoop out the eggs with the sauce. Sprinkle the top with freshly chopped parsley, add salt and pepper to taste and enjoy!

Nutritional Facts

Cal.: 217

Total fat: 15.8 g

Carbs: 6.7 g

Protein: 10 g

Coconut Yogurt Parfait

Preparation time: 5 minutes

Cooking time: 12 hours

Makes: 2 pints of yogurt

What's Inside

- 2 cans of coconut cream
- 4 probiotic capsules (make sure they are allergen-free) ➤ 1 ½ teaspoon of gelatin ➤ A mix of berries
- Pinch of cinnamon

How to cook

1. Take two 1-pint mason jars and pour a can of coconut cream to each. Remember to shake the cans well before opening them. Sprinkle the insides of two probiotic capsules into each jar and mix them in well.
2. Put the jars inside the Air fryer – leave them open, don't cover them, just secure the cooker's lid. Choose the Yogurt setting on the control panel and set the timer between 10 and 12 hours. The longer the yogurt incubates, the more tart it will become, so adjust the time to your preferences.
3. After the time is up, remove the jars from the Air fryer and empty them into a blender. Add gelatin and blend thoroughly. Once the gelatin is mixed in, fill the jars back with the mixture and place the open jars in a fridge. Leave them there and cover with lids after a couple of hours.
4. Once the yogurt is set, it is ready to be served. Mix it well first. Then, add a layer of it into a cup or a jar to cover the bottom. Place some of the berries on top and cover with another layer of yogurt and berries. Once your container is full, sprinkle a pinch of cinnamon on top and dig in!

Nutritional Facts

➤ Cal.: 259

Spinach & Tomato Quiche

Preparation time: 5 minutes

Cooking time: 20 minutes Makes: 6 servings

What's Inside

- 12 eggs
- ½ of a cup of milk
- 3 cups of roughly chopped fresh spinach
- 1 cup of dices and seeded tomatoes
- ¼ of a cup of shredded cheese of your choice

How to cook

1. Prepare your Air fryer – pour in 1 ½ cups of water and place the trivet in.
2. Whisk the eggs and milk together in a bowl. Take a baking dish (1 and ½ quart is ideal), put the tomatoes and spinach in it and mix them gently together. Pour the egg and milk mixture over them and carefully stir it all together. You can also place thinly sliced tomatoes and some cheese over the top.
3. With the help of a sling, place the dish onto the trivet. Close the lid and seal the valve of the pot. Set it to high pressure and set the timer for 20 minutes.
4. After the time is up, turn off the cooker and leave it as is. After 10 minutes, quickly release the pressure and open the lid. Be careful of hot steam! Remove the pan from the pot and, if you want a golden brown top, place it under a broiler for a few minutes. When the quiche is done to your preference, salt and pepper it to taste.

Nutritional Facts

Cal.: 191.8 ➤ Fat: 10.6 g

Carbs: 15.2 g

Protein: 9.7 g

Breakfast Stuffed Peppers

Preparation time: 5 minutes

Cooking time: 2-3 hours Makes: 4 servings

What's Inside

- ½ lb. of ground breakfast sausage
- 4 bell peppers (for visual appeal use different colors)
- 6 eggs
- 4 oz. of grated marble Jack cheese
- 4 oz. of chopped oven-roasted green chilies

How to cook

1. Place a skillet over medium heat on a stove and cook the meat until it is browned and cooked through. Use paper towels to remove excess grease or carefully pour it out.
2. In a bowl, whisk the eggs well until they are smooth and homogenous. Add the shredded cheese, chopped chilies and slightly cooled sausage meat. Add pepper and salt to taste and mix everything well.
3. Wash the peppers, remove the tops and scoop out the seeds. Spoon the filling into each one, leaving about ¼ of an inch of space at the top.
4. Add ½ of a cup of water into the pressure cooker and place the peppers upright inside (cut side up). Secure the lid. Peppers will be done in 2-3 hours using high pressure, or in 4-6 hours on low – the eggs need to be fully set.

Nutritional Facts

Cal.: 198

Fat: 12.4 g

Carbs: 9.5 g

Protein: 14.2 g

Betty's Pancakes

Preparation time: 5 minutes

Cooking time: 45 minutes Makes: 1 pancake

What's Inside

- 2 cups of coconut or almond flour
- 2 ½ teaspoons of baking powder
- 2 tablespoons of low-carb granulated sweetener (e.g. Swerve, Sucralose, Xylitol) ➤ 2 large eggs
- 1 ½ cup of milk

How to cook

1. Whisk the eggs and milk in a bowl until they are fully homogenous. In a separate bowl, thoroughly mix the rest of the ingredients. Combine them together and stir until you can see only small lumps.
2. Lightly grease the Air fryer on the inside. Use a light oil (coconut works great) for best results. Pour the batter inside.
3. Close the lid and secure the vent. Turn the pot into manual and set the pressure to low and time for 45 minutes for a crispy pancake. You can decrease the time a little if you prefer a soft top.
4. Once the time is up, release the pressure and test the pancake. When done, it should spring back when touched and not leave any raw batter on your finger. It will also release cleanly from the sides. Give it a little more time if needed, also on low pressure.
5. Gently release the pancake from the pot with a knife or a spatula. Carefully remove it onto a plate upside down. Now what was the bottom of the pancake will be a beautifully golden brown and slightly crispy top!
6. For final touches, add some toppings (make sure they are lowcarb!) and enjoy!

Nutritional Facts

Cal.: 149.2

Fat: 13.8 g

Carbs: 3.6 g

Marvellous Egg Muffins

Preparation time: 5 minutes

Cooking time: 11 minutes Makes: 14 egg bites

What's Inside

- 8 eggs
- ¼ of a cup of milk
- ½ of a cup of diced ham
- 1/3 of a cup of shredded Cheddar cheese
- 1 diced green onion

How to cook

1. Using butter or light cooking oil generously coat the inside of two silicone baby food trays (or large ice cube trays)
2. Whisk the eggs and milk in a mixing bowl until combined. Salt and pepper to taste. Place an equal amount of ham into each of the cups and cover it with the egg and milk mixture up to about 2/3 of the cups' height. Gently put some cheese on top of each muffin.
3. Pour 1 cup of water into the pressure cooker and place the trivet inside. Gently put the filled trays onto it – a sling might come in handy here!
4. Close the lid securely and make sure the valve is closed as well. Set the pressure to high. As for time, if you prefer your eggs to be firmer, cook for 11 minutes. If you want them a little softer, aim for 9-10 minutes.
5. Turn off the pot when the timer beeps. Let the pressure release naturally for 40-45 minutes and then release the rest quickly.
6. Once the pressure has been released, carefully open the pot (be careful of residual steam) and gently take out the trays. The sling may be helpful again.
7. Let the trays rest for about 5 minutes on a wire rack. Once they cool a little, you can turn the trays upside down and gently squeeze the sides to let the egg bites slide out. They are amazing served whole, but they also make a great topping for some low-carb toasts!

Fumiky Frittata

Preparation time: 10 minutes

Cooking time: 30 minutes Makes: 4 servings

What's Inside

- 4 large eggs
- 1 cup of light cream half and half > 1 10-oz. can of green chilies (diced)
- ½ of a teaspoon of ground cumin
- 1 cup of shredded Mexican cheese blend

How to cook

1. Prepare a 6-inch pan – make sure it's air fryer-safe – by greasing the inside well (be thorough – eggs have a tendency to stick!). Silicone or metal pans work best, as the frittata might need extra time if you use a glass one.
2. In a bowl, whisk the eggs together with chilies, light cream (or half and half), ground cumin and about ½ of a cup of cheese. Pour the mix into the prepared tray and cover it with aluminum foil.
3. Pour two cups of water into the air fryer, place in the trivet and gently lower the pan onto it.
4. Close the valve and the lid, set the pressure to high and cook for 20 minutes. Let the pressure come down naturally for ca. 10 minutes, then release the rest quickly.
5. Take out the pan and uncover it. Sprinkle the remaining cheese over the top and put the pan under a broiler. This should take about 5 minutes, or until the cheese is golden and bubbly.
6. You can finish the frittata with a sprinkling of salt and pepper, as well as some chopped fresh herbs of your choice – parsley works great. Enjoy!

Nutritional Facts

Cal.: 254

Fat: 17.9 g

Carbs: 5.7 g

Protein: 13.8 g

Mushroom and Goat Cheese Omelet

Total Prep & Cooking Time: 15. Min

Yields: 1 serving

Nutrition Facts: Calories: 489 | Protein: 32g | Net Carbs: 8g | Fat: 37 g

Ingredients:

- 3 eggs
- 2 oz. crumbled goat cheese
- 2 tsp. half and half, milk or heavy cream
- 3 oz. mushrooms
- Pepper
- 2 tsp. olive oil
- Salt

Method:

1. Wash mushrooms and cut into thick and even slices.
2. Add olive oil to a heated skillet or pan, then toss in mushrooms and cook until lightly browned and soft – about four minutes.
3. While Mushrooms simmer, mix eggs with half and half (or milk or heavy cream), add seasonings, salt, and pepper and whisk together.
4. Crumble goat cheese and when mushroom finish, remove from skillet, and place on a cutting board.
5. Rinse out skillet before cooking omelet and reheat pan and add more olive oil before adding the egg mixture
6. When skillet heats up, add the eggs and cook until the outside edges are solidifying about 2 to 3 minutes.
7. Use a rubber spatula to check edges of eggs for firmness. Lift the omelet at a couple of places using the rubber spatula, then move the skillet around to cook the remaining eggs evenly.
8. Once the bottom of the egg is firmly cooked and the center still a little soft, add goat cheese and mushrooms.
9. Fold over the cooked omelet and roll onto the plate.

Mediterranean Omelet

Total Prep & Cooking Time: 20 min.

Yields: 2 servings

Nutrition Facts: Calories: 534 | Protein: 33g | Net Carbs: 4g | Fat: 43g

Ingredients:

- 6 eggs
- 1 tsp. chopped fresh basil or dried basil
- 3 oz. cherry tomatoes
- 2 tsp. olive oil
- 5 oz. fresh mozzarella, diced or sliced
- Pepper and salt as desired
- Optional- Any other seasoning that you like on eggs

Method:

1. Preheat skillet and Cut cherry tomatoes in half.
2. Add olive oil to heated skillet or pan and cook tomatoes for 2 to 3 minutes.
3. While tomatoes are frying, add eggs to mixing bowl with any seasonings to taste and then beat briskly.
4. Pour beaten eggs in the skillet over and wait for the omelet to firm before adding in the sliced mozzarella.
5. Lower the heat and simmer until the omelet is firm.
6. Fold over the cooked and roll onto the plate.

Bacon and Brie Frittata

Total Prep & Cooking Time: 25 min.

Yields: 6 servings

Nutrition Facts: Calories: 338 | Protein: 18g | Net Carbs: 1.8g | Fat: 27g

Ingredients:

- 8 large eggs
- ½ cup heavy whipping cream
- ½ tsp. salt
- 8 slices of bacon – chopped
- 2 cloves garlic minced
- 4 oz. thin sliced brie
- ½ tsp. pepper

Method:

1. Chop the bacon and thinly slice the brie – best to slice when it is cold.
2. Cook the bacon until crispy in an oven-ready 10-inch skillet. Then remove bacon and lay on plate to drain.
3. Leave behind the bacon grease and let the skillet cool down before proceeding.
4. Add eggs, cream, pepper, garlic, and salt, and whip. Then mix in about 2/3 of the bacon.
5. The skillet should be on medium heat and coat the entire skillet with the remaining bacon grease.
6. Add the mixed eggs into the skillet and let the eggs sit until the edges begin to loosen. Then layer the sliced brie on top of the eggs and add remaining bacon.
7. Turn broiler to high and position skillet on the rack. Broil for 2 to 5 minutes. Check and remove the eggs are bubbly and brown.
8. Once removed, allow the frittata to cool down for a couple of minutes before serving.

Baked Keto Breakfast Casserole

Total Prep & Cooking Time: 25 min.

Yields: 6-8 servings

Nutrition Facts: Calories: 392 | Protein: 23.3g | Net Carbs: 5.9g | Fat: 30.5g

Ingredients:

- 6 eggs
- 16oz. spicy bulk sausage
- Salt
- 1 ½ cups Roma tomatoes
- 2 cups shredded mozzarella
- ½ cup heavy cream
- Pepper

Method:

1. Switch on the oven to 350 degrees. Dice tomatoes evenly.
2. Fry sausage while crumbling in the skillet and cook sausage fully.
3. Remove sausage from skillet and place into a 2-quart baking pan.
4. Layer diced tomatoes on top of sausage and then layer the cheese.
5. Lastly, add heavy cream to eggs and blend.
6. Transfer eggs over the casserole.
7. Bake for 30-40 minutes until cheese is bubbling.
8. Let it cool and set for 15 minutes after removing from the oven.

Bacon and Egg Breakfast Cups

Total Prep & Cooking Time: 35 min.

Yields: 12 servings

Nutrition Facts: Calories: 174 | Protein: 13.3g | Net Carbs: 0.7g | Fat: 12.9g

Ingredients

12 large eggs

Pepper

12 pieces of bacon

Salt

1 tbsp. chopped chives

Method:

1. Switch on the oven to 400 degrees.
2. Cook bacon for 8-10 minutes, until it is soft but not crispy. Remove the bacon and place on paper towels to drain.
3. Smear the muffin pan with oil or butter.
4. Place one piece of bacon in each cup, wrapping it around the sides. Crack one egg into the cup. Sprinkle the casserole with chives, pepper, and salt as desired.
5. Cook for 12-15 minutes so that the bacon is crispy. Monitor closely.

Eggs Benedict Avocado Bowl

Total Prep & Cooking Time: 15 min.

Yields: 4 servings

Nutrition Facts: Calories: 567 | Protein: 16.2g | Net Carbs: 9.6g | Fat: 53.4g

Ingredients:

Hollandaise:

- 3 egg yolks
- 8 ½ tbsp. butter, unsalted
- Pepper and salt as desired
- 1 tbsp. lemon juice

Eggs Benedict:

- 2 avocados, peel and pitted
- 4 eggs
- 5 oz. smoked salmon

Method:

1. Melt the butter in a microwave-safe container for about 20 seconds.
2. Split the yellow yolks from the egg whites. Join egg yolks and lemon juice into the butter and blend until you form a creamy white layer. Then slowly blend, lifting, and lowering to create a creamy sauce.
3. Boil water in a small saucepan and then reduce the boiling pot of water to a medium to low heat.
4. Then crack each egg into a small bowl or measuring cup. Then slowly put each egg into the water.
5. Stir the water in a circle, creating a small vortex to prevent the egg white from separating from the yolk—Cook for 3-4 minutes, or until the yolk is at your preferred consistency. Remove poached eggs - slotted spoons work best and lay tenderly on a paper towel-lined dish to absorb extra water.
6. Cut avocados in half, peel the skin and remove the pit. Then slice avocado evenly so it will be sturdy on the plate.
7. Place each poached egg on each half of the avocado and add a scoop of hollandaise sauce. Eat the smoked salmon on the side or top of the

eggs.

8. Eat immediately.

Tex-Mex Scrambled Eggs

Total Prep & Cooking Time: 15 min.

Yields: 4 servings

Nutrition Facts: Calories: 240 | Protein: 13.9g | Net Carbs: 2.7g | Fat: 19.4g

Ingredients:

- 6 oz. eggs
- 1 tomato, diced
- 1 oz. butter
- 1 scallion, finely chopped
- 2 pickled jalapenos, thinly chopped
- 3 oz. cheese, shredded
- Pepper and salt as desired

Method:

1. Chop the scallions, tomatoes, and jalapenos, or to the desired size.
2. Melt a portion of butter. Next fry the scallions, jalapenos, and tomatoes for 3-4 minutes.
3. Whisk eggs and then transfer into frying pan and scramble for about 2 minutes.
4. Add cheese, and spices as desired as toppings.

Cauliflower Hash Browns

Total Prep & Cooking Time: 40 min.

Yields: 4 servings

Nutrition Facts: Calories: 284 | Protein: 6.8g | Net Carbs: 7.6g | Fat: 26.4g

Ingredients:

- 1 lb. cauliflower
- 3 eggs
- ½ yellow onion, grated
- 1 tsp. salt
- 2 pinches pepper
- 4 oz. butter for frying

Method:

1. Clean and grate the cauliflower and onion using a grater or food processor.
2. Mix cauliflower and other ingredients. Let sit for about 5-10 minutes.
3. Melt enough butter or oil for frying in a large skillet over medium heat. You should be able to fit about 3-4 hash browns about 3-4 inches wide at a time.
4. Scoop grated cauliflower
5. Tip- place the first batch in oven on low heat to keep warm
6. Scoop grated cauliflower into the heated skillet and flatten them to be about 3-4 inches wide.
7. Fry hash browns for about 4-5 minutes on each side – watching closely, so they do not burn but do not flip hash browns too soon, or they may fall apart.

Coconut Pancakes

Total Prep & Cooking Time: 40 min.

Yields: 4 servings

Nutrition Facts: Calories: 299 | Protein: 11.3g | Net Carbs: 11.6g | Fat: 23.8g

Ingredients:

- 6 eggs
- $\frac{3}{4}$ cup coconut milk
- Salt
- 2 tbsp. melted coconut oil
- 1 tsp. baking powder
- $\frac{1}{2}$ cup coconut flour
- Coconut oil or Butter

Method:

1. Divide the egg whites from the yellow yolks. Then thrash the egg whites with a smidgen of salt with a hand mixer. Whip eggs until stiff peaks form and then set off to the side.
2. In another bowl, whisk coconut oil, coconut milk, and egg yolks together. Then add baking powder and coconut flour and unite into a batter.
3. Carefully add the egg whites into the smooth batter, and the batter should rest for 5 minutes.
4. Heat skillet over medium heat. Make even scoops and fry pancakes in coconut oil or butter for a few minutes on each side. Gently flip pancakes.
5. Serve with your favorite pancake toppings.

Keto English Muffins

Total Prep & Cooking Time: 15 min.

Yields: 4 servings

Nutrition Facts: Calories: 185 | Protein: 5.1g | Net Carbs: 6g | Fat: 15.8g

Ingredients:

- 2 tbsp. coconut flour
- 2 eggs
- Salt
- Coconut oil or Butter for frying
- ½ tsp. baking powder

Method:

1. Mix the dry ingredients in a standard mixing bowl.
2. Then fuse with eggs and whisk all ingredients together. Let sit for a couple of minutes.
3. Add melted butter to a frying pan over medium heat and place 3 scoops of batter into pan.
4. Flip the muffins after a couple minutes and continue frying.
5. Then let cool and serve with your favorite toppings.

Keto Oatmeal

Total Prep & Cooking Time: 10 min.

Yields: 4 servings

Nutrition Facts: Calories: 592 | Protein: 31g | Net Carbs: 4g | Fat: 47g

Ingredients:

- ¼ cup hulled hem seeds
- 1 tbsp. Vital Proteins Collagen Peptides
- ½ tbsp. chia seeds
- ½ coconut milk or heavy cream
- 1 tbsp. golden flaxseed meal
- Optional: keto-approved sweetener such as erythritol, salt, or your favorite oatmeal add-ins.

Method:

1. Mix the hemp seeds, flax seeds, vital proteins collagen, and chia seeds in a small saucepan. Also, add optional sweeteners, salt, or oatmeal add-ins.
2. Then stir in cream or milk and mix until smooth.
3. Let simmer for a couple minutes until oatmeal starts to thicken.
4. Serve immediately and add additional toppings if wanted.

Keto Whipped Coffee

Total Prep & Cooking Time: 15 min.

Yields: 2 servings

Nutrition Facts: Calories: 117 | Protein: 2.8g | Net Carbs: 47g | Fat: 9.6g

Ingredients:

- 1 1/w tbsp. espresso instant coffee powder
- 1 ½ tbsp. erythritol or sugar substitute
- 2 tbsp. hot, or boiled water
- 1 tsp. vanilla extract (optional)
- 1 ½ cups unsweetened almond milk or coconut milk
- Ice cubes, for serving

Method:

1. To make the whipped topping, you can use a whisk, handheld frother, or an immersion blender (which is the fastest method).
2. Mix the espresso powder, erythritol, and hot water in a glass jar or drinking glass.
3. Blend the mixture in the glass with an immersion blender over high speed or whisk or about 3 minutes. As the coffee mixture blends, it will go from dark to light brown and become whipped cream.
4. In a separate glass, fill with ice about 2/3 full and pour in almond milk, vanilla extract, and stir.
5. Top with whipped coffee and mix.

Strawberry and Avocado Smoothie

Total Prep & Cooking Time: 5 min.

Yields: 1 serving

Nutrition Facts: Calories: 106 | Protein: 1g | Net Carbs: 12g | Fat: 7g

Ingredients:

- 1 lb. frozen strawberries
- 1 ½ cups almond milk
- 1 large avocado
- ¼ powdered allulose or substitute sweetener

Method:

1. Put all the ingredients into the blender and mix until desired consistency.
2. Add sweetener to taste.
3. Add less liquid to make it thicker and more milk to make it thinner.

Poultry Options

Bacon-Wrapped Chicken

Servings: 3

Ingredients:

- Breast of chicken (1)
- Unsmoked bacon (6 strips)
- Soft garlic cheese (1 tbsp.)

Steps Used to Prepare:

1. Slice the chicken into six portions.
2. Spread the garlic cheese over each bacon strip. Add a piece of chicken to each one. Roll and secure with a toothpick.
3. Prepare the Air Fryer ahead of fry time for about three minutes.
4. Arrange the wraps in the fryer basket. Air-fry them for about 15 minutes.

BBQ Chicken, Gluten-Free

Servings: 4

Ingredients:

- Boneless - skinless chicken breast (2 large)
- Seasoned flour/Gluten-free seasoned flour (.5 cup)
- Barbecue sauce (1 cup)
- Olive oil cooking spray

Steps Used to Prepare:

1. Heat the Air Fryer to reach 390° Fahrenheit.
2. Chop the chicken into bite-size chunks and place it in a mixing bowl. Coat the chunks with the seasoned flour.
3. Lightly spritz the basket of the Air Fryer with olive oil cooking spray and evenly pour the chicken into the cooker.
4. Set the timer for 8 minutes.
5. Open the Air Fryer, coat the basket with olive oil spray, and flip the chicken as needed.
6. Air-fry the chicken for eight more minutes. Be sure its internal reading is at least 165° Fahrenheit.
7. Place the chicken into a dish and add the sauce.
8. Line the Air Fryer with a sheet of foil or add the chicken back to the fryer and cook for another 3 minutes until the sauce is warmed and the chicken is a bit crispier and more coated. Serve.

Buffalo Chicken Wings

Servings: 2-3

Ingredients:

- Butter - melted (1 tbsp.)
- Chicken wings (5 /14 oz.)
- Cayenne pepper (2 tsp. or to taste)
- Red hot sauce (2 tbsp.)
- Optional: Garlic powder (.5 tsp.)

Steps Used to Prepare:

1. Heat the Air Fryer temperature to reach 356° Fahrenheit.
2. Slice the wings into three sections (end tip, middle joint, and drumstick). Pat each one thoroughly dry using a paper towel.
3. Combine the pepper, salt, garlic powder, and cayenne pepper on a platter. Lightly cover the wings with the powder.
4. Arrange the chicken onto the wire rack and bake for 15 minutes, turning once at 7 minutes.
5. Combine the hot sauce with the melted butter in a dish to garnish the baked chicken when it is time to be served.

Cheesy Chicken

Servings: 4

Ingredients:

- Chicken breasts (4 thin/2 breasts pounded)
- Milk (1 cup)
- Panko breadcrumbs (.5 cup)
- Shaved Parmesan-Asiago cheese blend (.75 to 1 cup)
- Pepper (as desired)

Steps Used to Prepare:

1. Set the Air Fryer temperature at 400° Fahrenheit. Lightly spritz the basket with a non-stick cooking oil spray.
2. Add the milk, chicken, and pepper into a bowl to marinate for about ten minutes.
3. Prepare a shallow dish with the breadcrumbs and cheese.
4. Dredge the chicken through the mixture and place it in the basket of the fryer.
5. Cook it in batches, lightly spraying the tops with the oil spray.
6. Set the timer for eight minutes, and flip the breasts about halfway through the cycle at four minutes.
7. Reheat the first batch for about one minute if desired and serve.

Chicken Breast Tenderloins

Servings: 4

Ingredients:

- Butter/vegetable oil (2 tbsp.)
- Breadcrumbs (3.33 tbsp.)
- Egg (1)
- Chicken tenderloins (8)

Steps Used to Prepare:

1. Heat the Air Fryer temperature to 356° Fahrenheit.
2. Combine the breadcrumbs and oil - stirring until the mixture crumbles.
3. Whisk the egg and dredge the chicken through the egg, shaking off the excess.
4. Dip each piece of chicken into the crumbs and evenly coat.
5. Set the timer for 12 minutes.

Chicken Fillet Strips

Servings: 4

Ingredients:

- Chicken fillets (1 lb.)
- Paprika (1 tsp.)
- Heavy cream (1 tbsp.)
- Black pepper (.5 tsp.)
- Butter (as needed)

Steps Used to Prepare:

1. Heat the Air Fryer at 365° Fahrenheit.
2. Slice the fillets into strips and dust with salt and pepper.
3. Add a light coating of butter to the basket.
4. Arrange the strips in the basket and air-fry for six minutes.
5. Flip the strips and continue frying for another five minutes.
6. When done, garnish with the cream and paprika. Serve warm.

Chinese Chicken Wings

Servings: 2

Ingredients:

- Chicken wings (4)
- Chinese spice (1 tbsp.)
- Mixed spices - your choice (1 tbsp.)
- Soy sauce (1 tbsp.)

Steps Used to Prepare:

1. Warm the Air Fryer to 356° Fahrenheit.
2. Add the seasonings into a large mixing bowl, stirring thoroughly. Pour it over the chicken wings until each piece is covered.
3. Put some aluminum foil on the base of the fryer, and add the chicken sprinkling any remnants over the chicken. Air-fry it for 15 minutes.
4. Flip the chicken and air-fry for another 15 minutes at 392° Fahrenheit.

Coconut-Crusted Chicken Tenders

Servings: 4

Ingredients:

- Eggs (3)
- Chicken tenders (1 lb.)
- Cornstarch (1 cup)
- Sweetened shredded coconut (2 cups)
- Cayenne pepper (1 tsp.)

Steps Used to Prepare:

1. Set the Air Fryer temperature at 360° Fahrenheit.
2. Prepare three dishes. In the first one, add the cornstarch and cayenne with any other desired seasonings. In the second bowl, add the eggs. Lastly, add the coconut in the third dish.
3. Dredge the chicken through the cornstarch, egg, and coconut.
4. Lightly spritz the fryer basket with a cooking oil spray as needed.
5. Set the timer for 8 minutes and air-fry until it's golden brown before serving.

Crispy Chicken Sliders

Servings: 6 = 12 sliders

Ingredients:

- Tyson Crispy Chicken Strips (1 pkg.)
- Sweet Hawaiian Rolls (1 pkg.)
- Optional Ingredients:
- Spinach leaves
- Tomatoes
- Honey mustard

Steps Used to Prepare:

1. Place the six chicken strips in the Air Fryer basket with a coating of olive oil spray. Cook at 390° Fahrenheit for 8 minutes.
2. Slice the rolls in half and top them with honey mustard, spinach, and tomatoes or other toppings of your choice.
3. Slice the chicken strips into chunks and place them on the rolls.

Garlic Herb Turkey Breast

Servings: 6

Ingredients:

- Turkey breast (2 lb.)
- Melted butter (4 tbsp.)
- Garlic (3 cloves)
- Thyme (1 tsp.)
- Rosemary (1 tsp.)

Steps Used to Prepare:

1. Warm the Air Fryer to reach 375° Fahrenheit.
2. Pat the turkey breast dry. Mince the garlic and chop the rosemary and thyme.
3. Melt the butter and mix with the garlic, thyme, and rosemary in a small mixing bowl. Brush the butter over turkey breast.
4. Place in the Air Fryer basket, skin side up, and cook for 40 minutes or until internal temperature reaches 160° Fahrenheit, flipping halfway through.
5. Wait for five minutes before slicing.

Honey-Lime Chicken Wings

Servings: 4

Ingredients:

- Chicken wings (2 lb.)
- Lime juice (2 tbsp.)
- Honey (.25 cup)
- Lime zest (1 tbsp.)
- Garlic clove (1 pressed)

Steps Used to Prepare:

1. Warm the Air Fryer at 360° Fahrenheit.
2. Whisk the garlic, honey, and lime juice and zest. Toss in the wings and cover with the mixture.
3. Prepare the wings in batches. Cook for 25-30 minutes until they're crispy. Shake the basket at 8-minute intervals.
4. Serve and garnish as desired.

Rotisserie-Style, Whole Chicken

Servings: 4

Ingredients:

- Olive oil (2 tsp. or as needed)
- Whole chicken (6-7 lb.)
- Seasoned salt (1 tbsp.)

Steps Used to Prepare:

1. Set the Air Fryer at 350° Fahrenheit.
2. Coat the chicken with oil and a sprinkle of salt.
3. Arrange the chicken in the Air Fryer – skin-side down.
4. Cook for 30 minutes. Flip the chicken over and air-fry for another 30 minutes.
5. Wait for ten minutes before slicing
6. Note: This recipe is for chickens under 6 lb. for a 3.7-quart Air Fryer.

Tarragon Chicken

Servings: 1

Ingredients:

- Skinless/boneless chicken breast (1)
- Freshly cracked ground black pepper (.125 tsp.)
- Unsalted butter (.5 tsp.)
- Kosher salt (.125 tsp.)
- Dried tarragon (.25 cup)
- Also Needed: Aluminum foil (12x14-inch piece)

Steps Used to Prepare:

1. Warm the oven in advance to reach 390° Fahrenheit.
2. Arrange the chicken in the foil with the tarragon, butter, salt, and pepper.
3. Loosely wrap the foil for minimal airflow.
4. Air-fry the chicken packs for 12 minutes in the basket.

Chance's Chicken

Preparation time: 2 minutes

Cooking time: 8 minutes

Makes: 20 servings of half cup each

What's Inside

- 4 pounds of skinless, boneless chicken breast
- ½ of a teaspoon of sea salt
- ½ of a teaspoon of ground black pepper
- 1 tablespoon of Italian seasoning (pre-mixed)
- 1 cup of chicken broth

How to cook

1. Season the chicken breasts generously on both sides with sea salt, pepper and Italian seasoning. You can also use other spices and herbs of your choice. Place the breasts inside the Air fryer and carefully pour in the broth. Pour around the meat as to not wash off the seasonings.
2. Secure the lid and choose the Poultry setting (or Manual) on the control panel. For breasts that are about 6-8 ounces, the cooking time is 8 minutes for fresh and 13 minutes for frozen meat. If your chicken breasts are smaller or larger than that, tweak the time as needed.
3. After the time is up, let the pressure release on its own – this will yield the most tender meat. If you are pressed for time, allow the natural release for 5-7 minutes and then release the rest quickly.
4. You can now unplug the air fryer and start shredding the chicken. Work with two forks. You can take the breasts out, but shredding them inside the pot will make them juicier as they mix with the broth. If you want to serve the chicken immediately, allow it to drain for a bit, but it can be stored in the broth for later – it will help it stay moist.

Nutritional Facts

Cal.: 178

Chicken Chili Verde!

Cooking time: 25 minutes Makes: 6 servings

What's Inside

- 2 pounds of chicken breasts or thighs
- ½ of a teaspoon of cumin, ground
- ¼ of a teaspoon of garlic powder
- 16 ounces of salsa verde
- Salt and pepper, to taste

How to cook

1. Place the chicken meat inside the cooker. Sprinkle with seasonings and pour the salsa on top.
2. Set the pressure to high and cook for 25 minutes.
3. After that time, release the pressure quickly. Using two forks, shred the meat inside the pot and mix with the juices and salsa. Taste for seasoning and adjust as necessary.

Nutritional Facts

Cal.: 206

Total fat: 4.8 g

Total Carbs: 3.9 g

Proteins: 33 g

Chicken & Salsa

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 2 tablespoons of taco seasoning ➤ 1 cup of salsa
- 3 medium-sized chicken breasts

How to cook

1. Pour a little avocado oil into the bottom of the air fryer. Set it to sauté and let the oil heat. In the meantime, rub the breasts thoroughly with the taco seasoning on both sides. Place the meat inside the pot and let it brown for 1-2 minutes on each side. Don't cook the chicken through!
2. Cover the chicken with salsa and close the lid. Set the pressure to high and cook for 5 minutes.
3. Let the pressure release on its own for 5-7 minutes when the time is up. Release the residual pressure quickly and open the lid. Shred the meat using two forks, mix it with the juices and salsa and let it sit for a bit so it absorbs the delicious flavors.
4. You can serve the meat with Greek yogurt – and enjoy!
5. NOTE: Lettuce makes a great substitute for taco shells, too!

Nutritional Facts

Cal.: 148

Total Fat: 6.8 g

Carbs: 11.7 g

Protein: 10 g

Tuckey's Turkey Breast

Cooking time: 42 minute Makes: 12 servings

What's Inside

- 1 cup of turkey stock
- 1 5-6 pound bone-in turkey breast
- 4 tablespoons of softened butter
- Sea salt and black pepper, to taste
- ½ of a tablespoon of chopped fresh Rosemary (you can add or swap it for other leafy herbs, like parsley, tarragon or thyme)

How to cook

1. Make an herb butter by mixing the soft butter with your chopped fresh herbs, 1 teaspoon of salt and about ½ of a teaspoon of ground black pepper.
2. Using your hands, gently release the skin from the meat of the breast, creating a pocket. Be careful not to tear the skin! Pack a layer of herb butter between the meat and the skin and use the rest
3. on top of the skin. Season the breast on the outside with extra salt and pepper.
4. Add 1 cup of turkey stock into the pressure cooker and place the breast inside, skin side up.
5. Secure the lid and close the valve. Manually set the pressure to high. Time should be adjusted – 6 minutes for each pound of the breast (for 5-6 pounds of meat it should be between 30 and 36 minutes).
6. When the timer beeps, let the pressure drop on its own for about 10 minutes. Release the rest quickly after that time.
7. Use a meat thermometer to determine if the breast is cooked through. The temperature should register at least 160 degrees inside the thickest part. The residual heat will keep the cooking process going as the turkey rests. I needs to be up to at least 165 before it's ready to serve.
8. Remove the breast from the cooker, put in on a cooking board and loosely cover with aluminium foil. Let it rest for 10-15 minutes –

and it's ready to serve.

9. Slice the breast and serve with side dishes of your choice – cranberries and a little gravy work really well!

NOTE: For brown and crispier skin, place the cooked breast on a cooking pan and under a hot broiler for 5-7 minutes. Keep an eye on it, so the skin just browns and doesn't burn.

Nutritional Facts

Cal.: 253

Total Fat: 7.8 g

Carbs: 0.9 g

Protein: 42 g

Keto Chicken Wings

Preparation time: 5 minutes

Cooking time: 22 minutes Makes: 6 servings

What's Inside

- 5 pounds of chicken wings
- 1 cup of hot sauce (use the one you like for optimal spiciness)
- ¼ of a cup of apple cider vinegar
- 1 tablespoon of clarified butter or ghee
- 1 teaspoon each of sea salt and ground black pepper

How to cook

1. In a bowl, whisk together the vinegar, melted ghee, hot sauce, salt and pepper. Save ¼ of a cup to baste the wings and glaze them.
2. Separate the drumettes and flats, remove the wing tips.
3. Place the wings inside the inner pot of the pressure cooker, pour over the hot sauce mix and stir them together, making sure the wings are well covered.
4. Once you're ready to cook, turn the Air fryer on, put the inner pot inside and close the lid and the valve. Set for manual cooking and set the timer for 10 minutes.
5. As the wings are cooking, prepare your oven by setting it to broiling and line a cookie sheet with parchment or baking paper.
6. When the time is up, allow the pressure to release on its own. Open the lid when the float valve of the vent is open – this will take about 10 to 12 minutes.
7. Carefully open the lid, take the wings out and transfer them to the lined baking sheet. Make sure they are evenly spread and lie flat on it. Baste them with the extra hot sauce mix you saved up earlier.
8. Place the sheet with wings under the broiler. Let the wings become brown, but be careful not to burn the skin. It should take about 4-6 minutes, after which you can turn the wings to the other side to

broil. Once they're done, take them out and arrange them on a platter. Immediately before serving, drizzle them with a little more sauce.

9. Serve your wings immediately with extra dips or sauces and the garnishes you like.

Nutritional Facts

Cal.: 937

Carbs: 0.9 g

Protein: 68 g

Fat: 68.9 g

Chicken Caciatore

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 4 servings

What's Inside

- 4 boneless, skinless chicken thighs
- ½ of a 14-ounce can of crushed tomatoes
- ½ of a cup of diced onion
- ½ of a cup each of diced green and red bell pepper ➤ 1 bay leaf

How to cook

1. Set your air fryer to sauté and add a little oil to the bottom. Season the thighs generously on both sides with salt and pepper and place them on the hot oil to brown. When both sides are browned, remove the meat and set it aside.
2. Add a little more oil to the pot and put the peppers and onion inside. Sauté them for about 5 minutes (until they soften up).
3. Put the chicken thighs back into the pot, pour the tomatoes over them and mix everything together well. Then, close the lid and set
4. the pressure to high. Cook for 25 minutes, and after that time allow the pressure to release naturally.
5. Take the bay leaf out before serving, sprinkle some fresh oregano and parsley over the top and serve with your favorite sides (make them low-carb)!

Nutritional Facts

Cal.: 131

Carbs: 10.3 g

Protein: 13.8 g

Fat: 2.9 g

Buffalo Chicken

Preparation time: 2 minutes Cooking time: 20 minutes Makes: 8 servings

What's Inside

- 3 large boneless chicken breasts
- 2 cups of buffalo sauce
- 3 tablespoons of butter
- 2 tablespoons of water
- 2 tablespoons of ranch dressing

How to cook

1. Put the chicken breasts inside your pot's inner liner. Pour the buffalo sauce over them, add water and butter.
2. Seal the cooker's lid and close the valve. Choose the manual option or pressure cook and set the timer for 20 minutes.
3. After the cooking is done, let the pressure release naturally for 10 minutes and vent the rest quickly after. Once it's done, open the pot, add the ranch dressing and stir everything together. Shred the meat using forks or a hand mixer.

Nutritional Facts

➤ Cal.: 210

Duck & Veggies

Preparation time: 30 minutes

Cooking time: 47 minutes Makes: 4-6 servings

What's Inside

- 1 whole defrosted duck
- 1 peeled and quartered medium Sweet Onion
- 1 stalk of sliced celery
- 6 halved Brussels sprouts
- 2 tablespoon of chopped fresh Parsley

How to cook

1. Take the defrosted duck out of the bag. If there is a packet of orange sauce, discard it. Remove the neck and giblets from the inside of the duck – you can save them or throw away. Slightly trim the fat layer around the neck and body cavity and rinse the duck thoroughly in cold water – both outside and inside. Pat the bird dry with paper towels before seasoning.
2. Sprinkle salt and pepper on the quartered onions and stuff them inside the duck. Generously season the bird on the outside as well.
3. Pour $\frac{1}{2}$ of a cup of water into the pressure cooker. Place the duck inside, breast side up. Close the lid. Choose the poultry setting and let it cook for 35-37 minutes.
4. After that time, carefully open the lid and place the celery and Brussels sprouts over the duck. Again, choose the poultry option and allow it all to cook for 3-5 more minutes. Then, remove the veggies from the pot, loosely cover with foil and set them aside for a while.
5. Take the duck out of the pot and place it on a baking sheet. Put it under a broiler for 5-7 minutes for the outside to get brown and crispy. Once it's done, remove take it out of the oven and remove the onions from the duck's inside before you carve and serve. Let the meat rest for a couple of minutes.

6. Pour out the juices from inside the pot. Once they set a little, strain out the fat that will collect at the top. In a bowl, mix the onions with the rest of the veggies. Garnish them with a sprinkling of fresh parsley.
7. Serve your sliced duck au jus – with the accumulated juices in a small dish for dipping or drizzling over the meat and vegetables.

Nutritional Info

Cal.: 117.1

Fat: 6.4 g

Carbs: 8.9 g

Protein: 15 g

Shredded Chicken

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 4 pounds of chicken breasts
- ½ of a cup of chicken broth or water
- 1 teaspoon of sea salt
- ½ of a teaspoon of ground black pepper

How to cook

1. Place your ingredients in the Air fryer together. Close the lid and select the poultry setting. Let them cook for 5 minutes. If you are using frozen tenders, increase the time to 10 minutes, and to 15 minutes for frozen breasts.
2. After the timer beeps, release the valve and quickly depressurize the pot.
3. Remove the chicken and let it rest on a board or a plate for a couple of minutes, then shred it. It can be stored in an airtight container, covered in some of the juices from the pot.

Nutritional Facts

Cal.: 125

Fat: 1.2 g

Carbs: 0.1 g

Protein: 27 g

Whole Chicken

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 10 servings

What's Inside

- 1 whole chicken (weighing about 4 pounds)
- 1 tablespoon of coconut oil
- 1 ½ cups of bone broth ➤ 6 peeled cloves of garlic ➤ 1 teaspoon of dried thyme

How to cook

1. Mix some salt and pepper with thyme. Generously rub the seasoning on the chicken.
2. Heat the coconut oil in the pressure cooker until it's shimmering. Place the chicken spine side up onto the oil, close the lid and cook for about 7 minutes. After that time, turn the chicken over and add your garlic.
3. Close the lid back, set the pressure to high and the timer to 25 minutes. Let the pressure release naturally after that time.
4. Once it's done, take the chicken out and let it rest for 5-7 minutes.
5. Then, it's ready to carve and serve!

Nutritional Facts

Cal.: 4131.43

Protein: 325.44 g

Cholesterol: 1335.48 mg

Carbs: 8.4 g

Fat: 1.5 g

Coconut Turmeric Chicken

Preparation time: 2 minutes

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 2 pounds of skinless, boneless chicken thighs
- 1 can of coconut cream
- 1 tablespoon of turmeric

How to cook

1. Place the thighs in the Air fryer, add the coconut cream and turmeric. Gently mix everything together until it's combined.
2. Choose the poultry setting on your cooker, set the pressure to high and the timer to 15 minutes.
3. Release the pressure quickly after that time, taste for seasoning (add salt and pepper as needed) and serve alongside your preferred side dishes!

Nutritional Facts

Cal.: 321

Fat: 11.8 g

Carbs: 8.8 g

Proteins: 45 g

Lemon Curry Chicken

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 6 servings

What's Inside

- 1 can of coconut milk
- ¼ of a cup of cup freshly squeezed lemon juice
- 1 tablespoon of curry powder
- 1 teaspoon of turmeric
- 4 pounds chicken thighs and/or breasts

How to cook

1. In a measuring cup (or a bowl – but the cup makes it easier later) combine the coconut milk, spices and lemon juice.
2. First, pour a little of the coconut milk mix into the pot. Place the meat over it, and cover it with the rest of the milk. Don't worry about little lumps in the cream. Close the lid and seal the valve.
3. Choose the poultry setting and set the pressure to high and the timer for 15 minutes. Add 10 extra minutes if you're using frozen chicken meat.
4. Once it finishes cooking, quickly release the pressure. Check the chicken by cutting through the thickest part – you should not see any pink. If it looks pinkish, close the lid back, again select high pressure and cook for 10-15 more minutes.
5. When the chicken is cooked through, shred it with two forks without removing it from the pot. Mix it well with the sauce. If you find it hard to manoeuvre inside the pot, take the meat to the plate and add it shredded to the sauce. Taste for seasoning and adjust as necessary with salt and pepper.
6. This chicken goes great served with your favourite vegetables – roasted or steamed!

Nutritional Facts

Cal.: 615

Fat: 25.2 g

Carbs: 3.3 g

Protein: 89.6 g

Italian Chicken

Preparation time: 5 minutes

Cooking time: 15 minutes Makes: 6 servings

What's Inside

- 3 pounds of skinless, boneless chicken thighs or breasts
- ¼ of a cup of grated Parmesan
- 16 ounces of Italian dressing

How to cook

1. Take 1 cup of the Italian dressing and pour it into the bottom of the pot. Place the meat over it.
2. In a bowl, mix the rest of the dressing well with Parmesan and gently pour it on top of the chicken.
3. Choose the meat or stew setting on the pressure cooker and set the timer for 15 minutes.
4. After the beep, depressurize the pot quickly and open the lid carefully.
5. With the lid off, let the chicken cool for 4-6 minutes. You can serve it shredded or whole, as you prefer.

Nutritional Facts

Cal.: 590

Fat: 32 g

Carbs: 9 g

Protein: 69 g

Chicken Thighs

Preparation time: 10 minutes

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 1 ½ pounds of skinless, boneless chicken thighs
- 1 teaspoon of dried oregano
- 1 teaspoon of paprika ➤ 1 teaspoon of garlic powder ➤ ½ of a teaspoon of onion powder

How to cook

1. In a mixing bowl, combine the paprika, garlic powder, oregano and onion powder. Rub the mix all over the thighs generously.
2. Pour some olive oil (or another light cooking oil) into the pot and set it to sauté. Once the oil heats up, spread it evenly all over the bottom. Gently place the thighs inside and cook for approximately 4 minutes on each side – until the meat is nicely brown. Transfer the meat to a plate and set aside.
3. Turn the cooker off and pour in 1 cup of water inside. Using a spatula, release all bits of meat stuck to the pot – that way, they will not burn during the later stages of cooking.
4. Put the trivet into the pot and carefully lay down the thighs on it.
5. Close the lid and secure the valve.
6. Using the manual option, set the pressure to high. Cook for 8 minutes, and once the time is up let the pressure release on its own for 5 minutes.
7. Carefully release all of the remaining pressure and steam and open the lid of the pot. Using a meat thermometer check the thickest part of the meat – it should register 165 degrees F. If it does, the meat is ready to serve!

Nutritional Facts

Cal.: 235

Carbs: 1.3 g

Protein: 38 g

Fat: 12 g

Taylor's Turkey Drumsticks

Preparation time: 5 minutes

Cooking time: 4 minutes Makes: 6 servings

What's Inside

- 6 turkey drumsticks
- 1 tablespoon of salt
- ½ of a cup of soy sauce
- 1 teaspoon of ground black pepper
- ½ of a teaspoon of garlic powder

How to cook

1. Combine the pepper, salt and garlic powder in a small bowl and blend well. Rub the drumsticks all over generously with the mix.
2. Into the Air fryer, pour in ½ of a cup of water and all of the soy sauce and place the seasoned drumsticks inside.
3. Close the lid and seal the valve. Set the pressure to high and cook for about 20 minutes. After that time, allow the pressure to lower on its own for 13-16 minutes and release the residual pressure quickly.
4. Open the lid carefully and remove the drumsticks from the pot with tongs. Pour out the liquid and let it set for a bit. Skim the fat that will rise to the top and serve the juices alongside the drumsticks as a dipping sauce.

Nutritional Facts

Cal.: 249

Fat: 1.2 g

Carbs: 2.1 g

Protein: 58 g

Bacon Chicken

Servings: 3

Ingredients:

- Breast of chicken (1)
- Unsmoked bacon (6 strips)
- Soft garlic cheese (1 tbsp.)

Steps Used to Prepare:

5. Slice the chicken into six portions.
6. Spread the garlic cheese over each bacon strip. Add a piece of chicken to each one. Roll and secure with a toothpick.
7. Prepare the Air Fryer ahead of fry time for about three minutes.
8. Arrange the wraps in the fryer basket. Air-fry them for about 15 minutes.

BBQ Chicken

Servings: 4

Ingredients:

- Boneless - skinless chicken breast (2 large)
- Seasoned flour/Gluten-free seasoned flour (.5 cup)
- Barbecue sauce (1 cup)
- Olive oil cooking spray

Steps Used to Prepare:

9. Heat the Air Fryer to reach 390° Fahrenheit.
10. Chop the chicken into bite-size chunks and place it in a mixing bowl. Coat the chunks with the seasoned flour.
11. Lightly spritz the basket of the Air Fryer with olive oil cooking spray and evenly pour the chicken into the cooker.
12. Set the timer for 8 minutes.
13. Open the Air Fryer, coat the basket with olive oil spray, and flip the chicken as needed.
14. Air-fry the chicken for eight more minutes. Be sure its internal reading is at least 165° Fahrenheit.
15. Place the chicken into a dish and add the sauce.
16. Line the Air Fryer with a sheet of foil or add the chicken back to the fryer and cook for another 3 minutes until the sauce is warmed and the chicken is a bit crispier and more coated. Serve.

Buffalo Wings

Servings: 2-3

Ingredients:

- Butter - melted (1 tbsp.)
- Chicken wings (5 /14 oz.)
- Cayenne pepper (2 tsp. or to taste)
- Red hot sauce (2 tbsp.)
- Optional: Garlic powder (.5 tsp.)

Steps Used to Prepare:

6. Heat the Air Fryer temperature to reach 356° Fahrenheit.
7. Slice the wings into three sections (end tip, middle joint, and drumstick). Pat each one thoroughly dry using a paper towel.
8. Combine the pepper, salt, garlic powder, and cayenne pepper on a platter. Lightly cover the wings with the powder.
9. Arrange the chicken onto the wire rack and bake for 15 minutes, turning once at 7 minutes.
10. Combine the hot sauce with the melted butter in a dish to garnish the baked chicken when it is time to be served.

Chicken Bits

Servings: 4

Ingredients:

- Chicken breasts (4 thin/2 breasts pounded)
- Milk (1 cup)
- Panko breadcrumbs (.5 cup)
- Shaved Parmesan-Asiago cheese blend (.75 to 1 cup)
- Pepper (as desired)

Steps Used to Prepare:

8. Set the Air Fryer temperature at 400° Fahrenheit. Lightly spritz the basket with a non-stick cooking oil spray.
9. Add the milk, chicken, and pepper into a bowl to marinate for about ten minutes.
10. Prepare a shallow dish with the breadcrumbs and cheese.
11. Dredge the chicken through the mixture and place it in the basket of the fryer.
12. Cook it in batches, lightly spraying the tops with the oil spray.
13. Set the timer for eight minutes, and flip the breasts about halfway through the cycle at four minutes.
14. Reheat the first batch for about one minute if desired and serve.

Chicken Chops

Servings: 4

Ingredients:

- Butter/vegetable oil (2 tbsp.)
- Breadcrumbs (3.33 tbsp.)
- Egg (1)
- Chicken tenderloins (8)

Steps Used to Prepare:

6. Heat the Air Fryer temperature to 356° Fahrenheit.
7. Combine the breadcrumbs and oil - stirring until the mixture crumbles.
8. Whisk the egg and dredge the chicken through the egg, shaking off the excess.
9. Dip each piece of chicken into the crumbs and evenly coat.
10. Set the timer for 12 minutes.

Chicken Strips

Servings: 4

Ingredients:

- Chicken fillets (1 lb.)
- Paprika (1 tsp.)
- Heavy cream (1 tbsp.)
- Black pepper (.5 tsp.)
- Butter (as needed)

Steps Used to Prepare:

7. Heat the Air Fryer at 365° Fahrenheit.
8. Slice the fillets into strips and dust with salt and pepper.
9. Add a light coating of butter to the basket.
 10. Arrange the strips in the basket and air-fry for six minutes.
 11. Flip the strips and continue frying for another five minutes.
 12. When done, garnish with the cream and paprika. Serve warm.

Eastern Chicken

Servings: 2

Ingredients:

- Chicken wings (4)
- Chinese spice (1 tbsp.)
- Mixed spices - your choice (1 tbsp.)
- Soy sauce (1 tbsp.)

Steps Used to Prepare:

5. Warm the Air Fryer to 356° Fahrenheit.
6. Add the seasonings into a large mixing bowl, stirring thoroughly. Pour it over the chicken wings until each piece is covered.
7. Put some aluminum foil on the base of the fryer, and add the chicken sprinkling any remnants over the chicken. Air-fry it for 15 minutes.
8. Flip the chicken and air-fry for another 15 minutes at 392° Fahrenheit.

Chicken Tenders

Servings: 4

Ingredients:

- Eggs (3)
- Chicken tenders (1 lb.)
- Cornstarch (1 cup)
- Sweetened shredded coconut (2 cups)
- Cayenne pepper (1 tsp.)

Steps Used to Prepare:

6. Set the Air Fryer temperature at 360° Fahrenheit.
7. Prepare three dishes. In the first one, add the cornstarch and cayenne with any other desired seasonings. In the second bowl, add the eggs. Lastly, add the coconut in the third dish.
8. Dredge the chicken through the cornstarch, egg, and coconut.
9. Lightly spritz the fryer basket with a cooking oil spray as needed.
10. Set the timer for 8 minutes and air-fry until it's golden brown before serving.

Sliders

Servings: 6 = 12 sliders

Ingredients:

- Tyson Crispy Chicken Strips (1 pkg.)
- Sweet Hawaiian Rolls (1 pkg.)
- Optional Ingredients:
- Spinach leaves
- Tomatoes
- Honey mustard

Steps Used to Prepare:

4. Place the six chicken strips in the Air Fryer basket with a coating of olive oil spray. Cook at 390° Fahrenheit for 8 minutes.
5. Slice the rolls in half and top them with honey mustard, spinach, and tomatoes or other toppings of your choice.
6. Slice the chicken strips into chunks and place them on the rolls.

Turkey Joint

Servings: 6

Ingredients:

- Turkey breast (2 lb.)
- Melted butter (4 tbsp.)
- Garlic (3 cloves)
- Thyme (1 tsp.)
- Rosemary (1 tsp.)

Steps Used to Prepare:

6. Warm the Air Fryer to reach 375° Fahrenheit.
7. Pat the turkey breast dry. Mince the garlic and chop the rosemary and thyme.
8. Melt the butter and mix with the garlic, thyme, and rosemary in a small mixing bowl. Brush the butter over turkey breast.
9. Place in the Air Fryer basket, skin side up, and cook for 40 minutes or until internal temperature reaches 160° Fahrenheit, flipping halfway through.
10. Wait for five minutes before slicing.

Honey Chicken Wings

Servings: 4

Ingredients:

- Chicken wings (2 lb.)
- Lime juice (2 tbsp.)
- Honey (.25 cup)
- Lime zest (1 tbsp.)
- Garlic clove (1 pressed)

Steps Used to Prepare:

5. Warm the Air Fryer at 360° Fahrenheit.
6. Whisk the garlic, honey, and lime juice and zest. Toss in the wings and cover with the mixture.
7. Prepare the wings in batches. Cook for 25-30 minutes until they're crispy. Shake the basket at 8-minute intervals.
8. Serve and garnish as desired.

Rotisserie Chicken

Servings: 4

Ingredients:

- Olive oil (2 tsp. or as needed)
- Whole chicken (6-7 lb.)
- Seasoned salt (1 tbsp.)

Steps Used to Prepare:

7. Set the Air Fryer at 350° Fahrenheit.
8. Coat the chicken with oil and a sprinkle of salt.
9. Arrange the chicken in the Air Fryer – skin-side down.
 10. Cook for 30 minutes. Flip the chicken over and air-fry for another 30 minutes.
 11. Wait for ten minutes before slicing
 12. Note: This recipe is for chickens under 6 lb. for a 3.7-quart Air Fryer.

Crep Chicken

Servings: 1

Ingredients:

- Skinless/boneless chicken breast (1)
- Freshly cracked ground black pepper (.125 tsp.)
- Unsalted butter (.5 tsp.)
- Kosher salt (.125 tsp.)
- Dried tarragon (.25 cup)
- Also Needed: Aluminum foil (12x14-inch piece)

Steps Used to Prepare:

5. Warm the oven in advance to reach 390° Fahrenheit.
6. Arrange the chicken in the foil with the tarragon, butter, salt, and pepper.
7. Loosely wrap the foil for minimal airflow.
8. Air-fry the chicken packs for 12 minutes in the basket.

California Chicken

Preparation time: 2 minutes

Cooking time: 8 minutes

Makes: 20 servings of half cup each

What's Inside

- 4 pounds of skinless, boneless chicken breast
- ½ of a teaspoon of sea salt
- ½ of a teaspoon of ground black pepper
- 1 tablespoon of Italian seasoning (pre-mixed)
- 1 cup of chicken broth

How to cook

5. Season the chicken breasts generously on both sides with sea salt, pepper and Italian seasoning. You can also use other spices and herbs of your choice. Place the breasts inside the Air fryer and carefully pour in the broth. Pour around the meat as to not wash off the seasonings.
6. Secure the lid and choose the Poultry setting (or Manual) on the control panel. For breasts that are about 6-8 ounces, the cooking time is 8 minutes for fresh and 13 minutes for frozen meat. If your chicken breasts are smaller or larger than that, tweak the time as needed.
7. After the time is up, let the pressure release on its own – this will yield the most tender meat. If you are pressed for time, allow the natural release for 5-7 minutes and then release the rest quickly.
8. You can now unplug the air fryer and start shredding the chicken. Work with two forks. You can take the breasts out, but shredding them inside the pot will make them juicier as they mix with the broth. If you want to serve the chicken immediately, allow it to drain for a bit, but it can be stored in the broth for later – it will help it stay moist.

Nutritional Facts

Cal.: 178

Verdi Verde!

Cooking time: 25 minutes Makes: 6 servings

What's Inside

- 2 pounds of chicken breasts or thighs
- ½ of a teaspoon of cumin, ground
- ¼ of a teaspoon of garlic powder
- 16 ounces of salsa verde
- Salt and pepper, to taste

How to cook

4. Place the chicken meat inside the cooker. Sprinkle with seasonings and pour the salsa on top.
5. Set the pressure to high and cook for 25 minutes.
6. After that time, release the pressure quickly. Using two forks, shred the meat inside the pot and mix with the juices and salsa. Taste for seasoning and adjust as necessary.

Nutritional Facts

Cal.: 206

Total fat: 4.8 g

Total Carbs: 3.9 g

Proteins: 33 g

Air Fryer Chicken

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 2 tablespoons of taco seasoning ➤ 1 cup of salsa
- 3 medium-sized chicken breasts

How to cook

6. Pour a little avocado oil into the bottom of the air fryer. Set it to sauté and let the oil heat. In the meantime, rub the breasts thoroughly with the taco seasoning on both sides. Place the meat inside the pot and let it brown for 1-2 minutes on each side. Don't cook the chicken through!
7. Cover the chicken with salsa and close the lid. Set the pressure to high and cook for 5 minutes.
8. Let the pressure release on its own for 5-7 minutes when the time is up. Release the residual pressure quickly and open the lid. Shred the meat using two forks, mix it with the juices and salsa and let it sit for a bit so it absorbs the delicious flavors.
9. You can serve the meat with Greek yogurt – and enjoy!
10. NOTE: Lettuce makes a great substitute for taco shells, too!

Nutritional Facts

Cal.: 148

Total Fat: 6.8 g

Carbs: 11.7 g

Protein: 10 g

Air Fryer Chicken

Cooking time: 42 minute Makes: 12 servings

What's Inside

- 1 cup of turkey stock
- 1 5-6 pound bone-in turkey breast
- 4 tablespoons of softened butter
- Sea salt and black pepper, to taste
- ½ of a tablespoon of chopped fresh Rosemary (you can add or swap it for other leafy herbs, like parsley, tarragon or thyme)

How to cook

10. Make an herb butter by mixing the soft butter with your chopped fresh herbs, 1 teaspoon of salt and about ½ of a teaspoon of ground black pepper.
11. Using your hands, gently release the skin from the meat of the breast, creating a pocket. Be careful not to tear the skin! Pack a layer of herb butter between the meat and the skin and use the rest
12. on top of the skin. Season the breast on the outside with extra salt and pepper.
13. Add 1 cup of turkey stock into the pressure cooker and place the breast inside, skin side up.
14. Secure the lid and close the valve. Manually set the pressure to high. Time should be adjusted – 6 minutes for each pound of the breast (for 5-6 pounds of meat it should be between 30 and 36 minutes).
15. When the timer beeps, let the pressure drop on its own for about 10 minutes. Release the rest quickly after that time.
16. Use a meat thermometer to determine if the breast is cooked through. The temperature should register at least 160 degrees inside the thickest part. The residual heat will keep the cooking process going as the turkey rests. I needs to be up to at least 165 before it's ready to serve.
17. Remove the breast from the cooker, put in on a

cooking board and loosely cover with aluminium foil. Let it rest for 10-15 minutes – and it's ready to serve.

18. Slice the breast and serve with side dishes of your choice – cranberries and a little gravy work really well!

NOTE: For brown and crispier skin, place the cooked breast on a cooking pan and under a hot broiler for 5-7 minutes. Keep an eye on it, so the skin just browns and doesn't burn.

Nutritional Facts

Cal.: 253

Total Fat: 7.8 g

Carbs: 0.9 g

Protein: 42 g

Keto Wings

Preparation time: 5 minutes

Cooking time: 22 minutes Makes: 6 servings

What's Inside

- 5 pounds of chicken wings
- 1 cup of hot sauce (use the one you like for optimal spiciness)
- ¼ of a cup of apple cider vinegar
- 1 tablespoon of clarified butter or ghee
- 1 teaspoon each of sea salt and ground black pepper

How to cook

10. In a bowl, whisk together the vinegar, melted ghee, hot sauce, salt and pepper. Save ¼ of a cup to baste the wings and glaze them.
11. Separate the drumettes and flats, remove the wing tips.
12. Place the wings inside the inner pot of the pressure cooker, pour over the hot sauce mix and stir them together, making sure the wings are well covered.
13. Once you're ready to cook, turn the Air fryer on, put the inner pot inside and close the lid and the valve. Set for manual cooking and set the timer for 10 minutes.
14. As the wings are cooking, prepare your oven by setting it to broiling and line a cookie sheet with parchment or baking paper.
15. When the time is up, allow the pressure to release on its own. Open the lid when the float valve of the vent is open – this will take about 10 to 12 minutes.
16. Carefully open the lid, take the wings out and transfer them to the lined baking sheet. Make sure they are evenly spread and lie flat on it. Baste them with the extra hot sauce mix you saved up earlier.

17. Place the sheet with wings under the broiler. Let the wings become brown, but be careful not to burn the skin. It should take about 4-6 minutes, after which you can turn the wings to the other side to broil. Once they're done, take them out and arrange them on a platter. Immediately before serving, drizzle them with a little more sauce.

18. Serve your wings immediately with extra dips or sauces and the garnishes you like.

Nutritional Facts

Cal.: 937

Carbs: 0.9 g

Protein: 68 g

Fat: 68.9 g

Chicken Chops

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 4 servings

What's Inside

- 4 boneless, skinless chicken thighs
- ½ of a 14-ounce can of crushed tomatoes
- ½ of a cup of diced onion
- ½ of a cup each of diced green and red bell pepper ➤ 1 bay leaf

How to cook

6. Set your air fryer to sauté and add a little oil to the bottom. Season the thighs generously on both sides with salt and pepper and place them on the hot oil to brown. When both sides are browned, remove the meat and set it aside.
7. Add a little more oil to the pot and put the peppers and onion inside. Sauté them for about 5 minutes (until they soften up).
8. Put the chicken thighs back into the pot, pour the tomatoes over them and mix everything together well. Then, close the lid and set
9. the pressure to high. Cook for 25 minutes, and after that time allow the pressure to release naturally.
10. Take the bay leaf out before serving, sprinkle some fresh oregano and parsley over the top and serve with your favorite sides (make them low-carb)!

Nutritional Facts

Cal.: 131

Carbs: 10.3 g

Protein: 13.8 g

Fat: 2.9 g

Beautiful Pose

Preparation time: 2 minutes Cooking time: 20 minutes Makes: 8 servings

What's Inside

- 3 large boneless chicken breasts
- 2 cups of buffalo sauce
- 3 tablespoons of butter
- 2 tablespoons of water
- 2 tablespoons of ranch dressing

How to cook

4. Put the chicken breasts inside your pot's inner liner. Pour the buffalo sauce over them, add water and butter.
5. Seal the cooker's lid and close the valve. Choose the manual option or pressure cook and set the timer for 20 minutes.
6. After the cooking is done, let the pressure release naturally for 10 minutes and vent the rest quickly after. Once it's done, open the pot, add the ranch dressing and stir everything together. Shred the meat using forks or a hand mixer.

Nutritional Facts

➤ Cal.: 210

Chicken Crep

Preparation time: 30 minutes

Cooking time: 47 minutes Makes: 4-6 servings

What's Inside

- 1 whole defrosted duck
- 1 peeled and quartered medium Sweet Onion
- 1 stalk of sliced celery
- 6 halved Brussels sprouts
- 2 tablespoon of chopped fresh Parsley

How to cook

8. Take the defrosted duck out of the bag. If there is a packet of orange sauce, discard it. Remove the neck and giblets from the inside of the duck – you can save them or throw away. Slightly trim the fat layer around the neck and body cavity and rinse the duck thoroughly in cold water – both outside and inside. Pat the bird dry with paper towels before seasoning.
9. Sprinkle salt and pepper on the quartered onions and stuff them inside the duck. Generously season the bird on the outside as well.
10. Pour $\frac{1}{2}$ of a cup of water into the pressure cooker. Place the duck inside, breast side up. Close the lid. Choose the poultry setting and let it cook for 35-37 minutes.
11. After that time, carefully open the lid and place the celery and Brussels sprouts over the duck. Again, choose the poultry option and allow it all to cook for 3-5 more minutes. Then, remove the veggies from the pot, loosely cover with foil and set them aside for a while.
12. Take the duck out of the pot and place it on a baking sheet. Put it under a broiler for 5-7 minutes for the outside to get brown and crispy. Once it's done, remove take it out of the oven and remove the onions from the duck's inside before you carve and serve. Let the meat rest for a couple of minutes.

13. Pour out the juices from inside the pot. Once they set a little, strain out the fat that will collect at the top. In a bowl, mix the onions with the rest of the veggies. Garnish them with a sprinkling of fresh parsley.

14. Serve your sliced duck au jus – with the accumulated juices in a small dish for dipping or drizzling over the meat and vegetables.

Nutritional Info

Cal.: 117.1

Fat: 6.4 g

Carbs: 8.9 g

Protein: 15 g

Chicken Cre

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 4 pounds of chicken breasts
- ½ of a cup of chicken broth or water
- 1 teaspoon of sea salt
- ½ of a teaspoon of ground black pepper

How to cook

4. Place your ingredients in the Air fryer together. Close the lid and select the poultry setting. Let them cook for 5 minutes. If you are using frozen tenders, increase the time to 10 minutes, and to 15 minutes for frozen breasts.
5. After the timer beeps, release the valve and quickly depressurize the pot.
6. Remove the chicken and let it rest on a board or a plate for a couple of minutes, then shred it. It can be stored in an airtight container, covered in some of the juices from the pot.

Nutritional Facts

Cal.: 125

Fat: 1.2 g

Carbs: 0.1 g

Protein: 27 g

Chicken Chops

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 10 servings

What's Inside

- 1 whole chicken (weighing about 4 pounds)
- 1 tablespoon of coconut oil
- 1 ½ cups of bone broth ➤ 6 peeled cloves of garlic ➤ 1 teaspoon of dried thyme

How to cook

6. Mix some salt and pepper with thyme. Generously rub the seasoning on the chicken.
7. Heat the coconut oil in the pressure cooker until it's shimmering. Place the chicken spine side up onto the oil, close the lid and cook for about 7 minutes. After that time, turn the chicken over and add your garlic.
8. Close the lid back, set the pressure to high and the timer to 25 minutes. Let the pressure release naturally after that time.
9. Once it's done, take the chicken out and let it rest for 5-7 minutes.
10. Then, it's ready to carve and serve!

Nutritional Facts

Cal.: 4131.43

Protein: 325.44 g

Cholesterol: 1335.48 mg

Carbs: 8.4 g

Fat: 1.5 g

Chicken Plate

Preparation time: 2 minutes

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 2 pounds of skinless, boneless chicken thighs
- 1 can of coconut cream
- 1 tablespoon of turmeric

How to cook

4. Place the thighs in the Air fryer, add the coconut cream and turmeric. Gently mix everything together until it's combined.
5. Choose the poultry setting on your cooker, set the pressure to high and the timer to 15 minutes.
6. Release the pressure quickly after that time, taste for seasoning (add salt and pepper as needed) and serve alongside your preferred side dishes!

Nutritional Facts

Cal.: 321

Fat: 11.8 g

Carbs: 8.8 g

Proteins: 45 g

Lime Throne Chicken

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 6 servings

What's Inside

- 1 can of coconut milk
- ¼ of a cup of cup freshly squeezed lemon juice
- 1 tablespoon of curry powder
- 1 teaspoon of turmeric
- 4 pounds chicken thighs and/or breasts

How to cook

7. In a measuring cup (or a bowl – but the cup makes it easier later) combine the coconut milk, spices and lemon juice.
8. First, pour a little of the coconut milk mix into the pot. Place the meat over it, and cover it with the rest of the milk. Don't worry about little lumps in the cream. Close the lid and seal the valve.
9. Choose the poultry setting and set the pressure to high and the timer for 15 minutes. Add 10 extra minutes if you're using frozen chicken meat.
10. Once it finishes cooking, quickly release the pressure. Check the chicken by cutting through the thickest part – you should not see any pink. If it looks pinkish, close the lid back, again select high pressure and cook for 10-15 more minutes.
11. When the chicken is cooked through, shred it with two forks without removing it from the pot. Mix it well with the sauce. If you find it hard to manoeuvre inside the pot, take the meat to the plate and add it shredded to the sauce. Taste for seasoning and adjust as necessary with salt and pepper.
12. This chicken goes great served with your favourite vegetables – roasted or steamed!

Nutritional Facts

Cal.: 615

Fat: 25.2 g

Carbs: 3.3 g

Protein: 89.6 g

Mediterranean Chicken

Preparation time: 5 minutes

Cooking time: 15 minutes Makes: 6 servings

What's Inside

- 3 pounds of skinless, boneless chicken thighs or breasts
- ¼ of a cup of grated Parmesan
- 16 ounces of Italian dressing

How to cook

6. Take 1 cup of the Italian dressing and pour it into the bottom of the pot. Place the meat over it.
7. In a bowl, mix the rest of the dressing well with Parmesan and gently pour it on top of the chicken.
8. Choose the meat or stew setting on the pressure cooker and set the timer for 15 minutes.
9. After the beep, depressurize the pot quickly and open the lid carefully.
10. With the lid off, let the chicken cool for 4-6 minutes. You can serve it shredded or whole, as you prefer.

Nutritional Facts

Cal.: 590

Fat: 32 g

Carbs: 9 g

Protein: 69 g

Chicken Crepose

Preparation time: 10 minutes

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 1 ½ pounds of skinless, boneless chicken thighs
- 1 teaspoon of dried oregano
- 1 teaspoon of paprika ➤ 1 teaspoon of garlic powder ➤ ½ of a teaspoon of onion powder

How to cook

8. In a mixing bowl, combine the paprika, garlic powder, oregano and onion powder. Rub the mix all over the thighs generously.
9. Pour some olive oil (or another light cooking oil) into the pot and set it to sauté. Once the oil heats up, spread it evenly all over the bottom. Gently place the thighs inside and cook for approximately 4 minutes on each side – until the meat is nicely brown. Transfer the meat to a plate and set aside.
10. Turn the cooker off and pour in 1 cup of water inside. Using a spatula, release all bits of meat stuck to the pot – that way, they will not burn during the later stages of cooking.
11. Put the trivet into the pot and carefully lay down the thighs on it.
12. Close the lid and secure the valve.
13. Using the manual option, set the pressure to high. Cook for 8 minutes, and once the time is up let the pressure release on its own for 5 minutes.
14. Carefully release all of the remaining pressure and steam and open the lid of the pot. Using a meat thermometer check the thickest part of the meat – it should register 165 degrees F. If it does, the meat is ready to serve!

Nutritional Facts

Cal.: 235

Carbs: 1.3 g

Protein: 38 g

Fat: 12 g

Position Chicken

Preparation time: 5 minutes

Cooking time: 4 minutes Makes: 6 servings

What's Inside

- 6 turkey drumsticks
- 1 tablespoon of salt
- ½ of a cup of soy sauce
- 1 teaspoon of ground black pepper
- ½ of a teaspoon of garlic powder

How to cook

5. Combine the pepper, salt and garlic powder in a small bowl and blend well. Rub the drumsticks all over generously with the mix.
6. Into the Air fryer, pour in ½ of a cup of water and all of the soy sauce and place the seasoned drumsticks inside.
7. Close the lid and seal the valve. Set the pressure to high and cook for about 20 minutes. After that time, allow the pressure to lower on its own for 13-16 minutes and release the residual pressure quickly.
8. Open the lid carefully and remove the drumsticks from the pot with tongs. Pour out the liquid and let it set for a bit. Skim the fat that will rise to the top and serve the juices alongside the drumsticks as a dipping sauce.

Nutritional Facts

Cal.: 249

Fat: 1.2 g

Carbs: 2.1 g

Protein: 58 g

Chicken Cherub

Servings: 3

Ingredients:

- Breast of chicken (1)
- Unsmoked bacon (6 strips)
- Soft garlic cheese (1 tbsp.)

Steps Used to Prepare:

9. Slice the chicken into six portions.
10. Spread the garlic cheese over each bacon strip. Add a piece of chicken to each one. Roll and secure with a toothpick.
11. Prepare the Air Fryer ahead of fry time for about three minutes.
12. Arrange the wraps in the fryer basket. Air-fry them for about 15 minutes.

Chicken Plate

Servings: 4

Ingredients:

- Boneless - skinless chicken breast (2 large)
- Seasoned flour/Gluten-free seasoned flour (.5 cup)
- Barbecue sauce (1 cup)
- Olive oil cooking spray

Steps Used to Prepare:

17. Heat the Air Fryer to reach 390° Fahrenheit.
18. Chop the chicken into bite-size chunks and place it in a mixing bowl. Coat the chunks with the seasoned flour.
19. Lightly spritz the basket of the Air Fryer with olive oil cooking spray and evenly pour the chicken into the cooker.
20. Set the timer for 8 minutes.
21. Open the Air Fryer, coat the basket with olive oil spray, and flip the chicken as needed.
22. Air-fry the chicken for eight more minutes. Be sure its internal reading is at least 165° Fahrenheit.
23. Place the chicken into a dish and add the sauce.
24. Line the Air Fryer with a sheet of foil or add the chicken back to the fryer and cook for another 3 minutes until the sauce is warmed and the chicken is a bit crispier and more coated. Serve.

Chicken Honeycomb

Servings: 2-3

Ingredients:

- Butter - melted (1 tbsp.)
- Chicken wings (5 /14 oz.)
- Cayenne pepper (2 tsp. or to taste)
- Red hot sauce (2 tbsp.)
- Optional: Garlic powder (.5 tsp.)

Steps Used to Prepare:

11. Heat the Air Fryer temperature to reach 356° Fahrenheit.
12. Slice the wings into three sections (end tip, middle joint, and drumstick). Pat each one thoroughly dry using a paper towel.
13. Combine the pepper, salt, garlic powder, and cayenne pepper on a platter. Lightly cover the wings with the powder.
14. Arrange the chicken onto the wire rack and bake for 15 minutes, turning once at 7 minutes.
15. Combine the hot sauce with the melted butter in a dish to garnish the baked chicken when it is time to be served.

Clotted Chicken

Servings: 4

Ingredients:

- Chicken breasts (4 thin/2 breasts pounded)
- Milk (1 cup)
- Panko breadcrumbs (.5 cup)
- Shaved Parmesan-Asiago cheese blend (.75 to 1 cup)
- Pepper (as desired)

Steps Used to Prepare:

15. Set the Air Fryer temperature at 400° Fahrenheit. Lightly spritz the basket with a non-stick cooking oil spray.
16. Add the milk, chicken, and pepper into a bowl to marinate for about ten minutes.
17. Prepare a shallow dish with the breadcrumbs and cheese.
18. Dredge the chicken through the mixture and place it in the basket of the fryer.
19. Cook it in batches, lightly spraying the tops with the oil spray.
20. Set the timer for eight minutes, and flip the breasts about halfway through the cycle at four minutes.
21. Reheat the first batch for about one minute if desired and serve.

Chicken Chops

Servings: 4

Ingredients:

- Butter/vegetable oil (2 tbsp.)
- Breadcrumbs (3.33 tbsp.)
- Egg (1)
- Chicken tenderloins (8)

Steps Used to Prepare:

11. Heat the Air Fryer temperature to 356° Fahrenheit.
12. Combine the breadcrumbs and oil - stirring until the mixture crumbles.
13. Whisk the egg and dredge the chicken through the egg, shaking off the excess.
14. Dip each piece of chicken into the crumbs and evenly coat.
15. Set the timer for 12 minutes.

Honey Chicken

Servings: 4

Ingredients:

- Chicken fillets (1 lb.)
- Paprika (1 tsp.)
- Heavy cream (1 tbsp.)
- Black pepper (.5 tsp.)
- Butter (as needed)

Steps Used to Prepare:

13. Heat the Air Fryer at 365° Fahrenheit.
14. Slice the fillets into strips and dust with salt and pepper.
15. Add a light coating of butter to the basket.
16. Arrange the strips in the basket and air-fry for six minutes.
17. Flip the strips and continue frying for another five minutes.
18. When done, garnish with the cream and paprika. Serve warm.

Chicken Breast

Servings: 2

Ingredients:

- Chicken wings (4)
- Chinese spice (1 tbsp.)
- Mixed spices - your choice (1 tbsp.)
- Soy sauce (1 tbsp.)

Steps Used to Prepare:

9. Warm the Air Fryer to 356° Fahrenheit.
10. Add the seasonings into a large mixing bowl, stirring thoroughly. Pour it over the chicken wings until each piece is covered.
11. Put some aluminum foil on the base of the fryer, and add the chicken sprinkling any remnants over the chicken. Air-fry it for 15 minutes.
12. Flip the chicken and air-fry for another 15 minutes at 392° Fahrenheit.

Chicken Teriyaki

Servings: 4

Ingredients:

- Eggs (3)
- Chicken tenders (1 lb.)
- Cornstarch (1 cup)
- Sweetened shredded coconut (2 cups)
- Cayenne pepper (1 tsp.)

Steps Used to Prepare:

11. Set the Air Fryer temperature at 360° Fahrenheit.
12. Prepare three dishes. In the first one, add the cornstarch and cayenne with any other desired seasonings. In the second bowl, add the eggs. Lastly, add the coconut in the third dish.
13. Dredge the chicken through the cornstarch, egg, and coconut.
14. Lightly spritz the fryer basket with a cooking oil spray as needed.
15. Set the timer for 8 minutes and air-fry until it's golden brown before serving.

Crispy Chicken

Servings: 6 = 12 sliders

Ingredients:

- Tyson Crispy Chicken Strips (1 pkg.)
- Sweet Hawaiian Rolls (1 pkg.)
- Optional Ingredients:
- Spinach leaves
- Tomatoes
- Honey mustard

Steps Used to Prepare:

7. Place the six chicken strips in the Air Fryer basket with a coating of olive oil spray. Cook at 390° Fahrenheit for 8 minutes.
8. Slice the rolls in half and top them with honey mustard, spinach, and tomatoes or other toppings of your choice.
9. Slice the chicken strips into chunks and place them on the rolls.

Garlic Chicken

Servings: 6

Ingredients:

- Turkey breast (2 lb.)
- Melted butter (4 tbsp.)
- Garlic (3 cloves)
- Thyme (1 tsp.)
- Rosemary (1 tsp.)

Steps Used to Prepare:

11. Warm the Air Fryer to reach 375° Fahrenheit.
12. Pat the turkey breast dry. Mince the garlic and chop the rosemary and thyme.
13. Melt the butter and mix with the garlic, thyme, and rosemary in a small mixing bowl. Brush the butter over turkey breast.
14. Place in the Air Fryer basket, skin side up, and cook for 40 minutes or until internal temperature reaches 160° Fahrenheit, flipping halfway through.
15. Wait for five minutes before slicing.

Chicken Wings

Servings: 4

Ingredients:

- Chicken wings (2 lb.)
- Lime juice (2 tbsp.)
- Honey (.25 cup)
- Lime zest (1 tbsp.)
- Garlic clove (1 pressed)

Steps Used to Prepare:

9. Warm the Air Fryer at 360° Fahrenheit.
10. Whisk the garlic, honey, and lime juice and zest. Toss in the wings and cover with the mixture.
11. Prepare the wings in batches. Cook for 25-30 minutes until they're crispy. Shake the basket at 8-minute intervals.
12. Serve and garnish as desired.

Chicken Skewer

Servings: 4

Ingredients:

- Olive oil (2 tsp. or as needed)
- Whole chicken (6-7 lb.)
- Seasoned salt (1 tbsp.)

Steps Used to Prepare:

13. Set the Air Fryer at 350° Fahrenheit.
14. Coat the chicken with oil and a sprinkle of salt.
15. Arrange the chicken in the Air Fryer – skin-side down.
16. Cook for 30 minutes. Flip the chicken over and air-fry for another 30 minutes.
17. Wait for ten minutes before slicing
18. Note: This recipe is for chickens under 6 lb. for a 3.7-quart Air Fryer.

Tarragon Chicken

Servings: 1

Ingredients:

- Skinless/boneless chicken breast (1)
- Freshly cracked ground black pepper (.125 tsp.)
- Unsalted butter (.5 tsp.)
- Kosher salt (.125 tsp.)
- Dried tarragon (.25 cup)
- Also Needed: Aluminum foil (12x14-inch piece)

Steps Used to Prepare:

9. Warm the oven in advance to reach 390° Fahrenheit.
10. Arrange the chicken in the foil with the tarragon, butter, salt, and pepper.
11. Loosely wrap the foil for minimal airflow.
12. Air-fry the chicken packs for 12 minutes in the basket.

Clear Chicken

Preparation time: 2 minutes

Cooking time: 8 minutes

Makes: 20 servings of half cup each

What's Inside

- 4 pounds of skinless, boneless chicken breast
- ½ of a teaspoon of sea salt
- ½ of a teaspoon of ground black pepper
- 1 tablespoon of Italian seasoning (pre-mixed)
- 1 cup of chicken broth

How to cook

9. Season the chicken breasts generously on both sides with sea salt, pepper and Italian seasoning. You can also use other spices and herbs of your choice. Place the breasts inside the Air fryer and carefully pour in the broth. Pour around the meat as to not wash off the seasonings.
10. Secure the lid and choose the Poultry setting (or Manual) on the control panel. For breasts that are about 6-8 ounces, the cooking time is 8 minutes for fresh and 13 minutes for frozen meat. If your chicken breasts are smaller or larger than that, tweak the time as needed.
11. After the time is up, let the pressure release on its own – this will yield the most tender meat. If you are pressed for time, allow the natural release for 5-7 minutes and then release the rest quickly.
12. You can now unplug the air fryer and start shredding the chicken. Work with two forks. You can take the breasts out, but shredding them inside the pot will make them juicier as they mix with the broth. If you want to serve the chicken immediately, allow it to drain for a bit, but it can be stored in the broth for later – it will help it stay moist.

Nutritional Facts

Cal.: 178

Chicken Chops

Cooking time: 25 minutes Makes: 6 servings

What's Inside

- 2 pounds of chicken breasts or thighs
- ½ of a teaspoon of cumin, ground
- ¼ of a teaspoon of garlic powder
- 16 ounces of salsa verde
- Salt and pepper, to taste

How to cook

7. Place the chicken meat inside the cooker. Sprinkle with seasonings and pour the salsa on top.
8. Set the pressure to high and cook for 25 minutes.
9. After that time, release the pressure quickly. Using two forks, shred the meat inside the pot and mix with the juices and salsa. Taste for seasoning and adjust as necessary.

Nutritional Facts

Cal.: 206

Total fat: 4.8 g

Total Carbs: 3.9 g

Proteins: 33 g

Chicken Chrono

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 2 tablespoons of taco seasoning ➤ 1 cup of salsa
- 3 medium-sized chicken breasts

How to cook

11. Pour a little avocado oil into the bottom of the air fryer. Set it to sauté and let the oil heat. In the meantime, rub the breasts thoroughly with the taco seasoning on both sides. Place the meat inside the pot and let it brown for 1-2 minutes on each side. Don't cook the chicken through!

12. Cover the chicken with salsa and close the lid. Set the pressure to high and cook for 5 minutes.

13. Let the pressure release on its own for 5-7 minutes when the time is up. Release the residual pressure quickly and open the lid. Shred the meat using two forks, mix it with the juices and salsa and let it sit for a bit so it absorbs the delicious flavors.

14. You can serve the meat with Greek yogurt – and enjoy!

15. NOTE: Lettuce makes a great substitute for taco shells, too!

Nutritional Facts

Cal.: 148

Total Fat: 6.8 g

Carbs: 11.7 g

Protein: 10 g

Basted Turkey

Cooking time: 42 minute Makes: 12 servings

What's Inside

- 1 cup of turkey stock
- 1 5-6 pound bone-in turkey breast
- 4 tablespoons of softened butter
- Sea salt and black pepper, to taste
- ½ of a tablespoon of chopped fresh Rosemary (you can add or swap it for other leafy herbs, like parsley, tarragon or thyme)

How to cook

19. Make an herb butter by mixing the soft butter with your chopped fresh herbs, 1 teaspoon of salt and about ½ of a teaspoon of ground black pepper.
20. Using your hands, gently release the skin from the meat of the breast, creating a pocket. Be careful not to tear the skin! Pack a layer of herb butter between the meat and the skin and use the rest
21. on top of the skin. Season the breast on the outside with extra salt and pepper.
22. Add 1 cup of turkey stock into the pressure cooker and place the breast inside, skin side up.
23. Secure the lid and close the valve. Manually set the pressure to high. Time should be adjusted – 6 minutes for each pound of the breast (for 5-6 pounds of meat it should be between 30 and 36 minutes).
24. When the timer beeps, let the pressure drop on its own for about 10 minutes. Release the rest quickly after that time.
25. Use a meat thermometer to determine if the breast is cooked through. The temperature should register at least 160 degrees inside the thickest part. The residual heat will keep the cooking process going as the turkey rests. I needs to be up to at least 165 before it's ready to serve.
26. Remove the breast from the cooker, put in on a

cooking board and loosely cover with aluminium foil. Let it rest for 10-15 minutes – and it's ready to serve.

27. Slice the breast and serve with side dishes of your choice – cranberries and a little gravy work really well!

NOTE: For brown and crispier skin, place the cooked breast on a cooking pan and under a hot broiler for 5-7 minutes. Keep an eye on it, so the skin just browns and doesn't burn.

Nutritional Facts

Cal.: 253

Total Fat: 7.8 g

Carbs: 0.9 g

Protein: 42 g

Keto Turkey

Preparation time: 5 minutes

Cooking time: 22 minutes Makes: 6 servings

What's Inside

- 5 pounds of chicken wings
- 1 cup of hot sauce (use the one you like for optimal spiciness)
- ¼ of a cup of apple cider vinegar
- 1 tablespoon of clarified butter or ghee
- 1 teaspoon each of sea salt and ground black pepper

How to cook

19. In a bowl, whisk together the vinegar, melted ghee, hot sauce, salt and pepper. Save ¼ of a cup to baste the wings and glaze them.
20. Separate the drumettes and flats, remove the wing tips.
21. Place the wings inside the inner pot of the pressure cooker, pour over the hot sauce mix and stir them together, making sure the wings are well covered.
22. Once you're ready to cook, turn the Air fryer on, put the inner pot inside and close the lid and the valve. Set for manual cooking and set the timer for 10 minutes.
23. As the wings are cooking, prepare your oven by setting it to broiling and line a cookie sheet with parchment or baking paper.
24. When the time is up, allow the pressure to release on its own. Open the lid when the float valve of the vent is open – this will take about 10 to 12 minutes.
25. Carefully open the lid, take the wings out and transfer them to the lined baking sheet. Make sure they are evenly spread and lie flat on it. Baste them with the extra hot sauce mix you saved up earlier.

26. Place the sheet with wings under the broiler. Let the wings become brown, but be careful not to burn the skin. It should take about 4-6 minutes, after which you can turn the wings to the other side to broil. Once they're done, take them out and arrange them on a platter. Immediately before serving, drizzle them with a little more sauce.

27. Serve your wings immediately with extra dips or sauces and the garnishes you like.

Nutritional Facts

Cal.: 937

Carbs: 0.9 g

Protein: 68 g

Fat: 68.9 g

Chicken Chefs

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 4 servings

What's Inside

- 4 boneless, skinless chicken thighs
- ½ of a 14-ounce can of crushed tomatoes
- ½ of a cup of diced onion
- ½ of a cup each of diced green and red bell pepper ➤ 1 bay leaf

How to cook

11. Set your air fryer to sauté and add a little oil to the bottom. Season the thighs generously on both sides with salt and pepper and place them on the hot oil to brown. When both sides are browned, remove the meat and set it aside.

12. Add a little more oil to the pot and put the peppers and onion inside. Sauté them for about 5 minutes (until they soften up).

13. Put the chicken thighs back into the pot, pour the tomatoes over them and mix everything together well. Then, close the lid and set

14. the pressure to high. Cook for 25 minutes, and after that time allow the pressure to release naturally.

15. Take the bay leaf out before serving, sprinkle some fresh oregano and parsley over the top and serve with your favorite sides (make them low-carb)!

Nutritional Facts

Cal.: 131

Carbs: 10.3 g

Protein: 13.8 g

Fat: 2.9 g

Chicken Chesnutt

Preparation time: 2 minutes Cooking time: 20 minutes Makes: 8 servings

What's Inside

- 3 large boneless chicken breasts
- 2 cups of buffalo sauce
- 3 tablespoons of butter
- 2 tablespoons of water
- 2 tablespoons of ranch dressing

How to cook

7. Put the chicken breasts inside your pot's inner liner. Pour the buffalo sauce over them, add water and butter.
8. Seal the cooker's lid and close the valve. Choose the manual option or pressure cook and set the timer for 20 minutes.
9. After the cooking is done, let the pressure release naturally for 10 minutes and vent the rest quickly after. Once it's done, open the pot, add the ranch dressing and stir everything together. Shred the meat using forks or a hand mixer.

Nutritional Facts

➤ Cal.: 210

Deranged Duck'

Preparation time: 30 minutes

Cooking time: 47 minutes Makes: 4-6 servings

What's Inside

- 1 whole defrosted duck
- 1 peeled and quartered medium Sweet Onion
- 1 stalk of sliced celery
- 6 halved Brussels sprouts
- 2 tablespoon of chopped fresh Parsley

How to cook

15. Take the defrosted duck out of the bag. If there is a packet of orange sauce, discard it. Remove the neck and giblets from the inside of the duck – you can save them or throw away. Slightly trim the fat layer around the neck and body cavity and rinse the duck thoroughly in cold water – both outside and inside. Pat the bird dry with paper towels before seasoning.

16. Sprinkle salt and pepper on the quartered onions and stuff them inside the duck. Generously season the bird on the outside as well.

17. Pour ½ of a cup of water into the pressure cooker. Place the duck inside, breast side up. Close the lid. Choose the poultry setting and let it cook for 35-37 minutes.

18. After that time, carefully open the lid and place the celery and Brussels sprouts over the duck. Again, choose the poultry option and allow it all to cook for 3-5 more minutes. Then, remove the veggies from the pot, loosely cover with foil and set them aside for a while.

19. Take the duck out of the pot and place it on a baking sheet. Put it under a broiler for 5-7 minutes for the outside to get brown and crispy. Once it's done, remove take it out of the oven and remove the onions from the duck's inside before you carve

and serve. Let the meat rest for a couple of minutes.

20. Pour out the juices from inside the pot. Once they set a little, strain out the fat that will collect at the top. In a bowl, mix the onions with the rest of the veggies. Garnish them with a sprinkling of fresh parsley.

21. Serve your sliced duck au jus – with the accumulated juices in a small dish for dipping or drizzling over the meat and vegetables.

Nutritional Info

Cal.: 117.1

Fat: 6.4 g

Carbs: 8.9 g

Protein: 15 g

Seeded Chicken

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 4 pounds of chicken breasts
- ½ of a cup of chicken broth or water
- 1 teaspoon of sea salt
- ½ of a teaspoon of ground black pepper

How to cook

7. Place your ingredients in the Air fryer together. Close the lid and select the poultry setting. Let them cook for 5 minutes. If you are using frozen tenders, increase the time to 10 minutes, and to 15 minutes for frozen breasts.
8. After the timer beeps, release the valve and quickly depressurize the pot.
9. Remove the chicken and let it rest on a board or a plate for a couple of minutes, then shred it. It can be stored in an airtight container, covered in some of the juices from the pot.

Nutritional Facts

Cal.: 125

Fat: 1.2 g

Carbs: 0.1 g

Protein: 27 g

Christ Chicken

Preparation time: 10 minutes

Cooking time: 35 minutes Makes: 10 servings

What's Inside

- 1 whole chicken (weighing about 4 pounds)
- 1 tablespoon of coconut oil
- 1 ½ cups of bone broth ➤ 6 peeled cloves of garlic ➤ 1 teaspoon of dried thyme

How to cook

11. Mix some salt and pepper with thyme. Generously rub the seasoning on the chicken.
12. Heat the coconut oil in the pressure cooker until it's shimmering. Place the chicken spine side up onto the oil, close the lid and cook for about 7 minutes. After that time, turn the chicken over and add your garlic.
13. Close the lid back, set the pressure to high and the timer to 25 minutes. Let the pressure release naturally after that time.
14. Once it's done, take the chicken out and let it rest for 5-7 minutes.
15. Then, it's ready to carve and serve!

Nutritional Facts

Cal.: 4131.43

Protein: 325.44 g

Cholesterol: 1335.48 mg

Carbs: 8.4 g

Fat: 1.5 g

Coconut Chicken

Preparation time: 2 minutes

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 2 pounds of skinless, boneless chicken thighs
- 1 can of coconut cream
- 1 tablespoon of turmeric

How to cook

7. Place the thighs in the Air fryer, add the coconut cream and turmeric. Gently mix everything together until it's combined.
8. Choose the poultry setting on your cooker, set the pressure to high and the timer to 15 minutes.
9. Release the pressure quickly after that time, taste for seasoning (add salt and pepper as needed) and serve alongside your preferred side dishes!

Nutritional Facts

Cal.: 321

Fat: 11.8 g

Carbs: 8.8 g

Proteins: 45 g

Lemon Chicken

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 6 servings

What's Inside

- 1 can of coconut milk
- ¼ of a cup of cup freshly squeezed lemon juice
- 1 tablespoon of curry powder
- 1 teaspoon of turmeric
- 4 pounds chicken thighs and/or breasts

How to cook

13. In a measuring cup (or a bowl – but the cup makes it easier later) combine the coconut milk, spices and lemon juice.

14. First, pour a little of the coconut milk mix into the pot. Place the meat over it, and cover it with the rest of the milk. Don't worry about little lumps in the cream. Close the lid and seal the valve.

15. Choose the poultry setting and set the pressure to high and the timer for 15 minutes. Add 10 extra minutes if you're using frozen chicken meat.

16. Once it finishes cooking, quickly release the pressure. Check the chicken by cutting through the thickest part – you should not see any pink. If it looks pinkish, close the lid back, again select high pressure and cook for 10-15 more minutes.

17. When the chicken is cooked through, shred it with two forks without removing it from the pot. Mix it well with the sauce. If you find it hard to manoeuvre inside the pot, take the meat to the plate and add it shredded to the sauce. Taste for seasoning and adjust as necessary with salt and pepper.

18. This chicken goes great served with your favourite vegetables – roasted or steamed!

Nutritional Facts

Cal.: 615

Fat: 25.2 g

Carbs: 3.3 g

Protein: 89.6 g

Cheeky Chicken

Preparation time: 5 minutes

Cooking time: 15 minutes Makes: 6 servings

What's Inside

- 3 pounds of skinless, boneless chicken thighs or breasts
- ¼ of a cup of grated Parmesan
- 16 ounces of Italian dressing

How to cook

11. Take 1 cup of the Italian dressing and pour it into the bottom of the pot. Place the meat over it.
12. In a bowl, mix the rest of the dressing well with Parmesan and gently pour it on top of the chicken.
13. Choose the meat or stew setting on the pressure cooker and set the timer for 15 minutes.
14. After the beep, depressurize the pot quickly and open the lid carefully.
15. With the lid off, let the chicken cool for 4-6 minutes. You can serve it shredded or whole, as you prefer.

Nutritional Facts

Cal.: 590

Fat: 32 g

Carbs: 9 g

Protein: 69 g

Tress Thighs

Preparation time: 10 minutes

Cooking time: 8 minutes Makes: 4 servings

What's Inside

- 1 ½ pounds of skinless, boneless chicken thighs
- 1 teaspoon of dried oregano
- 1 teaspoon of paprika ➤ 1 teaspoon of garlic powder ➤ ½ of a teaspoon of onion powder

How to cook

15. In a mixing bowl, combine the paprika, garlic powder, oregano and onion powder. Rub the mix all over the thighs generously.

16. Pour some olive oil (or another light cooking oil) into the pot and set it to sauté. Once the oil heats up, spread it evenly all over the bottom. Gently place the thighs inside and cook for approximately 4 minutes on each side – until the meat is nicely brown. Transfer the meat to a plate and set aside.

17. Turn the cooker off and pour in 1 cup of water inside. Using a spatula, release all bits of meat stuck to the pot – that way, they will not burn during the later stages of cooking.

18. Put the trivet into the pot and carefully lay down the thighs on it.

19. Close the lid and secure the valve.

20. Using the manual option, set the pressure to high. Cook for 8 minutes, and once the time is up let the pressure release on its own for 5 minutes.

21. Carefully release all of the remaining pressure and steam and open the lid of the pot. Using a meat thermometer check the thickest part of the meat – it should register 165 degrees F. If it does, the meat is ready to serve!

Nutritional Facts

Cal.: 235

Carbs: 1.3 g

Protein: 38 g

Fat: 12 g

Descent Drumsticks

Preparation time: 5 minutes

Cooking time: 4 minutes Makes: 6 servings

What's Inside

- 6 turkey drumsticks
- 1 tablespoon of salt
- ½ of a cup of soy sauce
- 1 teaspoon of ground black pepper
- ½ of a teaspoon of garlic powder

How to cook

9. Combine the pepper, salt and garlic powder in a small bowl and blend well. Rub the drumsticks all over generously with the mix.
10. Into the Air fryer, pour in ½ of a cup of water and all of the soy sauce and place the seasoned drumsticks inside.
11. Close the lid and seal the valve. Set the pressure to high and cook for about 20 minutes. After that time, allow the pressure to lower on its own for 13-16 minutes and release the residual pressure quickly.
12. Open the lid carefully and remove the drumsticks from the pot with tongs. Pour out the liquid and let it set for a bit. Skim the fat that will rise to the top and serve the juices alongside the drumsticks as a dipping sauce.

Nutritional Facts

Cal.: 249

Fat: 1.2 g

Carbs: 2.1 g

Protein: 58 g

Beef Options

Beef and Potato

Servings: 4

Ingredients:

- Mashed potatoes (3 cups)
- Ground beef (1 lb.)
- Eggs (2)
- Garlic powder (2 tbsp.)
- Sour cream (1 cup)

Steps Used to Prepare:

1. Set the Air Fryer to reach 390° Fahrenheit.
2. Combine all of the fixings in a mixing container. Scoop it into a heat-safe dish.
3. Arrange in the fryer to cook for two minutes.
4. Serve for lunch or a quick dinner.

Beef Roll-Ups

Servings: 4

Ingredients:

- Provolone cheese (6 slices)
- Beef flank steak (2 lbs.)
- Pesto (3 tbsp.)
- Baby spinach (.75 cup)
- Roasted red bell peppers (3 oz.)

Steps Used to Prepare:

1. Heat the Air Fryer at 400° Fahrenheit.
2. Slice the steak. Add the pesto and butter evenly on the meat.
3. Layer in the spinach, peppers, and cheese about $\frac{3}{4}$ of the way down through the roll-up. Roll the mixture. Secure it with skewers or toothpicks.
4. Air-fry for 14 minutes. Turn the beef halfway through the cooking process.
5. Wait for at least ten minutes before slicing to serve.

Breaded Beef Schnitzel

Servings: 1

Ingredients:

- Olive oil (2 tbsp.)
- Thin beef schnitzel (1)
- Gluten-free breadcrumbs (.5 cup)
- Egg (1)

Steps Used to Prepare:

1. Heat the Air Fryer a couple of minutes (356° Fahrenheit).
2. Combine the breadcrumbs and oil in a shallow bowl. Whisk the egg in another mixing container.
3. Dip the beef into the egg, and then the breadcrumbs. Arrange in the basket of the Air Fryer.
4. Air-fry 12 minutes and serve.

Cheeseburger 'Mini' Sliders

Servings: 3

Ingredients:

- Cheddar cheese (6 slices)
- Ground beef (1 lb.)
- Freshly cracked black pepper and salt (as desired)
- Dinner rolls (6)

Steps Used to Prepare:

1. Warm the Air Fryer ahead of fry time to 390° Fahrenheit.
2. Shape six (2.5-oz.) patties and dust with the pepper and salt
3. Arrange the burgers in the fryer basket and cook for ten minutes.
4. Take them out of the cooker and add the cheese.
5. Return them to the basket for another minute until the cheese melts.

Quick and Easy Rib Eye Steak

Servings: 1

Ingredients:

- Unchilled steak (1 @ about 2 lb.)
- Olive oil (1 tbsp.)
- Steak Rub: Salt and pepper mix (1 tbsp. As desired)
- Baking pan also needed to fit into the basket

Steps Used to Prepare:

1. Press the “M” button for the French Fries icon. Adjust the time to four minutes at 400° Fahrenheit.
2. Rub the steak with the oil and seasonings. Arrange the steak in the basket and air-fry for 14 minutes. (Flip it over after seven minutes.)
3. Place the rib eye on a platter, and let it rest for ten minutes.
4. Slice it and garnish the way you like it.

Roast Beef

Servings: 6

Ingredients:

- Garlic powder (.5 tsp.)
- Oregano (.5 tsp.)
- Dried thyme (1 tsp.)
- Olive oil (1 tbsp.)
- Round roast (2 lb.)

Steps Used to Prepare:

1. Heat the Air Fryer at 330° Fahrenheit.
2. Combine the spices. Brush the oil over the beef, and rub it using the spice mixture.
3. Add to a baking dish and arrange it in the Air Fryer basket for 30 minutes. Turn it over and continue cooking 25 more minutes.
4. Wait for a few minutes before slicing.
5. Serve on your choice of bread or plain with a delicious side dish.

Sweet and Spicy Montreal Steak

Servings: 2

Ingredients:

- Sirloin steaks (2 boneless)
- Brown sugar (1 tbsp.)
- Montreal steak seasoning (1 tbsp.)
- Crushed red pepper (1 tsp.)
- Olive oil (1 tbsp.)

Steps Used to Prepare:

1. Set the temperature of the Air Fryer at 390° Fahrenheit.
2. Prepare the steaks with oil. Rub them with the desired seasonings.
3. Arrange the steaks in the basket and set the timer for three minutes.
4. Flip the steak over and air-fry for another three minutes.
5. Cool and slice it into strips before serving.

Rose Beef

Servings: 4

Ingredients:

- Mashed potatoes (3 cups)
- Ground beef (1 lb.)
- Eggs (2)
- Garlic powder (2 tbsp.)
- Sour cream (1 cup)

Steps Used to Prepare:

5. Set the Air Fryer to reach 390° Fahrenheit.
6. Combine all of the fixings in a mixing container. Scoop it into a heat-safe dish.
7. Arrange in the fryer to cook for two minutes.
8. Serve for lunch or a quick dinner.

Beed Bower

Servings: 4

Ingredients:

- Provolone cheese (6 slices)
- Beef flank steak (2 lbs.)
- Pesto (3 tbsp.)
- Baby spinach (.75 cup)
- Roasted red bell peppers (3 oz.)

Steps Used to Prepare:

6. Heat the Air Fryer at 400° Fahrenheit.
7. Slice the steak. Add the pesto and butter evenly on the meat.
8. Layer in the spinach, peppers, and cheese about $\frac{3}{4}$ of the way down through the roll-up. Roll the mixture. Secure it with skewers or toothpicks.
9. Air-fry for 14 minutes. Turn the beef halfway through the cooking process.
 10. Wait for at least ten minutes before slicing to serve.

Beef Schnitzel

Servings: 1

Ingredients:

- Olive oil (2 tbsp.)
- Thin beef schnitzel (1)
- Gluten-free breadcrumbs (.5 cup)
- Egg (1)

Steps Used to Prepare:

5. Heat the Air Fryer a couple of minutes (356° Fahrenheit).
6. Combine the breadcrumbs and oil in a shallow bowl. Whisk the egg in another mixing container.
7. Dip the beef into the egg, and then the breadcrumbs. Arrange in the basket of the Air Fryer.
8. Air-fry 12 minutes and serve.

Burger

Servings: 3

Ingredients:

- Cheddar cheese (6 slices)
- Ground beef (1 lb.)
- Freshly cracked black pepper and salt (as desired)
- Dinner rolls (6)

Steps Used to Prepare:

6. Warm the Air Fryer ahead of fry time to 390° Fahrenheit.
7. Shape six (2.5-oz.) patties and dust with the pepper and salt
8. Arrange the burgers in the fryer basket and cook for ten minutes.
9. Take them out of the cooker and add the cheese.
10. Return them to the basket for another minute until the cheese melts.

Rib Eye Steak

Servings: 1

Ingredients:

- Unchilled steak (1 @ about 2 lb.)
- Olive oil (1 tbsp.)
- Steak Rub: Salt and pepper mix (1 tbsp. As desired)
- Baking pan also needed to fit into the basket

Steps Used to Prepare:

5. Press the “M” button for the French Fries icon. Adjust the time to four minutes at 400° Fahrenheit.
6. Rub the steak with the oil and seasonings. Arrange the steak in the basket and air-fry for 14 minutes. (Flip it over after seven minutes.)
7. Place the rib eye on a platter, and let it rest for ten minutes.
8. Slice it and garnish the way you like it.

Roast Rosemary

Servings: 6

Ingredients:

- Garlic powder (.5 tsp.)
- Oregano (.5 tsp.)
- Dried thyme (1 tsp.)
- Olive oil (1 tbsp.)
- Round roast (2 lb.)

Steps Used to Prepare:

6. Heat the Air Fryer at 330° Fahrenheit.
7. Combine the spices. Brush the oil over the beef, and rub it using the spice mixture.
8. Add to a baking dish and arrange it in the Air Fryer basket for 30 minutes. Turn it over and continue cooking 25 more minutes.
9. Wait for a few minutes before slicing.
10. Serve on your choice of bread or plain with a delicious side dish.

Sweet Steak

Servings: 2

Ingredients:

- Sirloin steaks (2 boneless)
- Brown sugar (1 tbsp.)
- Montreal steak seasoning (1 tbsp.)
- Crushed red pepper (1 tsp.)
- Olive oil (1 tbsp.)

Steps Used to Prepare:

6. Set the temperature of the Air Fryer at 390° Fahrenheit.
7. Prepare the steaks with oil. Rub them with the desired seasonings.
8. Arrange the steaks in the basket and set the timer for three minutes.
9. Flip the steak over and air-fry for another three minutes.
10. Cool and slice it into strips before serving.

Pork & Lamb Options

Bacon-Wrapped Pork Tenderloin

Servings: 4-6

Ingredients:

- Pork tenderloin (1 lb.)
- Dijon mustard (1-2 tbsp.)
- Bacon (3-4 strips)

Steps Used to Prepare:

1. Set the Air Fryer temperature at 360° Fahrenheit.
2. Coat the tenderloin with the mustard and wrap with the bacon.
3. Air-fry them for 15 minutes. Flip and cook 10 to 15 more minutes.
4. Serve with your favorite sides.

Bratwurst and Veggies

Servings: 6

Ingredients:

- Bratwurst (Approx. 5 links/1 pkg.)
- Red and green bell pepper (1 each)
- Onion - red or purple (.25 cup)
- Gluten-free Cajun seasoning (.5 tbsp.)

Steps Used to Prepare:

1. Warm the unit to reach 390° Fahrenheit.
2. Line the Air Fryer with foil, if preferred.
3. Slice and add in the vegetables.
4. Slice the bratwurst into about 0.5-inch size rounds, and place on top of the veggies.
5. Evenly sprinkle the seasoning on top.
6. Air-fry for 10 minutes. Carefully open and stir or mix.
7. Air-fry for another 10 minutes before serving.

Crispy Dumplings

Servings: 2

Ingredients:

- Ground pork (.5 lb.)
- Olive oil (1 tbsp.)
- Black pepper and salt (.5 tsp. each)
- Dumpling wrappers (half of 1 pkg.)

Steps Used to Prepare:

1. Set the Air Fryer temperature setting at 390° Fahrenheit.
2. Mix the fixings together.
3. Prepare each dumpling using two teaspoons of the pork mixture.
4. Seal the edges with a portion of water to make the triangle form.
5. Lightly spritz the Air Fryer basket using a cooking oil spray as needed. Add the dumplings to air-fry for eight minutes.
6. Serve when they're ready.

Pork Taquitos

Servings: 10

Ingredients:

- Cooked shredded pork tenderloin or chicken (3 cups)
- Fat-free shredded mozzarella (2.5 cups)
- Flour tortillas (10 small)
- Lime juice (1 lime)

Steps Used to Prepare:

1. Set the Air Fryer at 380° Fahrenheit.
2. Sprinkle the juice over the pork.
3. Microwave five of the tortillas at a time (putting a damp paper towel over them for 10 seconds). Add three ounces of pork and $\frac{1}{4}$ of a cup of cheese to each tortilla.
4. Tightly roll the tortillas. Line the tortillas onto a greased foil-lined pan.
5. Spray an even coat of cooking oil spray over the tortillas.
6. Air Fry for 7 to 10 minutes or until the tortillas are a golden color, flipping halfway through.

Ranch-Style Pork Chops

Servings: 4

Ingredients:

- Center-cut - 1-inch boneless pork chops (4)
- Dry ranch salad dressing mix - ex. Hidden Valley (2 tsp.)
- Also Needed: Aluminum foil and cooking oil spray

Steps Used to Prepare:

1. Warm the Air Fryer to 390° Fahrenheit.
2. Lightly spray both sides of the chops and the inside of the Air Fryer basket using a cooking oil spray. Sprinkle both sides with the ranch seasoning mix and let it rest at room temperature for ten minutes.
3. Place the chops in the Air Fryer, working in batches if necessary, to ensure the fryer isn't overcrowded.
4. Cook for five minutes. Flip the chops and cook five minutes more. Let it rest on a foil-covered plate for an additional five minutes before serving.

Bacon-Wrapped Pork Tenderloin

Servings: 4-6

Ingredients:

- Pork tenderloin (1 lb.)
- Dijon mustard (1-2 tbsp.)
- Bacon (3-4 strips)

Steps Used to Prepare:

5. Set the Air Fryer temperature at 360° Fahrenheit.
6. Coat the tenderloin with the mustard and wrap with the bacon.
7. Air-fry them for 15 minutes. Flip and cook 10 to 15 more minutes.
8. Serve with your favorite sides.

Bratwurst and Veggies

Servings: 6

Ingredients:

- Bratwurst (Approx. 5 links/1 pkg.)
- Red and green bell pepper (1 each)
- Onion - red or purple (.25 cup)
- Gluten-free Cajun seasoning (.5 tbsp.)

Steps Used to Prepare:

8. Warm the unit to reach 390° Fahrenheit.
9. Line the Air Fryer with foil, if preferred.
10. Slice and add in the vegetables.
11. Slice the bratwurst into about 0.5-inch size rounds, and place on top of the veggies.
12. Evenly sprinkle the seasoning on top.
13. Air-fry for 10 minutes. Carefully open and stir or mix.
14. Air-fry for another 10 minutes before serving.

Crispy Dumplings

Servings: 2

Ingredients:

- Ground pork (.5 lb.)
- Olive oil (1 tbsp.)
- Black pepper and salt (.5 tsp. each)
- Dumpling wrappers (half of 1 pkg.)

Steps Used to Prepare:

7. Set the Air Fryer temperature setting at 390° Fahrenheit.
8. Mix the fixings together.
9. Prepare each dumpling using two teaspoons of the pork mixture.
10. Seal the edges with a portion of water to make the triangle form.
11. Lightly spritz the Air Fryer basket using a cooking oil spray as needed. Add the dumplings to air-fry for eight minutes.
12. Serve when they're ready.

Pork Taquitos

Servings: 10

Ingredients:

- Cooked shredded pork tenderloin or chicken (3 cups)
- Fat-free shredded mozzarella (2.5 cups)
- Flour tortillas (10 small)
- Lime juice (1 lime)

Steps Used to Prepare:

7. Set the Air Fryer at 380° Fahrenheit.
8. Sprinkle the juice over the pork.
9. Microwave five of the tortillas at a time (putting a damp paper towel over them for 10 seconds). Add three ounces of pork and $\frac{1}{4}$ of a cup of cheese to each tortilla.
10. Tightly roll the tortillas. Line the tortillas onto a greased foil-lined pan.
11. Spray an even coat of cooking oil spray over the tortillas.
12. Air Fry for 7 to 10 minutes or until the tortillas are a golden color, flipping halfway through.

Ranch-Style Pork Chops

Servings: 4

Ingredients:

- Center-cut - 1-inch boneless pork chops (4)
- Dry ranch salad dressing mix - ex. Hidden Valley (2 tsp.)
- Also Needed: Aluminum foil and cooking oil spray

Steps Used to Prepare:

5. Warm the Air Fryer to 390° Fahrenheit.
6. Lightly spray both sides of the chops and the inside of the Air Fryer basket using a cooking oil spray. Sprinkle both sides with the ranch seasoning mix and let it rest at room temperature for ten minutes.
7. Place the chops in the Air Fryer, working in batches if necessary, to ensure the fryer isn't overcrowded.
8. Cook for five minutes. Flip the chops and cook five minutes more. Let it rest on a foil-covered plate for an additional five minutes before serving.

Southern Fried Pork Chops

Servings: 5

Ingredients:

- Pork chops (4)
- Buttermilk (3 tbsp.)
- All-purpose flour (.25 cup)
- Seasoning salt
- Freshly cracked black pepper (as desired)

Steps Used to Prepare:

1. Set the fryer at 380° Fahrenheit.
2. Rinse and dry the chops using a paper towel. Season using the pepper and seasoning salt.
3. Drizzle the chops with the buttermilk and toss into a zipper-type bag with the flour. Marinate for 30 minutes.
4. Arrange the chops in the fryer (stacking is okay). Spritz using a cooking oil spray.
5. Air-fry the chops for 15 minutes (380° Fahrenheit). Flip after the first 10 minutes.
6. Serve with your favorite side dishes.

Stuffed Pork Chops

Servings: 3

Ingredients:

- Thick-cut pork chops (3)
- Mushrooms (7)
- Lemon juice (1 tbsp.)
- Almond flour (1 tbsp.)

Steps Used to Prepare:

1. Heat the Air Fryer to reach 350° Fahrenheit.
2. Arrange the pork chops in the Air Fryer. Set the timer for 15 minutes.
3. Chop and sauté the mushrooms for three minutes and spritz with lemon juice.
4. Toss in the flour and herbs. Continue to sauté for four minutes and set aside.
5. Prepare five sheets of foil for the chops. Arrange the chops on the foil and add some of the mushroom fixings.
6. Carefully fold the foil to seal in the chop and juices.
7. Add the chops in the Air Fryer for 30 minutes.

Lamb Ribs - Saltimbocca

Servings: 4

Ingredients:

- Mozzarella cheese (2 balls)
- Lamb racks (2 lb.)
- Thinly sliced pieces of prosciutto (4)
- Sage leaves (4)
- Olive oil (2 tbsp.)

Steps Used to Prepare:

1. Heat the Air Fryer to reach 350° Fahrenheit.
2. Slice the racks of lamb into quarters. Slice a deep pocket in each of the chops and stuff with thinly sliced cheese pieces.
3. Add a sage leaf on top and wrap with sliced prosciutto.
4. Spritz using one tablespoon of the oil. Set the timer for 15 minutes.
5. Transfer to a platter and serve.

Becon Bacon

Servings: 4-6

Ingredients:

- Pork tenderloin (1 lb.)
- Dijon mustard (1-2 tbsp.)
- Bacon (3-4 strips)

Steps Used to Prepare:

9. Set the Air Fryer temperature at 360° Fahrenheit.
10. Coat the tenderloin with the mustard and wrap with the bacon.
11. Air-fry them for 15 minutes. Flip and cook 10 to 15 more minutes.
12. Serve with your favorite sides.

German Sausage

Servings: 6

Ingredients:

- Bratwurst (Approx. 5 links/1 pkg.)
- Red and green bell pepper (1 each)
- Onion - red or purple (.25 cup)
- Gluten-free Cajun seasoning (.5 tbsp.)

Steps Used to Prepare:

15. Warm the unit to reach 390° Fahrenheit.
16. Line the Air Fryer with foil, if preferred.
17. Slice and add in the vegetables.
18. Slice the bratwurst into about 0.5-inch size rounds, and place on top of the veggies.
19. Evenly sprinkle the seasoning on top.
20. Air-fry for 10 minutes. Carefully open and stir or mix.
21. Air-fry for another 10 minutes before serving.

English Dumpling

Servings: 2

Ingredients:

- Ground pork (.5 lb.)
- Olive oil (1 tbsp.)
- Black pepper and salt (.5 tsp. each)
- Dumpling wrappers (half of 1 pkg.)

Steps Used to Prepare:

13. Set the Air Fryer temperature setting at 390° Fahrenheit.
14. Mix the fixings together.
15. Prepare each dumpling using two teaspoons of the pork mixture.
16. Seal the edges with a portion of water to make the triangle form.
17. Lightly spritz the Air Fryer basket using a cooking oil spray as needed. Add the dumplings to air-fry for eight minutes.
18. Serve when they're ready.

Pork Joint

Servings: 10

Ingredients:

- Cooked shredded pork tenderloin or chicken (3 cups)
- Fat-free shredded mozzarella (2.5 cups)
- Flour tortillas (10 small)
- Lime juice (1 lime)

Steps Used to Prepare:

13. Set the Air Fryer at 380° Fahrenheit.
14. Sprinkle the juice over the pork.
15. Microwave five of the tortillas at a time (putting a damp paper towel over them for 10 seconds). Add three ounces of pork and $\frac{1}{4}$ of a cup of cheese to each tortilla.
16. Tightly roll the tortillas. Line the tortillas onto a greased foil-lined pan.
17. Spray an even coat of cooking oil spray over the tortillas.
18. Air Fry for 7 to 10 minutes or until the tortillas are a golden color, flipping halfway through.

Ranch Lamb

Servings: 4

Ingredients:

- Center-cut - 1-inch boneless pork chops (4)
- Dry ranch salad dressing mix - ex. Hidden Valley (2 tsp.)
- Also Needed: Aluminum foil and cooking oil spray

Steps Used to Prepare:

9. Warm the Air Fryer to 390° Fahrenheit.
10. Lightly spray both sides of the chops and the inside of the Air Fryer basket using a cooking oil spray. Sprinkle both sides with the ranch seasoning mix and let it rest at room temperature for ten minutes.
11. Place the chops in the Air Fryer, working in batches if necessary, to ensure the fryer isn't overcrowded.
12. Cook for five minutes. Flip the chops and cook five minutes more. Let it rest on a foil-covered plate for an additional five minutes before serving.

Pork Peace

Servings: 4-6

Ingredients:

- Pork tenderloin (1 lb.)
- Dijon mustard (1-2 tbsp.)
- Bacon (3-4 strips)

Steps Used to Prepare:

13. Set the Air Fryer temperature at 360° Fahrenheit.
14. Coat the tenderloin with the mustard and wrap with the bacon.
15. Air-fry them for 15 minutes. Flip and cook 10 to 15 more minutes.
16. Serve with your favorite sides.

Spicy Sausage

Servings: 6

Ingredients:

- Bratwurst (Approx. 5 links/1 pkg.)
- Red and green bell pepper (1 each)
- Onion - red or purple (.25 cup)
- Gluten-free Cajun seasoning (.5 tbsp.)

Steps Used to Prepare:

22. Warm the unit to reach 390° Fahrenheit.
23. Line the Air Fryer with foil, if preferred.
24. Slice and add in the vegetables.
25. Slice the bratwurst into about 0.5-inch size rounds, and place on top of the veggies.
26. Evenly sprinkle the seasoning on top.
27. Air-fry for 10 minutes. Carefully open and stir or mix.
28. Air-fry for another 10 minutes before serving.

Poised Lamb

Servings: 2

Ingredients:

- Ground pork (.5 lb.)
- Olive oil (1 tbsp.)
- Black pepper and salt (.5 tsp. each)
- Dumpling wrappers (half of 1 pkg.)

Steps Used to Prepare:

19. Set the Air Fryer temperature setting at 390° Fahrenheit.
20. Mix the fixings together.
21. Prepare each dumpling using two teaspoons of the pork mixture.
22. Seal the edges with a portion of water to make the triangle form.
23. Lightly spritz the Air Fryer basket using a cooking oil spray as needed. Add the dumplings to air-fry for eight minutes.
24. Serve when they're ready.

Spanish Pork

Servings: 10

Ingredients:

- Cooked shredded pork tenderloin or chicken (3 cups)
- Fat-free shredded mozzarella (2.5 cups)
- Flour tortillas (10 small)
- Lime juice (1 lime)

Steps Used to Prepare:

19. Set the Air Fryer at 380° Fahrenheit.
20. Sprinkle the juice over the pork.
21. Microwave five of the tortillas at a time (putting a damp paper towel over them for 10 seconds). Add three ounces of pork and $\frac{1}{4}$ of a cup of cheese to each tortilla.
22. Tightly roll the tortillas. Line the tortillas onto a greased foil-lined pan.
23. Spray an even coat of cooking oil spray over the tortillas.
24. Air Fry for 7 to 10 minutes or until the tortillas are a golden color, flipping halfway through.

Pork Chops

Servings: 4

Ingredients:

- Center-cut - 1-inch boneless pork chops (4)
- Dry ranch salad dressing mix - ex. Hidden Valley (2 tsp.)
- Also Needed: Aluminum foil and cooking oil spray

Steps Used to Prepare:

13. Warm the Air Fryer to 390° Fahrenheit.
14. Lightly spray both sides of the chops and the inside of the Air Fryer basket using a cooking oil spray. Sprinkle both sides with the ranch seasoning mix and let it rest at room temperature for ten minutes.
15. Place the chops in the Air Fryer, working in batches if necessary, to ensure the fryer isn't overcrowded.
16. Cook for five minutes. Flip the chops and cook five minutes more. Let it rest on a foil-covered plate for an additional five minutes before serving.

Pork

Servings: 5

Ingredients:

- Pork chops (4)
- Buttermilk (3 tbsp.)
- All-purpose flour (.25 cup)
- Seasoning salt
- Freshly cracked black pepper (as desired)

Steps Used to Prepare:

7. Set the fryer at 380° Fahrenheit.
8. Rinse and dry the chops using a paper towel. Season using the pepper and seasoning salt.
9. Drizzle the chops with the buttermilk and toss into a zipper-type bag with the flour. Marinate for 30 minutes.
10. Arrange the chops in the fryer (stacking is okay). Spritz using a cooking oil spray.
11. Air-fry the chops for 15 minutes (380° Fahrenheit). Flip after the first 10 minutes.
12. Serve with your favorite side dishes.

Chopped Pork

Servings: 3

Ingredients:

- Thick-cut pork chops (3)
- Mushrooms (7)
- Lemon juice (1 tbsp.)
- Almond flour (1 tbsp.)

Steps Used to Prepare:

8. Heat the Air Fryer to reach 350° Fahrenheit.
9. Arrange the pork chops in the Air Fryer. Set the timer for 15 minutes.
10. Chop and sauté the mushrooms for three minutes and spritz with lemon juice.
11. Toss in the flour and herbs. Continue to sauté for four minutes and set aside.
12. Prepare five sheets of foil for the chops. Arrange the chops on the foil and add some of the mushroom fixings.
13. Carefully fold the foil to seal in the chop and juices.
14. Add the chops in the Air Fryer for 30 minutes.

Lamb Rack

Servings: 4

Ingredients:

- Mozzarella cheese (2 balls)
- Lamb racks (2 lb.)
- Thinly sliced pieces of prosciutto (4)
- Sage leaves (4)
- Olive oil (2 tbsp.)

Steps Used to Prepare:

6. Heat the Air Fryer to reach 350° Fahrenheit.
7. Slice the racks of lamb into quarters. Slice a deep pocket in each of the chops and stuff with thinly sliced cheese pieces.
8. Add a sage leaf on top and wrap with sliced prosciutto.
9. Spritz using one tablespoon of the oil. Set the timer for 15 minutes.
10. Transfer to a platter and serve.

Seafood Options

Breaded Coconut Shrimp

Servings: 4

Ingredients:

- Shrimp (1 lb.)
- Panko breadcrumbs (1 cup)
- Shredded coconut (1 cup)
- Eggs (2)
- All-purpose flour (.33 cup)

Steps Used to Prepare:

1. Set the temperature of the Air Fryer at 360° Fahrenheit.
2. Peel and devein the shrimp.
3. Whisk the seasonings with the flour as desired. In another dish, whisk the eggs, and in the third container, combine the breadcrumbs and coconut.
4. Dip the cleaned shrimp into the flour, egg wash, and finish it off with the coconut mixture.
5. Lightly spray the basket of the fryer and set the timer for 10-15 minutes.
6. Air-fry until it's a golden brown before serving.

Breaded Cod Sticks

Servings: 5

Ingredients:

- Large eggs (2)
- Milk (3 tbsp.)
- Breadcrumbs (2 cups)
- Almond flour (1 cup)
- Cod (1 lb.)

Steps Used to Prepare:

1. Heat the Air Fryer at 350° Fahrenheit.
2. Prepare three bowls; one with the milk and eggs, one with the breadcrumbs (salt and pepper if desired), and another with almond flour.
3. Dip the sticks in the flour, egg mixture, and breadcrumbs.
4. Place in the basket and set the timer for 12 minutes. Toss the basket halfway through the cooking process.
5. Serve with your favorite sauce.

Cajun Salmon

Servings: 1-2

Ingredients:

- Salmon fillet (1 - 7 oz.) 0.75-inches thick
- Cajun seasoning
- Juice (¼ of a lemon)
- Optional: Sprinkle of sugar

Steps Used to Prepare:

1. Set the Air Fryer at 356° Fahrenheit to preheat for five minutes.
2. Rinse and dry the salmon with a paper towel. Cover the fish with the Cajun coating mix.
3. Place the fillet in the air fryer for seven minutes with the skin side up.
4. Serve with a sprinkle of lemon and dusting of sugar if desired.

Cajun Shrimp

Servings: 4-6

Ingredients:

- Tiger shrimp (16-20/1.25 lb.)
- Olive oil (1 tbsp.)
- Old Bay seasoning (.5 tsp.)
- Smoked paprika (.25 tsp.)
- Cayenne pepper (.25 tsp.)

Steps Used to Prepare:

1. Set the Air Fryer at 390° Fahrenheit.
2. Cover the shrimp using the oil and spices.
3. Toss them into the Air Fryer basket and set the timer for five minutes.
4. Serve with your favorite side dish.

Cod Fish Nuggets

Servings: 4

Ingredients:

- Cod fillet (1 lb.)
- Eggs (3)
- Olive oil (4 tbsp.)
- Almond flour (1 cup)
- Gluten-free breadcrumbs (1 cup)

Steps Used to Prepare:

1. Warm the Air Fryer at 390° Fahrenheit.
2. Slice the cod into nuggets.
3. Prepare three bowls. Whisk the eggs in one. Combine the salt, oil, and breadcrumbs in another. Sift the almond flour into the third one.
4. Cover each of the nuggets with the flour, dip in the eggs, and the breadcrumbs.
5. Arrange the nuggets in the basket and set the timer for 20 minutes.
6. Serve the fish with your favorite dips or sides.

Creamy Salmon

Servings: 2

Ingredients:

- Chopped dill (1 tbsp.)
- Olive oil (1 tbsp.)
- Sour cream (3 tbsp.)
- Plain yogurt (1.76 oz.)
- Salmon (6 pieces)/.75 lb.)

Steps Used to Prepare:

1. Heat the Air Fryer and wait for it to reach 285° Fahrenheit.
2. Shake the salt over the salmon and add them to the fryer basket with the olive oil to air-fry for 10 minutes.
3. Whisk the yogurt, salt, and dill.
4. Serve the salmon with the sauce with your favorite sides.

Crumbled Fish

Servings: 2

Ingredients:

- Breadcrumbs (.5 cup)
- Vegetable oil (4 tbsp.)
- Egg (1)
- Fish fillets (4)
- Lemon (1)

Steps Used to Prepare:

1. Heat the Air Fryer to reach 356° Fahrenheit.
2. Whisk the oil and breadcrumbs until crumbly.
3. Dip the fish into the egg, then the crumb mixture.
4. Arrange the fish in the cooker and air-fry for 12 minutes.
5. Garnish using the lemon.

Easy Crab Sticks

Servings: 2-3

Ingredients:

- Crab sticks (1 package)
- Cooking oil spray (as needed)

Steps Used to Prepare:

1. Take each of the sticks out of the package and unroll it until the stick is flat. Tear the sheets into thirds.
2. Arrange them on a baking tray and lightly spritz using cooking spray. Set the timer for 10 minutes.
3. Note: If you shred the crab meat, you can cut the time in half, but they will also easily fall through the holes in the basket.

Fried Catfish

Servings: 3

Ingredients:

- Olive oil (1 tbsp.)
- Seasoned fish fry (.25 cup)
- Catfish fillets (4)

Steps Used to Prepare:

1. Heat the Air Fryer to reach 400° Fahrenheit before fry time.
2. Rinse the catfish and pat dry using a paper towel.
3. Dump the seasoning into a sizeable zipper-type bag. Add the fish and shake to cover each fillet. Spray with a spritz of cooking oil spray and add to the basket.
4. Set the timer for 10 minutes. Flip, and reset the timer for ten additional minutes. Turn the fish once more and cook for 2-3 minutes.
5. Once it reaches the desired crispiness, transfer to a plate, and serve.

Simple Shrimp

Servings: 4

Ingredients:

- Shrimp (1 lb.)
- Panko breadcrumbs (1 cup)
- Shredded coconut (1 cup)
- Eggs (2)
- All-purpose flour (.33 cup)

Steps Used to Prepare:

7. Set the temperature of the Air Fryer at 360° Fahrenheit.
8. Peel and devein the shrimp.
9. Whisk the seasonings with the flour as desired. In another dish, whisk the eggs, and in the third container, combine the breadcrumbs and coconut.
10. Dip the cleaned shrimp into the flour, egg wash, and finish it off with the coconut mixture.
11. Lightly spray the basket of the fryer and set the timer for 10-15 minutes.
12. Air-fry until it's a golden brown before serving.

Caspian Cod

Servings: 5

Ingredients:

- Large eggs (2)
- Milk (3 tbsp.)
- Breadcrumbs (2 cups)
- Almond flour (1 cup)
- Cod (1 lb.)

Steps Used to Prepare:

6. Heat the Air Fryer at 350° Fahrenheit.
7. Prepare three bowls; one with the milk and eggs, one with the breadcrumbs (salt and pepper if desired), and another with almond flour.
8. Dip the sticks in the flour, egg mixture, and breadcrumbs.
9. Place in the basket and set the timer for 12 minutes. Toss the basket halfway through the cooking process.
10. Serve with your favorite sauce.

Salmon

Servings: 1-2

Ingredients:

- Salmon fillet (1 - 7 oz.) 0.75-inches thick
- Cajun seasoning
- Juice (¼ of a lemon)
- Optional: Sprinkle of sugar

Steps Used to Prepare:

5. Set the Air Fryer at 356° Fahrenheit to preheat for five minutes.
6. Rinse and dry the salmon with a paper towel. Cover the fish with the Cajun coating mix.
7. Place the fillet in the air fryer for seven minutes with the skin side up.
8. Serve with a sprinkle of lemon and dusting of sugar if desired.

Cajun Shrimp

Servings: 4-6

Ingredients:

- Tiger shrimp (16-20/1.25 lb.)
- Olive oil (1 tbsp.)
- Old Bay seasoning (.5 tsp.)
- Smoked paprika (.25 tsp.)
- Cayenne pepper (.25 tsp.)

Steps Used to Prepare:

5. Set the Air Fryer at 390° Fahrenheit.
6. Cover the shrimp using the oil and spices.
7. Toss them into the Air Fryer basket and set the timer for five minutes.
8. Serve with your favorite side dish.

Fishfingers

Servings: 4

Ingredients:

- Cod fillet (1 lb.)
- Eggs (3)
- Olive oil (4 tbsp.)
- Almond flour (1 cup)
- Gluten-free breadcrumbs (1 cup)

Steps Used to Prepare:

7. Warm the Air Fryer at 390° Fahrenheit.
8. Slice the cod into nuggets.
9. Prepare three bowls. Whisk the eggs in one. Combine the salt, oil, and breadcrumbs in another. Sift the almond flour into the third one.
10. Cover each of the nuggets with the flour, dip in the eggs, and the breadcrumbs.
11. Arrange the nuggets in the basket and set the timer for 20 minutes.
12. Serve the fish with your favorite dips or sides.

Fish Cake

Servings: 2

Ingredients:

- Chopped dill (1 tbsp.)
- Olive oil (1 tbsp.)
- Sour cream (3 tbsp.)
- Plain yogurt (1.76 oz.)
- Salmon (6 pieces)/.75 lb.)

Steps Used to Prepare:

5. Heat the Air Fryer and wait for it to reach 285° Fahrenheit.
6. Shake the salt over the salmon and add them to the fryer basket with the olive oil to air-fry for 10 minutes.
7. Whisk the yogurt, salt, and dill.
8. Serve the salmon with the sauce with your favorite sides.

Fish Taste

Servings: 2

Ingredients:

- Breadcrumbs (.5 cup)
- Vegetable oil (4 tbsp.)
- Egg (1)
- Fish fillets (4)
- Lemon (1)

Steps Used to Prepare:

6. Heat the Air Fryer to reach 356° Fahrenheit.
7. Whisk the oil and breadcrumbs until crumbly.
8. Dip the fish into the egg, then the crumb mixture.
9. Arrange the fish in the cooker and air-fry for 12 minutes.
10. Garnish using the lemon.

Sticks

Servings: 2-3

Ingredients:

- Crab sticks (1 package)
- Cooking oil spray (as needed)

Steps Used to Prepare:

4. Take each of the sticks out of the package and unroll it until the stick is flat. Tear the sheets into thirds.
5. Arrange them on a baking tray and lightly spritz using cooking spray. Set the timer for 10 minutes.
6. Note: If you shred the crab meat, you can cut the time in half, but they will also easily fall through the holes in the basket.

Catfish

Servings: 3

Ingredients:

- Olive oil (1 tbsp.)
- Seasoned fish fry (.25 cup)
- Catfish fillets (4)

Steps Used to Prepare:

6. Heat the Air Fryer to reach 400° Fahrenheit before fry time.
7. Rinse the catfish and pat dry using a paper towel.
8. Dump the seasoning into a sizeable zipper-type bag. Add the fish and shake to cover each fillet. Spray with a spritz of cooking oil and add to the basket.
9. Set the timer for 10 minutes. Flip, and reset the timer for ten additional minutes. Turn the fish once more and cook for 2-3 minutes.
10. Once it reaches the desired crispiness, transfer to a plate, and serve.

Meals

Filling meals packed with protein and fat. The keto version of dinnertime classics does not compromise on flavor.

Chicken Tender

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 311 | Protein: 48g | Net Carbs: 4g | Fat 9g

Ingredients:

- 2 lbs. chicken tenders or chicken breast
- 1 tsp. salt
- 1/3 balsamic vinegar
- 2 sundried tomato halves, sliced
- 1 tsp. olive oil
- 8 basil leaves – chopped
- ½ pepper

Method:

1. Heat a big skillet and grease with olive oil and stick the tenders in the oil and dash with salt and pepper.
2. Cook each tender for about 4 minutes or until they are cooked on each side and all the way through.
3. Transfer the chicken from the frying pan and decrease the heat to medium. Then toss in balsamic vinegar and sundried tomatoes.
4. Cook down the tomatoes and balsamic vinegar by half and then add the chicken back to the frying pan.
5. Coat chicken with balsamic glaze and then transfer to a plate. Garnish with chopped basil.

Crime Chicken

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 261 | Protein: 33g | Net Carbs: 5g | Fat 10

Ingredients:

- 2 tbsp. minced garlic
- 1 ½ lbs. boneless skinless chicken thighs
- Pepper and salt as desired
- 1-2 jars of artichokes hearts (10 oz. jars)
- 2 tbsp. oregano

Method:

1. In a large bowl, mix chicken thighs and artichokes hearts (including liquid) and let it marinate for about 20-30 minutes.
2. After chicken marinates, strain the liquid and toss in remaining spices and garlic. Combine all ingredients.
3. Set broiler on the oven to high and put marinated chicken in for about 18 -25 minutes, so chicken thoroughly cooks.
4. Broil on the second rack for about 18-20 minutes, then broil on the first rack for the last 5 minutes to make chicken a little crispy.

Roasted Paprika Chicken and Rutabaga

Total Prep & Cooking Time: 55 min.

Yields: 4 servings

Nutrition Facts: Calories: 857 | Protein: 69g | Net Carbs: 34g | Fat 49g

Ingredients:

- 2 lbs. chicken thighs or drumsticks
- ¼ cup olive oil
- 2 lbs. rutabaga, cut and peeled
- 1 tbsp. paprika
- Pepper and salt as desired

Paprika and Garlic Mayo:

- Pepper and salt as desired
- 1 tsp. paprika
- 1 cup mayonnaise
- 1 tsp. garlic powder

Method:

1. Preheat oven to 400 degrees and chop the rutabaga in 2-3 inch pieces
2. Place the chicken and rutabaga in a baking dish and generously toss in seasonings. Then add olive oil and mix all ingredients.
3. Bake the chicken for about 40 minutes or until cook all the way through. Monitor closely and lower the heat if chicken or rutabaga starts to get too brown.
4. Mix all the seasonings with the mayo and serve with chicken and rutabaga.

Keto Fried Chicken with Broccoli

Total Prep & Cooking Time: 35 min.

Yields: 4 servings

Nutrition Facts: Calories: 625 | Protein: 53g | Net Carbs: 9.6g | Fat 41.8g

Ingredients:

- 1 ½ lbs. boneless chicken thighs
- 5 oz. butter
- 1lb. broccoli
- ½ leek
- 1 tsp. garlic powder

Method:

1. Over medium heat, add half of the butter.
2. Generously coat the chicken with spices and then lay into a heated frying pan.
3. Flip the chicken until it is cook thoroughly and browned on both sides. Cook for about 20-25 minutes – adjust time according to the size of chicken thighs.
4. Remove chicken from the pan and keep them warm in foil on low heat in the oven.
5. While chicken is frying, rinse and chop the broccoli, including the stem into small pieces. Then clean the leeks thoroughly and cut the leeks into pieces.
6. Using a different skillet, dissolve the butter over middle heat and add all of the spices or seasonings. Next, put in the leeks, so they soften and then add the broccoli, stirring occasionally. Cook vegetables until tender.
7. Plate the chicken and vegetables and serve with extra melted butter on top.

Chicken Pesto Zoodle Salad

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 589 | Protein: 43.8g | Net Carbs: 9.5g | Fat 42g

Ingredients:

- 1 lb. chicken breasts
- 5 oz. cherry tomatoes, cut in half
- 8 oz. sugar-free green pesto
- 4 oz. feta cheese, crumbled or cubed
- 14 oz. zucchini, 2 medium or store-bought zucchini noodles
- 1 tbsp. olive oil

Method:

1. Position the chicken in a standard pot and overlay with cold water.
2. Increase heat to boil and then decrease to medium to low heat to let the chicken simmer for 15 minutes or until cooked all the way through.
3. Transfer the chicken from the water, set aside to cool down for a few minutes, and then shred.
4. For medium zucchini, use a spiralizer and then place zoodles in the mixing bowl.
5. In a large mixing bowl, pour pesto over zoodles and toss, completely coating the zoodles. Then add shredded chicken feta and tomatoes into the bowl.
6. Toss all the salad ingredients and then drizzle with olive oil

Turkey Taco Casserole

Total Prep & Cooking Time: 45 min.

Yields: 6 servings

Nutrition Facts: Calories: 367 | Protein: 45g | Net Carbs: 6g | Fat 18g

Ingredients:

- 8 oz. shredded cheese
- 1 ½ - 2 lbs. ground turkey
- 1 cup salsa
- 2 tbsp. taco seasoning
- 16 oz. cottage cheese

Method:

1. Switch on the oven to 400 degrees.
2. In a sizeable casserole dish, put in the ground meat and mix in the taco seasoning—Bake for 20 minutes.
3. While ground turkey is baking, mix 1 cup of shredded cheese, cottage cheese, and salsa.
4. Take the casserole from the oven and strain out any leftover juices from the ground meat.
5. Pound and crush the meat into smaller pieces and then layer the cottage cheese and salsa combo over the meat. Sprinkle remaining cheese on top of the ground meat.
6. Put the casserole back into the oven and bake for 15-20 minutes until the meat cooks all the way through. And the cheese is melted and bubbling.

Turkey Breasts with Cream Cheese Sauce

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 619 | Protein: 35.3g | Net Carbs: 12.4g | Fat 48.4g

Ingredients:

- 1 ½ lbs. turkey breast
- 2 cups heavy whipping cream
- 7 oz. cream cheese
- 1 tbsp. soy sauce
- 1 ½ oz. small capers
- 2 tbsp. butter
- Pepper and salt as desired

Method:

1. Switch on the oven to 375 degrees.
2. In a sizeable oven-safe skillet, dissolve 1 tablespoon the butter over moderate heat. Then flavor the turkey with desired spices.
3. Fry turkey breast until golden brown on each side.
4. Finish baking the turkey breast in the oven until the turkey cooks through. Then place on plate and cover with foil.
5. Pour remaining turkey drippings into a small saucepan. Combine the heavy whipping cream with the cream cheese. Bring the cream to a soft boil and stir.
6. Decrease the heat and allow the sauce simmer until it thickens. Then add the soy sauce and a dash of salt and pepper.
7. Melt remaining butter in the skillet and sauté the capers until they are crispy.
8. Pour sauce over turkey breasts and garnish with capers.

Turkey Sausage and Kale Soup

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 164 | Protein: 20g | Net Carbs: 9g | Fat 3g

Ingredients:

- 1 lb. Italian turkey sausage
- ½ cup onion, diced
- 15 oz. tomatoes, diced
- 32 oz. chicken broth
- 8 oz. Kale, chopped
- Pepper and salt as desired

Method:

1. if not already pre-cut, dice the onion and tomatoes. Take sausage out of the casing, if necessary, and cut into small pieces. Chop kale and remove the stem.
2. Turn on pressure cooker on low to brown the sausage. Then once sausage browns, add chicken broth, diced onions, and tomatoes to the pressure cooker.
3. Close the lid and shut the steam valve. Set pressure to high and leave for 15 minutes.
4. While soup starts to cook, add chopped kale and ½ cup of water in a microwave-safe dish. Cover the dish and heat up for 3-4 minutes or until kale is tender. Then drain water from the kale dish and set aside.
5. When pressure cooker finishes, open the steam valve and let the steam release for about 10 minutes.
6. Add kale before serving.

No Noodle Keto Lasagna

Total Prep & Cooking Time: 40 min.

Yields: 8 servings

Nutrition Facts: Calories: 355 | Protein: 24g | Net Carbs: 6g | Fat 25g

Ingredients:

- 1 lb. ground beef
- 1 ½ cups ricotta cheese, whole milk
- 25 oz. Marinara sauce
- 8 oz. sliced mozzarella cheese
- Pepper and salt as desired
- ½ cup parmesan cheese, grated

Method:

1. Turn oven to 350 degrees.
2. Add salt and pepper to ground beef.
3. Then heat a big skillet over medium and toss in the ground beef. Then prepare the meat, mixing and breaking meat until browned. Drain any excess liquid.
4. Add beef to 9x9 inch baking pan.
5. Layer the ricotta and then parmesan on top of the ground meat. Then pour marinara sauce over layers of cheese. Sprinkle mozzarella cheese on top.
6. Bake the no noodle lasagna for 25 minutes. Do not take out unless cheese is golden brown and melted.

Keto Stuffed Cheese Meatloaf

Total Prep & Cooking Time: 65 min.

Yields: 6 servings

Nutrition Facts: Calories: 183 | Protein: 11g | Net Carbs: 3g | Fat 18g

Ingredients:

- 1 lb. ground beef
- 2 eggs
- 1 tbsp. dried marjoram
- 2 buffalo mozzarellas
- Pepper and salt as desired
- 2 whole leeks

Method:

1. Turn on oven to 365 degrees.
2. Totally scrub the leeks clean and cut about ½ from the white part. Cut the white part into small pieces. Separate the rest of the leek into single leaves.
3. Boil a big pot of water and place the leaves inside the boiling water for about 3-4 minutes. Then withdraw leaves from pot and rinse in cold water. Set leeks aside to dry.
4. In a large bowl, add ground beef, cut white leek ends, marjoram, eggs, salt, and pepper.
5. In a baking dish or a loaf pan, arrange the leek leaves on the bottom with sides leaning over. Then fill the bottom and side with the ground meat mixture.
6. Add mozzarella inside and finish with another layer of ground meat.
7. Then cover the dish with leek ends and add more leaves if needed.
8. Put in the keto meatloaf and bake for 50 minutes. Bake the first 40 minutes covered with foil and the last 10 minutes uncovered.

Mozzarella -Spinach Stuffed Burgers

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 414 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

- 1 ½ lbs. ground chuck
- 2 tbsp. parmesan, grated
- 2 cups fresh spinach
- ½ cup shredded mozzarella cheese
- Pepper and salt as desired

Method:

1. In a standard mixing bowl, join ground chuck and season accordingly. Then scoop about 1/3 cup of meat mixture and shape into 8 patties about ½ inch thick. Set in refrigerator.
2. Cook spinach over medium heat for a couple minutes until the spinach wilts. Drain spinach and let it cool before squeezing out excess liquid.
3. Move spinach to cutting board and chop the spinach. Add spinach, mozzarella cheese, and parmesan to a separate mixing bowl. Stir all ingredients together.
4. Take beef patties out of the fridge and scoop about ¼ cup of stuffing and place in the center of 4 patties.
5. Cover with remaining beef patties and press edges together firmly to seal the stuffing inside the patties. Round out the edges of the patties to create a single thick patty.
6. Heat a pan or grill to medium-high and prepare stuffed burgers for 5 to 6 minutes on, grilling equally on each side.

Slow Cooker Moroccan Beef

Total Prep & Cooking Time: 10hrs.

Yields: 8 servings

Nutrition Facts: Calories: 414 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

- 2 lbs. beef roast
- ½ cup sliced yellow onions
- Pepper and salt as desired
- 4 tbsp. garam masala seasoning

Method:

1. First, slice the onion into thin strips and place them into the slow cooker.
2. Place the beef roast into the slow cooker on top of the onions and then add seasonings.
3. Cook on low heat in the crockpot for 8 hours, then shred beef with a fork and then cook on the lowest settings for another 2 hours letting the spices marinate the beef.

Steak with Garlic Butter Mushrooms

Total Prep & Cooking Time: 25 mins.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

Steak:

- 1 lb. grass-fed top sirloin steak
- 4 tsp. ghee, room temperature
- 1 tsp. fresh garlic
- Salt to taste

Mushrooms:

- 2 cups white mushrooms
- Salt
- 2 tsp. ghee, melted
- 1 tsp. fresh garlic

Method:

1. Mince the garlic for the steak and mushrooms and set to the side.
2. Preheat the grill and set it to high heat. Pat dry the steak and, in a bowl, combine the garlic and ghee. Then cover one side of the steak with mixture and season with pepper and salt as desired.
3. Once the grill is heated, place the ghee and garlic side of the steak, cook for 4-5 minutes, or until the steak is charred. Then add the remaining ghee and garlic mixture on the steak and flip to cook until desired doneness. Remove from heat.
4. In a separate bowl, combine mushrooms with melted ghee, garlic, salt, and pepper. Wrap mushrooms in 2 layers of tin foil, shiny side inward, and put mushrooms in the center to create a tight packet.
5. Cook mushrooms on the grill for 5 minutes and then flip and grill until mushrooms are tender.
6. Serve steak topped with mushrooms.

Philly Cheesesteak Stuffed Peppers

Total Prep & Cooking Time: 50 min.

Yields: 8 servings

Nutrition Facts: Calories: 251 | Protein: 19g | Net Carbs: 5g | Fat 17g

Ingredients:

- 4 green peppers
- 1 cup yellow onion, diced
- 1 lb. steak, sliced thin
- Pepper and salt as desired
- 1 tbsp. olive oil
- 8 slices provolone cheese

Method:

1. Turn oven to 400 degrees. Thinly slice steak and chop the yellow onion.
2. Slice all green peppers in half and remove seeds and white center. Put peppers in casserole dish, cut side up, and add about ¼ inch of water. Cover with foil and then put the dish in the oven.
3. In a frying pan, heat olive oil and toss in diced onions, cooking until translucent.
4. Place steak into the frying pan with onions. Then cook for 5 minutes or until preferred doneness. Add pepper and salt as desired.
5. Take peppers out of the oven and add a dash of salt and pepper to each half. Then stuff each pepper with steak and onion mixture.
6. Layer one slice of provolone cheese on top of each pepper and put back. Leave exposed and cook for about 20 minutes.

Pork Chops with Caramelized Onions and Bacon

Total Prep & Cooking Time: 50 min.

Yields: 4 servings

Nutrition Facts: Calories: 451 | Protein: 29.6g | Net Carbs: 3.4g | Fat 34.7g

Ingredients:

- 4 oz. bacon, chopped
- 1 yellow onion, thinly sliced
- 4 pork chops
- ½ cup chicken broth
- ¼ cup heavy whipping cream

Method:

1. Fry bacon over medium heat or until preferred crispiness. Use a slotted spatula or spoon to remove bacon and leave bacon grease in skillet.
2. Add onion, salt, and pepper to bacon grease. Continuously rotate the onions and cook for about 15 to 20 minutes until onions are golden brown and soft.
3. Add onions in the same bowl as the bacon. Generously season pork chops with pepper and salt.
4. Increase the heat on the stove to moderate and arrange the seasoned pork chops to the skillet. Brown the first side of the pork chops for about 3 minutes and then flip.
5. Reduce heat to medium and continue cooking pork chops for another 7 to 10 minutes or until pork chops are cooked through. Then remove chops to plate.
6. Add broth to skillet and scrape any bits left. Then add heavy cream and simmer until the mixture thickens. Put bacon and onions back to the skillet and stir to combine all ingredients.
7. Serve pork chops with bacon and onion mixture on top.

Pork and Green Pepper Keto Stir-Fry

Total Prep & Cooking Time: 20 min.

Yields: 2 servings

Nutrition Facts: Calories: 676 | Protein: 40g | Net Carbs: 14.2g | Fat 51.7g

Ingredients:

- 2/3 lb. pork shoulder
- 2 green bell peppers
- 2 scallions, sliced
- 1 tsp. chili paste
- 1 oz. almond
- Pepper and salt as desired
- 4 oz. butter for cooking

Method:

1. Melt a portion butter in a frying pan or wok. Save some butter for serving. Slice the green peppers and scallions and set aside—also, pre-cut pork shoulder into strips.
2. Add pork to the frying pan and prepare the meat over very high heat for a couple minutes.
3. Throw the vegetables and chili paste into the pan and keep stirring vegetables for another couple of minutes—season with pepper and salt as desired.
4. Plate in a nice serving dish and top with almonds and room temperature butter.

Bacon-Wrapped Pork Chops

Total Prep & Cooking Time: 40 min.

Yields: 6-8 servings

Nutrition Facts: Calories: 513 | Protein: 51g | Net Carbs: 1g | Fat 34g

Ingredients:

- 12 oz. bacon package
- 6 to 8 boneless pork chops
- Pepper and salt as desired

Method:

1. Line cooking sheet with wax paper. Turn oven to 350 degrees.
2. Use a cutting board or a plate, season pork chops with pepper and salt as desired.
3. Open bacon and completely wrap each pork chop. Then place the pork chops on a lined baking sheet.
4. Sprinkle more salt and pepper over the bacon-wrapped pork chops.
5. Bake for 30 minutes and flip after the first 15 minutes. Make sure to cook the pork chops all the way through.

Crispy Bacon and Fried Cabbage

Total Prep & Cooking Time: 20 min.

Yields: 2 servings

Nutrition Facts: Calories: 774 | Protein: 38.3g | Net Carbs: 14.6g | Fat 62.2g

Ingredients:

- 10 oz. bacon package
- 2 oz. butter
- 1 lb. green cabbage
- Pepper and salt as desired

Method:

1. Slice the bacon and cabbage into small pieces.
2. In a sizeable skillet over the moderate heat, fry the bacon until crispy.
3. Add butter and cabbage to the skillet and brown the cabbage. Dash with pepper and salt as desired.

Fried Salmon with Broccoli and Lemon Mayo

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 634 | Protein: 42.4g | Net Carbs: 21.7g | Fat 43.8g

Ingredients:

Salmon and Broccoli:

- 1 ¾ lbs. salmon
- 1 lb. broccoli
- 2 oz. butter
- Pepper and salt as desired

Lemon Mayo:

- 1 cup mayonnaise
- 2 tbsp. lemon juice

Method:

1. Rinse and chop the broccoli, including the stem, in bite-sized pieces.
2. Then mix the lemon juice and mayo and let sit.
3. Spice up the salmon with pepper and salt as desired and divide salmon in serving-sized portions.
4. Add about half the butter to the frying pan and grill the salmon over moderate heat for a few minutes. Lessen the heat and cook each side evenly. Take out from the pan and enclose in foil to keep the salmon warm.
5. Using the same skillet, add the other half of the butter and cook down the broccoli for 3-4 minutes over medium heat until the broccoli is tender but not mushy. Add pepper and salt as desired.
6. Serve the salmon and broccoli with lemon mayo on the side.

Pistachio Crusted Salmon

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 269 | Protein: 23g | Net Carbs: 6g | Fat 17g

Ingredients:

- 1 lb. salmon or 1 large filet
- ¼ cup parmesan cheese, grated
- 1/3 cup pistachios, crushed or chopped
- Pepper and salt as desired
- ¼ panko breadcrumbs

Method:

1. Switch oven to 400 degrees. Crush or finely chop the pistachios if necessary.
2. Mix the pistachios, breadcrumbs, and cheese in a bowl.
3. Arrange foil to a sizeable pan and smear the foil with oil. Then place salmon on greased foil, skin side down. Sprinkle pepper and salt as desired.
4. Top the salmon with pistachio mixture, pressing firmly, so the mixture adheres.
5. Then bake with the pan exposed for 15-20 minutes, or until the seasoned salmon easily flakes.

Spanish Garlic Shrimp

Total Prep & Cooking Time: 35 min.

Yields: 4 servings

Nutrition Facts: Calories: 355 | Protein: 31.6g | Net Carbs: 15g | Fat 19.2g

Ingredients:

- 18 oz. shrimp, peeled with tail on
- 1 ½ oz. garlic cloves
- 1 tsp. chili flakes
- 3 tbsp. fresh parsley
- 1 lemon cut into wedges

Method:

1. Peel shrimp and leave the tail on. Chop and peel garlic cloves. Mince the fresh parsley. Cut lemon into wedges.
2. Use a large cast-iron skillet and warm oil over moderate heat.
3. Toss the garlic and chili flakes into the skillet, and then cover for 5 minutes or until garlic turns light yellow. Stir occasionally to cook evenly.
4. While garlic is cooking, season the shrimp with salt and set aside for five minutes.
5. When the garlic turns light yellow, raise the heat and toss in the shrimp. Stir and space the shrimp evenly, with no overlapping. Cook shrimp until bright pink and flip to cook evenly on both sides.
6. Remove shrimp from heat and garnish with parsley and lemon wedges to serve.

Keto Pizza

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 679 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

Crust:

- 4 eggs
- 6oz. shredded mozzarella

Topping:

- 3 tbsp. unsweetened tomato sauce
- 1 tsp. dried oregano
- 5 oz. shredded mozzarella
- 1 ½ oz. pepperoni

Method:

1. Switch oven to 400 degrees
2. First, to prepare the crust, use a medium bowl to combine eggs and shredded cheese. Stir thoroughly to combine.
3. Spread the egg and cheese dough on a parchment paper on a big baking sheet.
4. Use the dough to form 2 circular pizzas or 1 big rectangular pizza. Bake for 15 minutes or until pizza crust is crispy at edges and semi-soft and golden brown in the center. Pull out the crust and let sit for a couple minutes.
5. Turn up the heat on the oven to 450 degrees. Then spread tomato sauce on crust and then dash oregano on top of sauce. Lastly, add the cheese and arrange the pepperoni on top of cheese.
6. Bake pizza for 5-10 more minutes until toppings are bubbling and golden.

Broccoli and Cheese Soup

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

- 1 cup heavy cream
- 4 cups of broccoli – florets
- 4 cloves of garlic
- 3 ½ cups of vegetable broth
- 3 cups cheddar cheese, shredded

Method:

1. Cut the broccoli into florets and mince the garlic. Sauté the garlic over medium heat in a large pot for 1 minute or until garlic is fragrant.
2. Combine the vegetable broth, chopped broccoli, and heavy cream in the pot. Boil first and then decrease to simmer for 10 -20 minutes. Check that the vegetables are soft.
3. Remove about 1/3 broccoli and set aside.
4. Then insert the immersion blender into the pot and puree all the ingredients together.
5. Reduce the heat and add the shredded cheddar cheese about ½ cup at a time. Repeatedly swirl until the cheese is melted. Then puree the soup again to make a smooth consistency.
6. Remove from heat and garnish with remaining broccoli florets.

Zucchini Soup

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

- ¼ cup heavy cream
- 16 oz. chicken broth
- 7 oz. onion, sliced
- 2 cloves garlic
- 28 oz. zucchini, sliced
- Pepper and salt as desired

Method:

1. Pre-cut the zucchini and onion into slices.
2. Add sliced onion and zucchini, garlic and broth to a large pot. Boil and then decrease to moderate heat and let the soup simmer for about 20 minutes. Keep stirring.
3. Remove pot from heat once the zucchini is soft and insert an immersion blender to puree the soup.
4. Keep blending until smooth. Add in heavy cream, salt, and pepper and stir thoroughly.

Super Soft-Boiled Eggs

Preparation time: 2 minutes

Cooking time: 3 minutes Makes: 4 eggs

What's Inside

2 cups of water

4 eggs

Salt and pepper (optional, to taste)

How to cook

Measure out 2 cups of water – it will be easier to use a measuring cup or a regular cup rather than the scale inside the pot – and pour it into the insert. Place the steaming basket inside and gently place four eggs on top.

Close the lid securely and manually set the pot's timer to three minutes and the pressure to low. Remember to seal the top valve as well. In the meantime, prepare a bowl filled with cold water (you can add a couple of ice cubes as well) – it will stop the cooking process when the eggs are perfectly done.

After the timer goes off, release the valve to allow the pressure to drop. Be careful with this step – even when most of the steam is released, it can still burn if you get too close. Carefully remove the lid and place the eggs in the bowl you prepared. Let them cool for about half a minute and they are ready to be peeled. Once the shells are removed, all that's left is to sprinkle some salt and pepper, if you want them, and your eggs are ready to enjoy!

NOTE: If you want perfect hard-boiled eggs, keep the pressure on low and set the timer for five minutes. Nutritional info

EGG YOLK

Cholesterol: 183 mg

Cal.: 56

Fat: 4.3g

Famous Frittata

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 6 beaten eggs
- ½ a cup of fresh spinach ➤ ¼ a cup of fresh tomatoes (diced)
- 1 teaspoon of minced onion
- salt and pepper (to taste)

How to cook

1. Find a pan that fits inside your Air fryer and coat it thoroughly with butter or a cooking oil. Great tip – you can use mason jars to make perfect personal portions!
2. Mix the ingredients in a bowl and place them in the pan (or jars).
3. Fill the Pot with 1 cup of water. Then, place the pan or jars inside the Air fryer – onto the trivet - and cover the top with aluminum foil. You can also place the trivet first and put the pan
4. or jars onto it with a sling. Secure the lid and make sure the valve is sealed.
5. Manually set the timer for 5 minutes.
6. When the timer beeps, allow the pressure to release naturally for about 10 minutes. Adjust the valve to venting and carefully remove the pan or jars from the pot. Your frittata is ready to be served!

Nutritional Facts

Cal.: 264

Fat: 15.9 g

Carbs: 7.6 g

Protein: 18.2 g

Cheesy Egg Bake

Preparation time: 5 minutes

Cooking time: 20 minutes Makes: 4 servings

What's Inside

- 6 slices of chopped bacon
- 2 cups of frozen broccoli florets
- 6 eggs
- ¼ of a cup of milk
- ½ of a cup of shredded cheddar

How to cook

1. Crisp up the bacon in the air fryer. Here you can also add optional veggies of your choice and sauté them for 3-4 minutes – until they become tender.
2. Add the frozen broccoli and mix it with the rest of the ingredients. Allow them to thaw a little – this should take up to 2-3 minutes.
3. Mix the eggs, cheese and milk together and combine them with your vegetables and bacon. Add salt and pepper to taste.
4. Cover the inside of a pressure cooker-safe container with a little oil and pour in the mixture. Fill the pot with ½ of a cup of water and place down the trivet. Set your container onto it.
5. Close the lid securely and set the cooking time for 20 minutes and the pressure to high. After the dish is done, quickly and carefully release the steam.
6. Using a spatula (offset works great) or a knife, release the eggs from the sides of the dish. Make sure you are using a plate that is large enough to fit all of it and remove the eggs onto it. Garnish with parsley, chives or other herbs of your choice, and more cheese.

Nutritional Facts

Cal.: 146

Fat: 10.8 grams

Carbs: 3.3 grams

Sanguine Soy Yogurt

Cooking time: 14 hours Makes: 4 servings

What's Inside

- 1 32-oz. carton of soy milk
- 2 tablespoons of plain vegan yogurt
- 1 pinch of cinnamon
- 1 handful of fresh berries (mixed)

How to cook

1. Divide the soy milk equally between two pint jars (wide-mouth work best). To each jar, add in 1 tablespoon of vegan yogurt and mix them together.
2. Gently put the jars on the bottom of the pressure cooker – no need to use a rack. Tightly secure the lid and seal the valve. Choose the “Yogurt” option on the control panel and set the timer for 14 hours.
3. Start your incubation in the evening to make sure you have fresh yogurt waiting for you at breakfast! Remember to gently stir it before you serve – it can split a little, but that is normal and nothing to worry about.
4. For an easy and delicious breakfast, sprinkle some cinnamon over the top and add your berries. You can make more – this yogurt will remain fresh in the fridge for up to 5 days.

Nutritional Facts

➤ Cal.: 112.5

Taco Meat

Preparation time: 5 minutes

Cooking Time: 10 minutes Makes: 8 servings

What's Inside

- 2 pounds of ground beef
- ½ of a cup of diced onion
- ½ of a cup of diced bell pepper
- 1 cup of tomato sauce (unsalted)
- 3 tablespoons of taco seasoning

How to cook

1. Put the meat inside your cooker set to sauté. Brown the meat thoroughly and turn off the sautéing.
2. Add the rest of the ingredients into the meat and stir them together.
3. Using the manual setting set the timer for 8 minutes.
4. After the beep, you can either release the pressure quickly or let it release naturally. Serve with the garnishes of your choice, for example over some cauliflower rice.

Nutritional Facts

Cal.: 196

Carbs: 3.9 g

Protein: 22 g

Fat: 11

Carnitas

Preparation time: 10 minutes

Cooking time: 1.5 Hours Makes: 4-6 servings

What's Inside

- 2 ½ pounds of pork shoulder (boneless, cut into 2 pieces)
- 1 tablespoon of Mexican seasoning
- ¾ of a teaspoon of each salt and ground black pepper
- Juice of 2 oranges
- Juice of 1 lemon or lime

How to cook

1. Put your shoulder chunks into the Air fryer, add the Mexican seasoning, salt and pepper and toss it together to evenly coat the meat on all sides.
2. Mix the lemon (or lime) and orange juice in a measuring cup and top them off with water to get 1 cup of liquid in total. Pour the mix into the pressure cooker.
3. Close the lid and seal the valve. Manually set the timer for 50 minutes – your cooker will begin the cooking process on its own then. When the time is up, let the pressure release on its own.
4. Remove the lid and set the pot to sautéing. Using two forks, shred the shoulder and bring the liquid to a simmer.
5. Stirring from time to time, cook for 20-30 minutes until most of the liquid has evaporated. Once the pork begins to brown slightly, you can turn the pot off.
6. Serve immediately while it's hot alongside your preferred garnishes and side dishes, such as sliced avocado, rice or lime wedges.

Nutritional Facts

Cal.: 731

Total fat: 52 g

Carbs: 11.8 g

Protein: 54 g

Bacon & Brussel Sprouts

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of halved Brussels sprouts
- 4 chopped strips of bacon
- ¼ of a cup of low-sodium soy sauce
- ¼ of a cup of apple cider vinegar
- ½ of a teaspoon of each salt and ground black pepper

How to cook

1. Set your pot to sautéing and select medium heat. Once it's hot, place the bacon inside and let it crisp up, stirring often. It should take about 5 minutes, after which you can turn the sautéing off.
2. Throw in the Brussels sprouts along with vinegar, soy sauce, pepper and salt. Using the residual heat and the liquid, deglaze the bottom of any browned bits of bacon.
3. Close the lid and secure the valve. Set the pot for high pressure and cook for 4-5 minutes, after which quickly release the pressure. With the help of a slotted spoon or a spider, transfer the bacon with Brussels sprouts to a plate and serve!

Nutritional Facts

Cal.: 105

Total fat: 2.1 g

Carbohydrate: 9.8 g

Protein: 6 g

Orange Cranberry Meatballs

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 10 servings

What's Inside

- 72 frozen meatballs
- 1 tablespoon of olive oil
- 1 15-ounce jar of cranberry sauce (jellied)
- ½ of a cup of orange marmalade
- 1 teaspoon of garlic powder 1 tablespoon of minced dried onions

How to cook

1. Spread the olive oil evenly on the bottom of the pot. Place the meatballs into the pot and add 1/3 of a cup of water to the meatballs.
2. Add the orange marmalade, cranberry sauce, onions and garlic powder over the meatballs. Do not stir them all together!
3. Close the lid and seal the vent. Set the pressure to high and cook for 4-6 minutes. When the time is up, quickly release the pressure, remove the lid and gently stir the sauce and meatballs together.

Nutritional Facts

Cal.: 120

Jamaican Jerk Pork Roast

Preparation time: 5 minutes

Cooking time: 45 minutes Makes: 12 servings

What's Inside

- 4 pounds of pork shoulder
- ¼ of a cup of Jamaican jerk spice blend
- 1 tablespoon of olive oil
- ½ of a cup of beef stock

How to cook

1. Coat the shoulder with oil and rub it thoroughly all over with the Jamaican seasoning.
2. Set your pot to sautéing and brown the meat on every side. Once it's nice and browned, pour in the beef broth.
3. Close the lid and manually set the cooker to high pressure for 45 minutes. Once it's done, allow the pressure to release naturally.
4. The roast is best shredded – use two forks to do that inside the pot, mix it with all of the accumulated juices and serve!

Nutritional Facts

Cal.: 284 ➤ Fat: 19 g

Carbs: 0 g Protein: 24 g

Beef Brisket

Preparation time: 5 minutes

Cooking time: 66 minutes Makes: 8 servings

What's Inside

- 2 ½ pounds of beef brisket
- ¼ of a cup of BBQ sauce or seasoning (make sure it's ketofriendly)
- 4 slices of white onion, peeled
- 2 tablespoons of apple cider vinegar
- 2 tablespoons of low sugar ketchup

How to cook

1. Cover the brisket thoroughly with BBQ sauce (or seasoning)
2. Set your air fryer to sauté and drizzle in some mild tasting cooking oil. Put the brisket in and sear on both sides – 3-4 minutes per side.
3. Take the brisket out using tongs. Place the onion slices at the bottom of the cooker and put the brisket back on top of them.
4. Remember to place the fat side up.
5. Thoroughly mix together the apple cider vinegar, ketchup and water, then pour it around the meat.
6. Close the lid and the vent, choose the manual setting and cook under high pressure for 60 minutes.
7. Once it's done, quickly release the pressure and steam and carefully open the lid. Transfer the brisket to a cutting board and let it rest for 10-15 minutes. Then, slice the meat and serve with the jus from the cooker and the onions.

Nutritional Facts

Cal.: 385 ➤ Fat: 27 g

Carbs: 2 g

Protein: 30 g

Buttered Beef

Cooking time: 1 hour Makes: 6 servings

What's Inside

- 3 pounds of beef roast
- 2 tablespoons of ranch dressing seasoning
- 1 1-pint jar of drained pepper rings (reserve $\frac{1}{4}$ of a cup of the liquid) > 2 tablespoon of zesty Italian seasoning
- 1 whole stick of butter

How to cook

1. Drizzle a little light cooking oil (vegetable works best) and set your cooker to sautéing. Once it's hot, brown the roast on each side.
2. Turn the air fryer off and add 1 cup of water, the seasonings, pepper rings and the pepper juice you saved onto the roast. Finish by placing the whole stick of butter on top of the meat.
3. Close the lid of the pot and seal the valve. Using the manual setting, set the time for 60 minutes. If your roast is larger than 3 pounds, you may need to extend the time up to 90 minutes.
4. After the cooking is done, you can quickly release the pressure or let it drop naturally. Give the roast a bit of time to rest and slice it or shred it using two forks. Serve with your preferred side dishes – for example a puree of cauliflower.

Nutritional Facts

Cal.: 859

Carbohydrate: 6.4 g

Protein: 31.5 g

Fat: 79 g

Cabbage & Corned Beef

Cooking time: 90 minutes Makes: 6-8 servings

What's Inside

- 2 ½ pounds of corned beef
- 1 whole head of green cabbage
- 1 cup of low-sodium vegetable broth
- 1 cup of water
- 2-3 zucchini, quartered lengthwise

How to cook

1. First, pour the broth and water into the pressure cooker. Place the corned beef inside and add the packet of spices. Set the pressure to high and the timer to 85 minutes.
2. When the time is up, release the steam quickly and take the beef out of the pot and put the vegetables in instead. Cook them under high pressure for 4-5 minutes, quickly release the pressure and taste them for seasoning. Add pepper and salt if necessary.
3. In the meantime, your corned beef will be rested and ready to slice – goes best with the veggies and some horseradish or mustard!

Nutritional Facts

Cal.: 338

Total fat: 24 g

Carbs: 8.7 g

Protein: 23.4 g

Kalua Pork

Cooking time: 90 minutes Makes: 8 servings

What's Inside

- 5 pounds of boneless pork butt or shoulder
- 1 tablespoon of Hawaiian sea salt
- 1 teaspoon of smoked paprika
- 1 cup of water
- 1 sliced head of green cabbage

How to cook

1. Cut the pork butt/shoulder into big chunks.
2. Mix the paprika and salt in a bowl and rub it into the pork thoroughly. Try to cover every chunk evenly.
3. Pour the water inside the pot and place the meat in. Close the lid and manually set the time to 90 minutes.
4. Once it's done, choose the "keep warm" option and let the pressure release on its own. Then, scoop the meat out, place it in a bowl and cover it so it stays warm.
5. Throw the cabbage (sliced) into the pot with the juices from cooking and stir gently to mix it well. Choose the manual setting again and cook for 3-4 minutes, then release the pressure quickly.
6. Add the cooked cabbage into the bowl with pork and mix them together.

Nutritional Facts

Cal.: 405

Carbs: 5.8 g

Protein: 55 g

Fat: 17 g

Ranch Pork Chops

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 6 servings

What's Inside

- 1 tablespoon of coconut oil
- 4-6 pork chops (boneless)
- 8 ounces of butter (one whole stick)
- 1 pack of dry Ranch Mix
- 1 cup of water

How to cook

1. Set your Air fryer to sautéing and drop in the coconut oil. Once it has heated, place the pork chops in and brown them on each side.
2. Once the chops have been browned, place the butter on top of them and sprinkle with ranch seasoning. Lastly, carefully add the water in.
3. Close the lid and seal the valve. Let the meat cook for 5 minutes on manual pressure.
4. After the time is up, let the pressure release on its own for 5-6 minutes, then manually release the rest.
5. Pork chops are ready to be served. Coat them – and any veggies you choose to serve alongside them – with the butter sauce from the pot.

Nutritional Facts

Cal.: 374

Fat: 24 g

Protein: 39 g

Ranch Ribs

Preparation time: 1 Minute

Cooking time: 40 minutes Makes: 2-3 servings

What's Inside

- 1 rack of baby back ribs
- ¼ of a cup of a keto-friendly BBQ sauce
- Salt
- Black pepper

How to cook

1. Using a bit of paper towel, take off the membrane that's on the back side of the ribs. Rub them generously with pepper and salt on both sides.
2. Add 1 cup of water (cold) into the pot and place the trivet inside it. Put the seasoned ribs on top of the trivet and close the lid of the pot. Set the pressure to high and the time to 15-25 minutes, depending on the thickness of your ribs. After that time, allow the pressure to release naturally. When it's done, open the pot carefully.
3. In the meantime, preheat your oven to 430-450 degrees F.
4. Glaze the ribs (along with the bones) with the keto-friendly BBQ sauce of your choice. Place them on a baking sheet, put them in the oven and cook for additional 10 to 15 minutes.
5. Take the cooked ribs off the sheet and serve with the side dishes of your choice!

Nutritional Facts

Cal.: 1694

Fat: 134.5 g

Carbs: 1.9 g

Protein: 111.2 g

Sweet Chili Meatballs

Preparation time: 5 minutes

Cooking time: 12 minutes Makes: 8 servings

What's Inside

- 26 ounces of frozen meatballs
- 12 ounces sweet chili sauce
- ½ of a cup of water
- 1/8 of a teaspoon of red pepper flakes

How to cook

1. Combine the water with the chili sauce in a bowl. Pour half of it in the Air fryer and mix the frozen meatballs into the what is left in the bowl.
2. Transfer the meatballs into the pot. Try to leave a bit of space between them and the sides of the pot to prevent burning. Use the pressure cook setting for 12 minutes, and then switch to low pressure.
3. When the meatballs are done, depressurize the pot quickly and carefully remove the lid. Let the meatballs cool without the lid for up to 15 minutes and then mix them again with the sauce.
4. Right before serving, sprinkle the red pepper flakes onto the meatballs.

Nutritional Facts

Cal.: 244.8 ➤ Fat: 16.4 g

Carbs: 6.1 g

Protein: 17.5 g

Lovely Leg of Lamb

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 8-10 servings

What's Inside

- 1 boneless leg of lamb (3-4 pounds)
- 2 tablespoons of avocado oil
- 2 cups of water
- 4 crushed garlic cloves
- 2 tablespoons of chopped fresh rosemary

How to cook

1. Wash the leg of lamb under cold water and dry it by patting with paper towels. You can now season it with salt and pepper to taste.
2. Set your cooker to sautéing and pour in the avocado oil. Once it heats up, sear the meat on all sides in the pot, then remove it and rub it all over with fresh rosemary and crushed garlic cloves.
3. Place a wire rack inside the pot and pour in the water. Put the seasoned leg onto the rack. Choose the option for meat/stew on the control panel and set the timer. Cooking for 30 minutes will yield
4. a medium rare leg, while upping the time to 35 will result in a more well done one.
5. In the meantime, turn on a broiler and preheat it.
6. After the time is up, let the pressure drop naturally and then open the lid. Take the lamb leg out and put it on a broiling pan. Place the leg 5-6 inches away from the broiler for 2-3 minutes, until the top is nicely browned. Remove the meat from the broiler and let it rest, covered, for about 10-15 minutes. Then, it's ready to be sliced and served!

Nutritional Facts

Cal.: 433

Fat: 25.6 g

Carbs: 1.2 g

Protein: 44.9 g

Mrs Mississippi Pot Roast

Preparation time: 10 minutes

Cooking time: 90 minutes

Makes: 4-6 servings What's Inside

- 3-4 pounds of roast
- 1 packet of ranch seasoning
- 1 stick of butter
- ½ of a jar of pepperoncini (reserve the liquid!)
- ½ of a cup of water

How to cook

1. Coat the roast evenly with the ranch mix and place it inside the Air fryer. Put the stick of butter onto the meat and drizzle with the reserved pepperoncini juices.
2. Gently pour water all around the meat. Be careful not to wash away too much seasoning!
3. Secure the lid and close off the valve. With the manual option on, set the timer to 90 minutes.
4. After that time, let the pressure release naturally. Then, shred the meat, mix it with the accumulated juices and it's ready to serve with low-carb side dishes of your choice!

Nutritional Facts

Cal.: 671 ➤ Fat: 41 g

Carbs: 2.9 g

Protein: 77 g

Egg Roll Bowl

Preparation time: 5 minutes

Cooking time: 1 minutes Makes: 4 servings

What's Inside

- 1 pound of ground pork
- 1 bag of shredded coleslaw mix
- ½ of a cup of bone or beef broth
- 1 tablespoon of soy sauce
- 1 tablespoon of ground dried ginger

How to cook

1. Select the sautéing setting on your pressure cooker. When it is heated, add the pork along with soy sauce and ginger (additionally, you can add – to taste – salt, garlic powder and pepper). Brown the meat.
2. When the meat is nicely browned, switch off the pot and pour in the broth. Then, place the coleslaw mix over the meat, but do not stir it in – let it sit on the top. Close the lid and seal the vent.
3. Use the manual setting to select high pressure and set the timer for 0 minutes. After the beep, quickly release the pressure, carefully open the lid and stir the meat and veggies together.
4. Spoon the meat into bowls and serve! It goes great with low-carb Asian side dishes, such as wontons!

Nutrition Inside:

Cal.: 228 Fat: 15 g

Carbs: 5.8 g

Protein: 17 g

Summer Steak Bites

Preparation time: 5 minutes

Cooking time: 9 minutes Makes: 4 servings

What's Inside

- 2 pounds of beef stew meat
- 4 teaspoons of steak seasoning
- 1 tablespoon of dried onion flakes
- 1 minced garlic clove
- ½ of a cup of bone or beef broth

How to cook

1. Choose the sautéing setting on your cooker and let it heat up. Then, drizzle in some avocado or olive oil and add in the meat with the garlic. Stir it all together and let the beef brown. Stir frequently – the meat will be ready in a couple of minutes, but do not let the garlic burn!
2. Add the rest of the ingredients into the meat and stir until everything is well combined. Then, close the lid and make sure the valve is sealed. Set the pressure to high and set the timer for 90 minutes.
3. After the beep, quickly release the pressure and carefully open the lid. The meat is ready to serve alongside your preferred side dishes!

Nutritional Facts

Cal.: 435

Fat: 21.4 g

Carbs: 4.6 g

Protein: 51.6 g

Lobster Tails & Butter Sauce

Preparation time: 4 minutes

Cooking time: 5-10 minutes

Makes: 4 servings (2 tails per serving)

What's Inside

- 8 frozen lobster tails
- 1 cup of water
- 1 tablespoon of Old Bay seasoning
- 1 cup of butter
- 1 teaspoon of minced garlic

How to cook

1. First, prepare the lobster tails. Using sharp scissors cut the shell down to the fin in a line. Lobster tails tend to curl without that step, which makes them harder to eat.
2. Pour 1 cup of water into the Air fryer and add the Old Bay seasoning to it. Then, put down the trivet and place 4 tails shell side down onto it. Use the pot's steam basket for the remaining four – simply place it over the tails that are on the trivet. Close the lid and seal the valve.
3. Use the Manual button for pressure and set the timer for 4 minutes. Remember that this time is applicable to frozen tails – if you're using fresh, they will need to be set for 7 minutes, as the pot will need a bit of time to heat when using frozen lobster.
4. As the tails steam, prepare a butter sauce to dip them in. Brown 1 tablespoon of butter on the stove in a skillet over medium heat. This should take about 3-4 minutes. Then, add the remaining butter and the garlic. Sauté the garlic until it's golden, but don't let it burn – it will become bitter.
5. When the timer beeps, switch off the heat and quickly release the pressure. Take the tails out with tongs and serve immediately.
6. Garnish with your preferred side dishes and herbs!

Nutritional info

Cal.: 524

Total Fat: 47.3 g

Carbs: 0.7 g

Proteins: 25.6 g

Salmon & Orange Sauce

Preparation time: 15 minutes

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 pound of salmon
- 1 tablespoon of soy sauce
- 2 teaspoons of minced ginger
- 1 teaspoon of minced garlic
- 1 teaspoon each of salt and ground black pepper

How to cook

1. Get a heatproof pan that will fit inside your pressure cooker and place the salmon inside.
2. Combine the rest of the ingredients and coat the fish with the mixture. Let it marinate and soak in the flavors for 15 minutes, or up to 30.
3. Pour 2 cups of water inside the inner liner of the cooker and place a rack or the steaming basket inside. Then, put the pan with the salmon on top of it. Set the pressure to high and cook for 3-4 minutes.
4. Once the cooking finishes, let the pressure to escape on its own for up to 5 minutes and release the rest quickly after that.
5. You can serve the salmon as is, or place it under a broiler for 3-4 minutes to make it golden brown.

Nutritional Facts

Cal.: 168

Cod & Ginger Scallions

Preparation time: 3 minutes

Cooking time: 7 minutes Makes: 1 serving

What's Inside

- 1 frozen cod fillet
- salt
- 1 tablespoon of peanut oil
- 1 inch piece of ginger, peeled and chopped
- 1 handful of scallions, halved lengthwise and cut into 2-inch pieces

How to cook

1. Use the metal bowl insert for your Air fryer and pour 1/3 of a cup of water in it. Place the trivet in and place the fillet in the center. Season with salt.
2. Close the lid and seal the valve. Set the timer for 3 minutes using the pressure cook setting.
3. After that time, take the fish out and set it aside. Pour the broth gathered in the bowl into a separate container.
4. Put the bowl back into the cooker and set it to sautéing. Drizzle in the peanut oil and sauté the ginger in it for about 1-2 minutes. Then add the scallions and cook it all together for 2 more minutes. To prevent them from sticking, you can splash in a little fish broth from time to time.
5. Season the mix to taste with the soy sauce.
6. Place the fish onto a plate, garnish with the ginger and scallions mix and drizzle the top with the remaining sauce. It is best when served immediately!

Nutritional Facts

Cal.: 135

Total Fat: 4.7 g

Carbs: 5.9 g

Protein: 19 g

Alaskan Crab Legs

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 10 servings

What's Inside

- 2-3 pounds of frozen Alaskan crab legs ➤ 1 cup of water
- ½ of a tablespoon of salt

Melted butter

How to cook

1. Pour a cup of water into the Air fryer and add the salt. Put the steaming basket inside and place ½ of the crab legs on it.
2. Close the lid and make sure to seal the valve. Set the pressure to high and cook for 4 minutes.
3. After that time, use the venting setting to release the pressure, and when it's done – open the lid carefully and remove the crab legs.
4. Cook the other half of your crab legs in the same way as the first batch. In the meantime, in a small saucepan, melt butter – use as much as you deem necessary. Pour the butter into a small dish and serve alongside the crab legs for dipping or drizzle it directly over the crab legs.

Nutritional Facts

Cal.: 133

Total fat: 1.9 g

Carbs: 0.1 g

Protein: 26.1 g

Steamy Shrimp & Coconut Milk

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of shelled and deveined shrimp
- 1 tablespoon of minced fresh ginger
- 1 tablespoon of minced fresh garlic
- ½ of a can of coconut milk, full-fat
- 1 teaspoon of garam masala

How to cook

1. In a bowl, mix the coconut milk with garam masala, garlic and ginger. Then, add the shrimp and stir together, making sure they are well coated.
2. Into the pressure cooker, pour 2 cups of water and place down the trivet.
3. Transfer the shrimp and the sauce together into a heatproof dish. Make sure it will fit inside the cooker. Cover it with tinfoil and set it down on the trivet.
4. Close the lid, secure the valve and set the cooker for low pressure for 4 minutes. Once it's done, quickly release the pressure and carefully open the lid.
5. Take out the dish, remove the foil and stir everything together. Taste for seasoning and add coconut milk, salt or pepper as needed. For serving, you can garnish the shrimp with chopped herbs, such as parsley or cilantro, or lime wedges.

Nutritional Facts

Cal.: 195 ➤ Fat: 13 g

Carbs: 5 g

Protein: 17 g

Lippy Lemon & Dill Salmon

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 pound of salmon (fresh or defrosted)
- 1 thinly sliced lemon ➤ zest of 1 lemon ➤ 1 teaspoon of chopped fresh dill
- 2 tablespoons of room-temperature butter

How to cook

1. First, prepare your compound butter. In a small mixing bowl combine the soft butter with lemon zest and dill. Mix until everything is well blended.
2. Cut the salmon into portions and spread an even layer of butter over the top of all of them. Sprinkle with salt and pepper to taste.
3. Add 1 cup of water into the pressure cooker. For extra flavor, you can also place a couple sprigs of fresh dill inside. Place the standard trivet in and arrange half of the fillets on it, placing 2 thin lemon slices on each of them. Then, stack a 3-inch trivet on top of that and arrange the remaining portions, seasoning them and topping with lemon as well.
4. Close the lid and the valve, set the pressure to high and cook for 34 minutes. Once it's done, quickly release the pressure and serve the fish immediately.

Nutritional Facts

Cal.: 226

Total Fat: 14 g

Carbs: 4 g

Protein: 23 g

Haddock & Spinach

Preparation time: 10 minutes

Cooking time: 4 minutes Makes: 4 servings

What's Inside

- 1 pound of frozen haddock fillets (½-in. thick, cut into 4 pieces)
 - 2 cups of frozen spinach
- 2 tablespoons of mayonnaise
- 1 teaspoon of minced garlic
- 2 teaspoons of lemon juice

How to cook

1. Before you begin, take the haddock out of the freezer and let it thaw in a bowl on the counter.
2. Prepare 4 sheets of aluminium foil. Make sure they are each big enough to create a “pocket” for each of the fillets.
3. Spread the foil on the counter. Place equal amount of spinach on every one of them and place the fish on the spinach. Salt and pepper the fillets to taste and close the foil. Make sure to fold the edges to prevent leaking.
4. Put the steaming basket inside the cooker and arrange the fillets on it. Make sure the pockets lie flat and don't overlap. Close the lid and valve, set the pressure to high and cook for 4 minutes. After the beep, let the pressure release naturally for 10-12 minutes and release the rest quickly.
5. In the meantime, mix together mayonnaise, garlic and lemon juice in a small bowl to create the sauce for the fish.
6. Open the lid of the cooker, remove the packets and transfer the fish gently onto plates. Top each fillet with spinach. Make sure to also pour out any accumulated juices from inside the foil! Lastly, drizzle the top with the sauce you prepared and serve immediately.

Nutritional Facts

Cal.: 419

Fat: 16 g

Carbs: 40 g

Protein: 25 g

Alice Alaskan Cod

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 1-2 servings

What's Inside

- 1 fillet of wild Alaskan cod
- 1 cup of cherry tomatoes
- salt and pepper, to taste
- 2 tablespoons of unsalted butter

How to cook

1. Get a heatproof dish (glass works best here) that can fit inside your pressure cooker. Layer the cherry tomatoes on the bottom.
2. Cut the cod into 2-3 fillets and place them on top of the tomatoes. Salt and pepper to taste. Put a dollop of butter on top of each fillet and drizzle everything with olive oil.
3. Pour 1 cup of water into the Air fryer and place down the trivet. Put the pan with fillets on top of it and close the lid and valve.
4. Choose the manual option and set the pressure to high. Cooking time will vary – if you are using fresh (or thawed) fish, cook for 5 minutes; if your fish is frozen, set the timer for 9 minutes.
5. After it's done, quickly release the pressure, carefully open the lid and serve the fish immediately.

Nutritional Facts

Cal.: 83 ➤ Fat: 1 g

Carbs: 1 g

Protein: 22 g

Garlic Mussels

Preparation time: 10 minutes

Cooking time: 5 minutes Makes: 2 servings

What's Inside

- 2 pounds of mussels
- 1 cup of chicken or bone broth
- 4 minced garlic cloves
- ¼ of a cup of unsalted butter
- 3 tablespoons of chopped fresh parsley

How to cook

1. Firstly, you need to thoroughly scrub the mussels and de-beard them.
2. Set the Air fryer to sautéing and melt the butter in it. Once it starts foaming, drop in the garlic and cook it until it's golden brown and very fragrant. It should take about 1-2 minutes. Stir frequently and be careful not to burn the garlic – it will turn bitter.
3. Transfer the cleaned mussels into the cooker, pour broth over them and finish with lemon juice (1 lemon's worth). Turn off the sauté, gently mix everything together and close the lid and valve. Set for manual pressure cook and set the timer for 3 minutes.
4. After the beep, quickly release the pressure and transfer the mussels into a bowl or a platter. If you notice any closed ones – discard them. Pour all of the liquid from the pot onto the mussels, add a sprinkle of fresh parsley and serve immediately.

Nutritional Facts

Cal.: 303 ➤ Fat: 16 g

Carbs: 11 g

Protein: 33 g

Simmering Salmon

Preparation time: 5 minutes

Cooking time: 15 minutes

Makes: 4 servings What's Inside

- 1 cup of water
- 1 pound of wild-caught Alaskan salmon
- Salt ground black pepper

How to cook

1. Slice the salmon into four pieces – try to make them as equal as possible.
2. Pour a cup of water in the Air fryer and place the trivet over the water. Arrange the fillets in one layer – make sure they don't overlap – and season them with salt and pepper. You can also add other spices or herbs, such as parsley, dill or lemon zest.
3. Close the lid and the valve. Manually set the pressure to high and the timer to 3 minutes (or to 5 minutes if you're using frozen fillets; you don't have to defrost them beforehand).
4. Quickly release the pressure once the cooking finishes and serve the salmon immediately with a low-carb dressing and/or sides of your choice!

Nutritional Facts

Cal.: 162

Fat: 8 g

Carbs: 1 g

Protein: 23 g

Mediterranean Cod

Preparation time: 10 minutes

Cooking time: 15 minutes Makes: 12 servings

What's Inside

- 12 pieces of cod (fresh or frozen)
- 2 tablespoons of lemon juice
- 6 tablespoons of butter
- 2 tablespoons of dried oregano
- 1 28-ounce can of diced tomatoes

How to cook

1. Firstly, set your pot to sautéing and let it warm up. Then, add the butter, lemon juice, oregano and tomatoes. Cook, stirring regularly, for 8-10 minutes.
2. Next, place the fish in the pot and scoop the sautéed sauce over every fillet. Close the lid and the valve. On the control panel, choose the manual option.
3. If your fish pieces are frozen, set the timer for 5 minutes, or for 3 if you're using fresh cod. In both cases, use high pressure.
4. When the cooking is done, let the pressure release on its own. After all the pressure is gone, open the pot and taste for seasoning. Add a little salt or pepper as necessary. Scoop out the fish and serve with garnishes or sides of your choice!

Nutritional Facts

- Cal.: 255 (per serving)

Tomato Basil Tilapia

Preparation time: 5 minutes

Cooking time: 4 minutes Makes: 4 servings

What's Inside

- 4 4-ounce fillets of tilapia
- 3 Roma tomatoes
- 2 minced garlic cloves
- ¼ of a cup of chopped fresh basil
- 2 tablespoons of olive oil

How to cook

1. Pour ½ of a cup of water into the Air fryer and place down the steaming basket the surface. Arrange the fish in the basket and sprinkle with salt and pepper.
2. Close the lid and the valve and manually set the pressure to high.
3. Cook fresh tilapia for 2 minutes, or for 4 minutes if it's frozen.
4. In the meantime, finely dice the tomatoes. Place them in a bowl and combine with garlic, olive oil and basil. Gently stir them together and taste for seasoning. Add salt and pepper if necessary.
5. After the timer beeps, open the valve to quickly release the pressure, carefully open the lid and test the fish. If you're using the thermometer, it should register a minimum of 145 degrees F. You can also test it with a fork – the meat should flake easily.
6. Gently transfer the fish to the plates (be careful, it might crumble – a wide spatula is helpful here). Add about 1 spoonful of the tomatoes on top of each fillet and serve immediately.

Nutritional Facts

Cal.: 172 ➤ Fat: 11 g

Carbs: 3 g

Protein: 21 g

Seaman's Shrimp

Preparation time: 2 minutes

Cooking time: 1 Minute Makes: 4-6 servings

What's Inside

- 28 ounces of deveined and shelled frozen shrimp
- ½ of a cup of apple cider vinegar
- ½ of a cup of water
- Creole seasoning, to taste (you can also use Old Bay or simply salt and pepper)

How to cook

1. Place all of the ingredients into the Air fryer, stir them together and close the lid. Seal the valve as well. Set the pressure to high and set the timer for 1 minute.
2. When the cooking is done, unseal the valve to quickly release the pressure. Open the lid and take out the shrimp. Transfer them to a plate or a bowl.
3. Serve as soon as they're done. To garnish, sprinkle some parsley on top.

Nutritional Facts

Cal.: 102

Fat: 0.4 g

Carbs: 0.3 g

Protein: 25

Shrimp Stir Fry

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of shelled and deveined medium shrimp
- ½ of a cup of sliced button mushrooms
- 2 cups of broccoli florets
- ¼ of a cup of soy sauce or coconut aminos
- 2 minced garlic cloves

How to cook

1. Heat up a bit of olive or coconut oil in the Air fryer using the sautéing setting. When the oil gets hot, add in the shrimp and sauté them for 5-6 minutes, until cooked through. Scoop them out and set aside for now.
2. Place the broccoli, mushrooms and garlic together with the soy sauce into the pot. Fry them for 4-6 minutes or until fork tender, then return the shrimp to the pot. Turn off the heat and stir everything together.
3. Serve while it's warm. It goes great with some vegetable noodles or riced cauliflower!

Nutritional Facts

Cal.: 175

Fat: 7.6 g

Protein: 19.5 g

Carbs: 6 g

Steamy Clams

Preparation time: 10 minutes

Cooking time: 30 minutes Makes: 3-4 servings

What's Inside

- 2 ½ pounds of littleneck clams
- 3 tablespoons of butter
- 2 peeled and diced shallots
- 1 ¼ cup of chicken broth
- 2 teaspoons of white wine vinegar

How to cook

1. Store the clams in a cool space before cooking. Before you begin, scrub them under the tap and put them in a large bowl filled with ice water. If you notice any clams with large pieces of shells missing, discard them. Place the bowl on the counter and lightly tap the surface close to the bowl. Discard any clams that don't close up as well.
2. Let the clams sit in the water for about 20 minutes. This way they will get rid of sand and grit.
3. In the meantime, set your pressure cooker to sautéing, add the butter and a drizzle of olive oil. Sauté the shallots in the mixture for 1-2 minutes, until it becomes slightly translucent.
4. Add the broth to the pot and wait until it starts simmering. Carefully transfer the clams one by one into the pot and let it all simmer for about 8-10 minutes. You can see which clams are done because they will open on their own. If you notice several closed ones, give them an extra minute or two, but if they stay closed – throw them out.
5. Use a spider or a slotted spoon to transfer the clams into a bowl. Keep simmering the liquid in the pot for 5 more minutes (or more, until it reduces as much as you like). Pour the liquid into the bowl over clams.
6. To garnish, sprinkle some fresh herbs onto the clams (rosemary, parsley, thyme or dill will work great) and drizzle them with the

vinegar – this trick is the substitute for white wine that would be normally used. Do not add any salt – the clams are naturally salty.

7. Serve right after pouring the broth and garnishing!

Nutritional Facts

Cal.: 283 ➤ Fat: 25 g ➤ Carbs: 3.1 g

Hearty Chicken Stew

Preparation time: 15 minutes

Cooking time: 20 minutes Makes: 6 servings

What's Inside

- 2 pounds of boneless chicken thighs
- ½ of a cup of water
- 0.6 of a pound of carrots ➤ 0.6 of a pound of onions ➤ 0.6 of a pound of bell peppers

How to cook

1. Prepare your What's Inside chop the chicken and peppers into small pieces (about 1-inch), cut the onion into thin slices and grate carrots (use larger slots).
2. Place the vegetables into the cooker first, then add chicken on top of them.
3. Add herbs of your choice – marjoram, lovage, bay leaf and allspice would fit great.
4. Secure the lid and seal the vent. Press the button for manual setting and set the timer for 20 minutes. After that time, quickly release the pressure.
5. If you wish, you can now shred the chicken into smaller pieces.
6. Serve hot over some veggie noodles or as is.

Nutritional Facts

Cal.: 394

Zucchini Soup

Preparation time: 5 minutes

Cooking time: 30 minutes Makes: 10 servings

What's Inside

- 10 chopped zucchini
- 1 tablespoon of Thai curry paste
- 1 tablespoon of low-carb sweetener (such as stevia, stevia, sucralose) ➤ 13 ½ ounces of coconut milk
- 2 cups of stock or chicken bone broth

How to cook

1. Add all of the ingredients into the cooker, close the lid and seal the vent.
2. Make sure the valve is closed. Use the option for manual pressure and set the timer for 10 minutes.
3. Perform a quick release of the pressure one the time is up. Carefully open the lid and use a blender to cream the veggies until the soup is smooth (be careful of splashing!).

Nutritional Facts

Cal.: 119 Kcal

Net carbs: 5.7

Burly Beef Stew

Preparation time: 10 minutes

Cooking time: 1 hour 35 minutes Makes: 8 servings

What's Inside

- 2 tablespoons of clarified butter or ghee
- 2 pounds of stew beef (cut it into bite-sized pieces)
- 1 chopped onion
- 1 quart of beef broth
- 1 16-ounce can of cremini mushrooms

How to cook

1. Start with the sauté option on your pressure cooker and start melting the butter in it. Brown the meat for 2-3 minutes, making sure it's seared on all sides. (Work in smaller batches to prevent overcrowding the pot.) Take each batch out, put it on a plate and set aside.
2. Into the pot, add the onion, sprinkle it with a bit of salt and let it sauté. The liquid it releases will help you deglaze the pot of any browned bits.
3. When the onions are caramelized, add the beef back into the pot along with the rest of the ingredients. Close the lid and the valve. Use the meat/stew option or the pressure cook function and set the timer for 35 minutes.
4. After the time is up, let the pressure release on its own (should take 30-35 minutes). Remove the lid – if it seems like there's too much liquid, simply ladle out a bit.
5. Serve in warm bowls with a little parsley garnish.

Nutritional info What's Inside

Cal.: 411

Total fat: 27.5 g

Carbs: 11.6 g

Proteins: 26 g



Broth Cheddar Soup

Preparation time: 5 minutes

Cooking time: 10 minutes Makes: 6-8 servings

What's Inside

- 1 diced onion
- 2 small heads of broccoli, chopped ➤ 4 cups of chicken broth
- 1 12-ounce can of evaporated milk
- 8 ounces of grated sharp cheddar

How to cook

1. Start by sautéing the onion in a little bit of olive oil. Stir frequently and cook for 5-6 minutes.
2. Once the onions are cooked, add in the chicken broth and broccoli. Mix it thoroughly and close the lid and valve. Cook under high pressure for 5-6 minutes.
3. After the time is up, release the pressure and open the lid. Switch the pot to simmer setting and pour in the evaporated milk.
4. Gently stir continuously and slowly sprinkle in cheese by a handful. Don't rush, make sure the previous batch of cheese is melted before adding the next and keep adding until you run out of cheese. Taste for seasoning, add salt and pepper as needed.
5. Ladle the soup into warm bowls and serve with herbal garnish.

Nutritional Facts

Cal.: 426.2

Total fat: 34.8 g

Carbs: 12.4 g

Protein: 17.7 g

Tingly Tomato Soup

Cooking time: 8 minutes Makes: 8 servings

What's Inside

- 2 tablespoons of olive oil
- 1 small white onion, chopped
- 28 ounces of canned fire-roasted tomatoes
- $\frac{3}{4}$ of a cup of vegetable broth
- 2 teaspoons of dried basil

How to cook

1. Set your pot to sautéing, add olive oil and let it heat up. Drop in the onions and cook them for about 3 minutes until translucent.
2. Sprinkle the basil into the pot and add the broth and tomatoes. Mix everything together, close the lid and seal the valve. Set the cooker for high pressure and the timer for 5 minutes.
3. After the time is up, let the pressure release naturally. When it's done, remove the lid from the pot and use an immersion blender blend the soup until very smooth.
4. Taste for seasoning. Add salt and pepper as needed.
5. Serve the soup warm, garnish with fresh basil leaves and a sprinkling of grated cheese (optionally).

Nutritional Facts

➤ Cal.: 201

Kale Soup

Cooking time: 21 minutes Makes: 6 servings

What's Inside

- 3 pounds of bone-in, skin-on chicken thighs
- 32 ounces of chicken broth
- 1 tablespoon of dried Italian seasoning
- 16 ounces of halved cremini mushrooms
- 1 chopped large bunch of kale (stems removed)

How to cook

1. First, put the chicken into the pressure cooker along with 4 cups of water. Close the lid and seal the valve. Set the cooking time for 20 minutes and the pressure to high. After that time, release the pressure manually, remove the lid and take the chicken out of the pot. Set it aside until it's cool enough to work with.
2. Remove the bones and the skin from the meat and shred the chicken. Using a fine mesh strainer, strain the broth and return it with the meat into the pot.
3. Add the rest of the ingredients along with some herbs if you wish. Close the cover back and again seal the vent. Cook under high pressure for 1 minute, then release the pressure manually. Taste for seasoning, add salt and pepper as needed and serve.

Nutritional Facts

Cal.: 573

Total fat: 32 g

Carbs: 11 g

Protein: 62 g

Split Pea & Ham Soup

Cooking time: 25 minutes Makes: 8 servings

What's Inside

- 3 cups of green split peas > 8 cups of chicken broth > 1 thinly sliced celery stalk
- 1 diced yellow onion
- 3 minced cloves of garlic

How to cook

1. Set the pressure cooker to sautéing and drizzle in some olive oil. Once it heats up, add the garlic, onion and celery and fry for 4-5 minutes, or until softened.
2. Pour in the broth and add the peas. Season with salt and pepper and stir gently.
3. Seal the lid and the valve. Choose the soup setting on the Air fryer and cook for 15 minutes on high pressure.
4. As the time is up, quickly release the pressure and carefully remove the lid. Stir the soup, taste for seasoning and adjust as needed. It's ready to serve!

Nutritional Facts

Cal.: 181

Total fat: 2.5 g

Carbs: 30.2 g

Protein: 10.1 g

Bountiful Bone Broth

Preparation time: 3 minutes

Cooking time: 2 hours Makes: 12 cups

What's Inside

- 1 cooked chicken carcass and drippings, with most of the meat removed ➤ 1 quartered small onion with skin on
- 2 whole cloves of garlic
- 2 tablespoons of apple cider vinegar
- 3-4 liters of filtered water

How to cook

1. Place all solid ingredients into the pressure cooker. Fill the pot with filtered water until it reaches the 4-liter mark. Close the lid and seal the valve.
2. Set the pressure to high and the timer for 60 minutes. After that time, allow the pressure to release naturally.
3. Let the broth cool for about one hour. Once it is just warm, use a spider or a slotted spoon to remove the solid ingredients into another container. Taste the broth for seasoning and adjust with salt and pepper as necessary.
4. Chill the broth for a couple of hours – it's best to let it chill overnight.
5. You can store the broth in smaller containers. It will remain fresh for a week in a fridge, or even up to 3 months in the freezer. When you want to use it, skim the fat that will solidify at the top.

Nutritional Facts

Cal.: 40

Fat: 2.2 g

Carbs: 1.6 g ➤ Protein: 4 g

Butternut Swirly Squash Soup

Preparation time: 2 minutes

Cooking time: 20 minutes Makes: 6-8 servings

What's Inside

- 1 peeled and diced onion
- 2 pounds of diced butternut squash
- 1 peeled zucchini, cut into chunks

How to cook

1. Use the sauté option to heat up some light oil in the pot. Place the onions inside and let them just become golden brown. Then, add the zucchini, diced squash and about 3 cups of water.
2. Close the lid and seal the valve. Set the pressure to high and cook for 15 minutes.
3. Unseal the valve to manually release the pressure. Blend with an immersion blender until the soup is smooth. Taste for seasoning, adjust and serve.

Nutritional Facts

Fat: 80 %

Protein: 6%

Carbs: 11%

Lambast Lamb Stew

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 6-8 servings

What's Inside

- 2 pounds of lamb stew bits
- 1 peeled, seeded and cubed acorn squash
- 1 peeled and quartered yellow onion
- 1 sprig of fresh rosemary
- 6 finely sliced garlic cloves

How to cook

1. Prepare your vegetables. Adjust their size depending on their firmness.
2. Add everything into the Air fryer with extra 3 tablespoons of water. Use the soup or stew function, at high pressure, for 5-6 minutes.
3. Let the pressure come down on its own once the time is up. Remove the lid, stir the soup, taste for seasoning and adjust as needed. It's ready to serve!

Nutritional Facts

Cal.: 382

Fat: 13 g

Carbs: 11 g

Protein: 54 g

Royal Red Pepper Bisque

Preparation time: 20 minutes

Cooking time: 7 minutes Makes: 8 servings

What's Inside

- 1 chopped cauliflower head
- 2-3 minced garlic cloves
- 4 cups of vegetable broth
- 2 jars of roasted red peppers in water
- 1 6-ounce can of tomato paste

How to cook

1. Heat up some olive oil (or other light cooking oil) using the sauté setting. When it's hot, put in the garlic and chopped cauliflower. Sauté them together, stirring from time to time, until the garlic begins to take on some color.
2. Turn the sautéing off. Add the rest of the ingredients to the pot, season with some salt and pepper. Add dried parsley or other herbs as you wish.
3. Close the lid and seal the valve. Set the cooker to the manual function and cook for 7 minutes. After the beep, manually quickly release the pressure.
4. Take off the lid carefully. With a blender, puree the soup until it's smooth and creamy. You can use either an immersion blender for easiest process. If you use a cup blender, you might need to do it in batches.
5. When the soup is smooth, taste for seasoning and adjust as needed. For extra flavor, stir in 6-8 ounces of crumbled goat cheese. Serve in warm bowls with a bit of yogurt (Greek works great) and a sprinkle of fresh herbs.

Nutritional Facts

Cal.: 168

Carbs: 10 g

Protein: 11 g > Fat: 11 g

Cabbage & Broccoli Stew

Preparation time: 5 minutes

Cooking time: 10 minutes Makes: 6 servings

What's Inside

- 2 cups of broccoli slaw
- ½ of a cabbage head, shredded or thinly sliced
- ¼ of a cup of chopped kale
- 4 tablespoons of butter
- Salt and black pepper, to taste

How to cook

1. Turn on the sautéing setting on the Air fryer. Let it heat up for a bit and place everything but salt and pepper inside
2. Let the veggies fry for 8-10 minutes, stirring from time to time, making sure everything is well mixed together. Look for the cabbage to soften.
3. When the cabbage is tender, taste for seasoning and adjust with salt and pepper. Stir well and remove the veggies into a serving bowl. Remember to also pour the accumulated juices over them.
4. Serve the stew warm. Mix it shortly before serving if not served immediately.

Nutritional Facts

Cal.: 95

Fat: 7.4 g

Protein: 2.1 g

Carbs: 6.7 g

Tingling Taco Soup

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 8 People

What's Inside

- 2 pounds of ground beef
- 2 tablespoons of chili powder
- 1 20-ounce can of diced tomatoes with chili
- 32 ounces of beef broth
- ½ of a cup of heavy cream

How to cook

1. Choose the sauté option on your pressure cooker and let it heat up. Once hot, add the ground meat and brown it thoroughly. If you notice too much grease renders out, use a ladle/spoon or paper towels to remove the excess.
2. Add in the broth, chili powder and tomatoes in. If you want, add some salt and ground pepper as well.
3. Close the lid and seal the valve. Select the stew or soup option and cook for 5 minutes. After that time, let the pressure drop naturally
4. for about 10-12 minutes and release the rest manually. Carefully remove the lid. Pour in the heavy cream into the soup and stir well.
5. Serve the soup hot. Great toppings for it include jalapenos, fresh parsley, sliced black olives or a dollop of sour cream.

Nutritional Facts

Cal.: 262.6

Fat: 9.8 g

Carbs: 10.4 g

Protein: 31.5 g

Chicken Soup

Preparation time: 15 minutes

Cooking time: 13 minutes Makes: 8 servings

What's Inside

- 1 cup of celery, sliced medium thick
- 1 cup of diced yellow onion
- 8 ounces of pre-cooked shredded chicken
- 4 cups of bone or chicken broth
- 2 cups of heavy cream

How to cook

1. Add the vegetables, chicken and broth into the pressure cooker. Close the lid and seal the vent. Manually set the pressure to high and the time for 8 minutes.
2. Once the cooking is done, turn the cooker off and let the pressure release naturally for 5-7 minutes. Then, release the remaining pressure manually and open the lid.
3. Turn on the sauté option and pour in the heavy cream.
4. Thoroughly mix it all together. Once the soup starts to boil, let it cook for a couple of minutes, still stirring. Turn the cooker off, taste for seasoning. Add salt and black pepper to taste and serve the soup warm.

Nutritional Facts

Cal.: 265

Carbs: 8 g

Fat: 22 g

Protein: 10 g

Vegan Spaghetti Squash

Preparation time: 2 minutes

Cooking time: 13 minutes Makes: 2-4 servings

What's Inside

- 1 whole spaghetti squash
- 1 cup of cold water

How to cook

1. Halve the squash and remove the seeds. It's easy to do with a regular spoon or a spaghetti spoon (the latter will scrape the insides out easier).
2. Add the cold water into the pot and put the squash in a steamer basket inside. Secure the lid and seal the valve.
3. Set the pressure to high. As for the cooking time, 6-7 minutes will result in a squash with a bit of a bite to it, and 8-9 minutes will produce a soft squash.
4. Quickly release the pressure and carefully remove the lid. Use tongs or oven mitts to take the squash out. Put in on a cutting board on a plate and use a fork to pull the flesh off of the skin.
5. Squash is best served immediately alongside a sauce of your choice or as a side dish.

Nutritional Facts

Cal.: 181

Fat: 3.5 g

Carbs: 38.9 g

Protein: 3.8 g

Faux-Tatoes

Preparation time: 3 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 cored cauliflower head, cut into florets
- 1 cup of water
- Butter
- Salt and pepper, to taste
- Garlic powder, to taste

How to cook

1. After coring the cauliflower, separate it into large florets.
2. Pour the water into the Air fryer and set down a trivet. Place the florets on it.
3. Secure the lid and seal the valve. Cook under high pressure. As for time, aim closer to 3 minutes for firmer fauxtatoes, or up to 5 minutes to make it softer.
4. Release the pressure quickly after selected time and remove the lid.
5. Take out the inner pot to drain the water from the pot.
6. Put the cauliflower into the pot again, add butter and garlic powder. You can substitute it (or just add) for other seasonings, such as salt and pepper, dried or fresh herbs and other spices.
7. Using a potato masher or an immersion blender, puree the cauliflower until it reaches the consistency you like.

Nutritional Facts

Cal.: 29

Protein: 2.2 g

Fat: 0.4 g

Carbs: 4.9 g

Vegetarian Artichokes

Preparation time: 3 minutes

Cooking time: 17 minutes Makes: 2 servings

What's Inside

- 2 half-pound artichokes
- 4 cloves of minced garlic
- 2 tablespoons of unsalted butter, or vegan substitute
- Salt and pepper, to taste
- Juice from 1 lemon (optional)

How to cook

1. Prepare your artichokes first. Place them on their sides on a board. Tear away small leaves near the bottom and cut the stems off. Take a pair of sharp scissors and snip off the pointy tips from the rest of the leaves.
2. Pour 1 cup of water into the cooker and place in the steam rack. Put the artichokes whole onto it and close the lid and secure the valve.
3. Set the pressure to high and the timer for 8 minutes.
4. While the artichokes are steaming, combine the butter (or a plantbased substitute for a vegan option) with garlic and salt in a saucepan. Place the saucepan on the stove and melt the butter using low to medium-low heat. Adjust with salt as needed and let it cool a little.
5. When the timer goes off, release the pressure, open the lid and take the artichokes out onto plates. Just before serving, drizzle them generously with garlic and butter sauce.

Nutritional Facts

Cal.: 263

Fat: 11.9 g

Carbs: 33.9 g ➤ Protein: 12 g

Vegan Garlic Green Beans

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 pound of fresh green beans
- 2 tablespoons of unsalted butter
- 1 minced clove of garlic
- 1 cup of water
- Salt and black pepper, to taste

How to cook

1. Add all of the ingredients into the Air fryer. Season with salt and pepper and mix it slightly for even distribution.
2. Secure the lid and close the valve.
3. Set the pressure to low. As for time, if you prefer crunchier, snappier beans, set the timer to 0 minutes and while the pressure rises, the beans will gently steam but remain al dente. For a medium-crunchy beans, set the timer to 2 minutes. If you prefer your beans soft, go up to 5 minutes.
4. After the timer goes off, quickly release the pressure. Use tongs or a spider to remove the beans from the pot and serve warm.

Nutritional Facts

Cal.: 90.2

Total fat: 6.4 g

Carbs: 8 g

Protein: 2.6 g

Autumn Alfredo

Preparation time: 3 minutes

Cooking time: 13 minutes Makes: 6 servings

What's Inside

- 2 tablespoons of olive oil
- 8 minced cloves of garlic ➤ 6 cups of cauliflower florets
- ¾ of a cup of raw cashews
- 3 cups of vegetable broth

How to cook

1. Start by turning the pot to sautéing and drizzling in the olive oil. When it warms up, add the garlic and sauté it for 1-2 minutes. It should be fragrant, but barely golden brown. Stir constantly to prevent burning!
2. Turn the sautéing off. Drop in the cashews, cauliflower and pour in the broth. Close the lid and seal the valve. Set the pressure to high and the timer for 3 minutes. After that, quickly release the pressure.
3. Use a slotted spoon to transfer the solids into a blender. Add a little of the liquid as well and blend together until it's all creamy and smooth, with no big chunks. If it seems hard to blend or comes out too thick, add the cooking liquid bit by bit until you reach your preferred consistency.
4. The sauce makes a great addition to steamed vegetables or veggie pastas!

Nutritional Facts

Cal.: 115

Carbs: 11 g

Protein: 6 g

Fat: 8 g

Zesty Zucchini Noodles

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 2 servings

What's Inside

- 2 large zucchini, peeled and cut into noodles
- 4 tablespoons of grated parmesan
- 2 minced garlic cloves
- Zest from $\frac{1}{2}$ of a lemon
- Juice from $\frac{1}{3}$ of a lemon

How to cook

1. Turn the sautéing option on your Air fryer and drizzle in some light cooking oil. As it gets hot, add in the lemon zest and garlic. Constantly stirring, let it cook together for a minute or two. The garlic should just start getting golden brown.
2. Throw in the noodled zucchini and pour in the lemon juice. Quickly toss everything together for 30 seconds tops. Be careful to not cook the noodles, as they might get mushy. They only need to be warmed.
3. As a finishing touch, sprinkle the parmesan onto the coated noodles and toss everything again. Taste for seasoning, adjust as needed with salt and black pepper and serve immediately.

Nutritional Facts

Cal.: 302

Total fat: 26.2 g

Carbs: 2.2 g

Protein: 4.9 g

Gummy Garlic Asparagus

Preparation time: 1 minutes

Cooking time: 8 minutes Makes: 2 serving

What's Inside

- 1 bundle of asparagus (fresh)
- 3 cloves of garlic
- 1 cup of water
- 3 tablespoons of butter (or a vegan substitute)

How to cook

1. Pour the water into the Air fryer and place the trivet inside.
2. Break off the woody ends of each asparagus spear. Place the spears on aluminium foil and curve its edges up to prevent leaking. Bruise the garlic cloves and arrange them over the asparagus. Add dollops of butter on top and sprinkle with salt and pepper. Place the whole thing onto the trivet.
3. Close the lid and seal the valve. Set the pressure to high and cook for anywhere between 4 and 8 minutes – the less time you set, the crunchier the asparagus; 8 minutes will result in softer spears.
4. Once the time is up, open the valve and release the pressure quickly. Take out the foil with asparagus, mix to coat them in butter and serve warm.

Nutritional Facts

Cal.: 68

Fat: 8 g

Carbs: 0.9 g

Protein: 2 g

Garlic & Butter Mushrooms

Preparation time: 5 minutes

Cooking time: 20 minutes Makes: 2 servings

What's Inside

- 2 tablespoons of olive oil
- 1 pound of small button mushrooms
- 2 tablespoons of butter
- 2 teaspoons of minced garlic
- ½ of a teaspoon of chopped fresh thyme

How to cook

1. Set your pressure cooker to sautéing and let it get hot, then drizzle in the olive oil. Set the mushrooms inside, stem side up, and let them sauté for about 5 minutes. Do not stir or move them until the caps have caramelised.
2. Add the thyme, garlic and butter, mix it with the mushrooms and coat them well. Close the lid and seal the valve.
3. Set the cooker to high pressure and the timer for 13-15 minutes. After that time, allow the pressure to release naturally for 5-6 minutes and manually release the rest of it.
4. Scoop the mushrooms out onto plates or a serving platter/bowl. Spoon out some of the butter and drizzle over them. Add salt and pepper to taste, garnish with fresh herbs and serve warm.

Nutritional Facts

Cal.: 166 ➤ Fat: 15 g

Carbs: 6 g

Protein: 3.8 g

Cauliflower Rice

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 medium or large cauliflower head
- 2 tablespoons of olive oil
- ¼ of a teaspoon of salt
- ½ of a teaspoon of dried herbs (e.g. parsley)

How to cook

1. Wash the cauliflower, remove the stem and cut into florets. Pour 1 cup of water into the pot and place in the steaming basket. Put the florets onto the basket, close the lid and seal the vent.
2. Set the timer for one minute and use the manual setting. Once it beeps, manually release the pressure. Take out the cauliflower and pour out the water from the pot.
3. Turn on the sautéing option. Drizzle in the olive oil and once it heats up, add the cauliflower back in. Let it fry for a couple of seconds and mash the cauliflower with a potato masher or a fork.
4. Sprinkle in the herbs of your choice, add salt and pepper to taste. Serve while warm with a main dish – works best with ones with sauce!

Nutritional Facts

Cal.: 68 ➤ Fat: 8 g

Carbs: 1.4 g

Protein: 0.6 g

Pumpkin Puree

Cooking time: 9 minutes Makes: 6 servings

What's Inside

- 1 whole pumpkin (choose one that will fit in your pot)
- 1 ½ cups of water

How to cook

1. Pour the water into the pot and place in the steaming basket. Put the whole pumpkin on it. If you can't find the right size, you can use a bigger pumpkin – just cut in into large chunks, remove the seeds and the insides and arrange them on a basket so that you can close the lid.
2. Close the lid and secure the valve. If you're using pieces of pumpkin, cook for 9 minutes on high pressure. Whole pumpkin will take closer to 12-15 minutes.
3. After the time is up, allow the pressure to release on its own for up to 5 minutes and release the remaining pressure manually. Take
4. out the pumpkin and set aside until it's cooled enough to work with.
5. When the pumpkin is cool enough to handle, use a spoon to scoop the flesh out and put it in a blender. Pulse the pumpkin until you have a puree of the consistency you like.

Nutritional Facts

Cal.: 59

Carbs: 13 g

Protein: 3 g

Garlic Broccoli

Cooking time: 12 minutes Makes: 2-4 servings

Preparation time: 5 minutes

What's Inside

- 1-2 broccoli heads, cut into florets
- ½ of a cup of water
- 6 cloves of minced garlic ➤ 1 tablespoon of peanut oil ➤ Fine sea salt, to taste

How to cook

1. Pour the water into the pressure cooker and place the steaming basket inside. Arrange the florets on it – aim for a semi-even layer. Close the lid and seal the valve. Set the timer to 0 minutes and the pressure to low. The broccoli will steam as the pressure builds.
2. When it's done, turn off the pot and release the pressure manually.
3. Transfer the broccoli under running cold water or into an ice bath to stop the cooking process. Once they cool slightly, set them aside
4. to dry. Pour the water out of the pressure cooker and wipe the inside dry.
5. Set the Air fryer to sautéing, drizzle in the peanut oil and heat until it's shimmering. Once hot, add in the garlic and fry it for up to 30 seconds, stirring constantly. Be careful – don't burn the garlic, it will turn very bitter. Drop in the dry broccoli, sprinkle in the sea salt and mix everything together for 30 more seconds, coating the broccoli with garlic oil. Serve warm!

Nutritional Facts

Cal.: 76

Fat: 4.1 g

Carbs: 8.6 g

Protein: 4.5 g

Macho Mac 'n Cheese

Preparation time: 5 minutes

Cooking time: 15 minutes Makes: 2 servings

What's Inside

- 2 cup of riced cauliflower ➤ 2 tablespoon of cream cheese
- ½ of a cup of half and half
- ½ of a cup of shredded cheddar
- Salt and pepper

How to cook

1. Find a heatproof dish that will fit in your Air fryer. Mix all of the ingredients in it thoroughly, salt and pepper to taste. When you're happy with the flavor, cover the dish with tinfoil.
2. Add 1 ½ cups of water into the Air fryer and place down the trivet. Set the covered dish on it. Close the lid and secure the valve.
3. Set the pressure to high and the timer for 5 minutes. After it's done, let the pressure release on its own for 1012 minutes, then release the rest manually.
4. Take out the dish, remove the foil and place the dish under a hot broiler until the cheese is golden brown and bubbly. It's ready to be served!

Nutritional Facts

Cal.: 267 ➤ Fat: 22 g

Carbs: 10 g

Protein: 12 g

Garlic Artichokes

Cooking time: 7 minutes Makes: 4 servings

Preparation time: 10 minutes

What's Inside

- 4 whole artichokes
- 2 teaspoons of minced garlic
- 3-4 teaspoons of olive oil
- ¼ of a cup of grated parmesan
- ½ of a cup of vegetable broth

How to cook

1. Prepare the artichokes. Wash them, cut off the tops, stems and spiny tips of the petals. Spread the petals delicately, sprinkle the garlic on the artichokes, drizzle them with olive oil and place a tablespoon of grated parmesan on top of each one.
2. Pour the broth into the Air fryer and place down a streaming basket. Arrange the artichokes upright, close the lid and seal the valve.
3. Using the manual setting, cook the artichokes for 10 minutes. After that time, perform a quick release of the pressure, take the artichokes out with tongs and serve.

Nutritional Facts

Cal.: 129

Carbs: 15 g

Protein: 7 g

Fat: 7 g

Collard Greens

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 diced onion
- 3 tablespoon of olive oil
- 3 minced garlic cloves
- 1/3 of a cup of chopped sundried tomatoes
- 1 roughly cut large bunch of collard greens

How to cook

1. Set your Air fryer to sautéing and drizzle in the olive oil. Once it's warmed, add in the onion and sauté for about 3 minutes until it's soft and starts getting brown.
2. Add the rest of the ingredients and mix it altogether well. Turn off the sautéing, close the lid and secure the valve.
3. Set the pressure to high and the timer for 5 minutes. Afterwards, let the pressure release on its own.
4. Carefully open the lid once the pressure goes down. Taste for seasoning, add salt and pepper as necessary. You can also drizzle in a bit of lemon or lime juice. Serve as a side dish.

Nutritional Facts

Cal.: 178

Carbs: 12 g

Fat: 16 g

Protein: 4 g

Keto Yogurt

Cooking time: 10 hours Makes: 8 servings

What's Inside

- ½ gallon of organic whole milk
- 2 tablespoons of plain organic whole milk yogurt

How to cook

1. Pour the milk in the Air fryer and close the lid. Choose the Yogurt setting and select boiling.
2. When the milk starts bubbling, remove the lid carefully and stir the liquid to make sure it heats evenly. In the meantime, prepare an ice bath in the sink.
3. The milk has to reach at least 180 degrees F. Check periodically with a thermometer – if the boiling stops before that, start the cycle again.
4. When the milk is hot enough, carefully transfer the liner pot into the ice bath. Place in the thermometer and let it cool down to 110 degrees F. Then, put the liner back into the pressure cooker.
5. In a small mixing bowl, combine the yogurt with 4 tablespoons of warm milk to temper the starter. Add it to the Air fryer and stir well. Close the lid of the pot.
6. Set the timer. Regular incubation will take 10-12 hours, but if you prefer your yogurt tarter and with less sugars, you can add an hour or two.
7. Once the incubation finishes and the yogurt thickens, put the entire liner pot with it into the fridge for about 4 hours.
8. When the yogurt is chilled, strain it into a bowl through a strainer with cheesecloth. Once it no longer drips, it's ready. You should have yogurt of similar consistency to Greek yogurt. Add some fresh berries, a bit of cinnamon and enjoy!

Nutritional Facts

Cal.: 153

Fat: 5 g

Carbs: 8.2 g

Protein: 20.3 g

Chicken Posepo

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 311 | Protein: 48g | Net Carbs: 4g | Fat 9g

Ingredients:

- 2 lbs. chicken tenders or chicken breast
- 1 tsp. salt
- 1/3 balsamic vinegar
- 2 sundried tomato halves, sliced
- 1 tsp. olive oil
- 8 basil leaves – chopped
- ½ pepper

Method:

6. Heat a big skillet and grease with olive oil and stick the tenders in the oil and dash with salt and pepper.
7. Cook each tender for about 4 minutes or until they are cooked on each side and all the way through.
8. Transfer the chicken from the frying pan and decrease the heat to medium. Then toss in balsamic vinegar and sundried tomatoes.
9. Cook down the tomatoes and balsamic vinegar by half and then add the chicken back to the frying pan.
10. Coat chicken with balsamic glaze and then transfer to a plate. Garnish with chopped basil.

Crime Chicken

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 261 | Protein: 33g | Net Carbs: 5g | Fat 10

Ingredients:

- 2 tbsp. minced garlic
- 1 ½ lbs. boneless skinless chicken thighs
- Pepper and salt as desired
- 1-2 jars of artichokes hearts (10 oz. jars)
- 2 tbsp. oregano

Method:

5. In a large bowl, mix chicken thighs and artichokes hearts (including liquid) and let it marinate for about 20-30 minutes.
6. After chicken marinates, strain the liquid and toss in remaining spices and garlic. Combine all ingredients.
7. Set broiler on the oven to high and put marinated chicken in for about 18 -25 minutes, so chicken thoroughly cooks.
8. Broil on the second rack for about 18-20 minutes, then broil on the first rack for the last 5 minutes to make chicken a little crispy.

Chicken Peseta

Total Prep & Cooking Time: 55 min.

Yields: 4 servings

Nutrition Facts: Calories: 857 | Protein: 69g | Net Carbs: 34g | Fat 49g

Ingredients:

- 2 lbs. chicken thighs or drumsticks
- ¼ cup olive oil
- 2 lbs. rutabaga, cut and peeled
- 1 tbsp. paprika
- Pepper and salt as desired

Paprika and Garlic Mayo:

- Pepper and salt as desired
- 1 tsp. paprika
- 1 cup mayonnaise
- 1 tsp. garlic powder

Method:

5. Preheat oven to 400 degrees and chop the rutabaga in 2-3 inch pieces
6. Place the chicken and rutabaga in a baking dish and generously toss in seasonings. Then add olive oil and mix all ingredients.
7. Bake the chicken for about 40 minutes or until cook all the way through. Monitor closely and lower the heat if chicken or rutabaga starts to get too brown.
8. Mix all the seasonings with the mayo and serve with chicken and rutabaga.

Keto Air Fryer Chicken

Total Prep & Cooking Time: 35 min.

Yields: 4 servings

Nutrition Facts: Calories: 625 | Protein: 53g | Net Carbs: 9.6g | Fat 41.8g

Ingredients:

- 1 ½ lbs. boneless chicken thighs
- 5 oz. butter
- 1lb. broccoli
- ½ leek
- 1 tsp. garlic powder

Method:

8. Over medium heat, add half of the butter.
9. Generously coat the chicken with spices and then lay into a heated frying pan.
10. Flip the chicken until it is cook thoroughly and browned on both sides. Cook for about 20-25 minutes – adjust time according to the size of chicken thighs.
11. Remove chicken from the pan and keep them warm in foil on low heat in the oven.
12. While chicken is frying, rinse and chop the broccoli, including the stem into small pieces. Then clean the leeks thoroughly and cut the leeks into pieces.
13. Using a different skillet, dissolve the butter over middle heat and add all of the spices or seasonings. Next, put in the leeks, so they soften and then add the broccoli, stirring occasionally. Cook vegetables until tender.
14. Plate the chicken and vegetables and serve with extra melted butter on top.

Chicken Salad

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 589 | Protein: 43.8g | Net Carbs: 9.5g | Fat 42g

Ingredients:

- 1 lb. chicken breasts
- 5 oz. cherry tomatoes, cut in half
- 8 oz. sugar-free green pesto
- 4 oz. feta cheese, crumbled or cubed
- 14 oz. zucchini, 2 medium or store-bought zucchini noodles
- 1 tbsp. olive oil

Method:

7. Position the chicken in a standard pot and overlay with cold water.
8. Increase heat to boil and then decrease to medium to low heat to let the chicken simmer for 15 minutes or until cooked all the way through.
9. Transfer the chicken from the water, set aside to cool down for a few minutes, and then shred.
10. For medium zucchini, use a spiralizer and then place zoodles in the mixing bowl.
11. In a large mixing bowl, pour pesto over zoodles and toss, completely coating the zoodles. Then add shredded chicken feta and tomatoes into the bowl.
12. Toss all the salad ingredients and then drizzle with olive oil

Taco Chicken

Total Prep & Cooking Time: 45 min.

Yields: 6 servings

Nutrition Facts: Calories: 367 | Protein: 45g | Net Carbs: 6g | Fat 18g

Ingredients:

- 8 oz. shredded cheese
- 1 ½ - 2 lbs. ground turkey
- 1 cup salsa
- 2 tbsp. taco seasoning
- 16 oz. cottage cheese

Method:

7. Switch on the oven to 400 degrees.
8. In a sizeable casserole dish, put in the ground meat and mix in the taco seasoning—Bake for 20 minutes.
9. While ground turkey is baking, mix 1 cup of shredded cheese, cottage cheese, and salsa.
10. Take the casserole from the oven and strain out any leftover juices from the ground meat.
11. Pound and crush the meat into smaller pieces and then layer the cottage cheese and salsa combo over the meat. Sprinkle remaining cheese on top of the ground meat.
12. Put the casserole back into the oven and bake for 15-20 minutes until the meat cooks all the way through. And the cheese is melted and bubbling.

Turkey Tai

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 619 | Protein: 35.3g | Net Carbs: 12.4g | Fat 48.4g

Ingredients:

- 1 ½ lbs. turkey breast
- 2 cups heavy whipping cream
- 7 oz. cream cheese
- 1 tbsp. soy sauce
- 1 ½ oz. small capers
- 2 tbsp. butter
- Pepper and salt as desired

Method:

9. Switch on the oven to 375 degrees.
10. In a sizeable oven-safe skillet, dissolve 1 tablespoon the butter over moderate heat. Then flavor the turkey with desired spices.
11. Fry turkey breast until golden brown on each side.
12. Finish baking the turkey breast in the oven until the turkey cooks through. Then place on plate and cover with foil.
13. Pour remaining turkey drippings into a small saucepan. Combine the heavy whipping cream with the cream cheese. Bring the cream to a soft boil and stir.
14. Decrease the heat and allow the sauce simmer until it thickens. Then add the soy sauce and a dash of salt and pepper.
15. Melt remaining butter in the skillet and sauté the capers until they are crispy.
16. Pour sauce over turkey breasts and garnish with capers.

Kale Soup

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 164 | Protein: 20g | Net Carbs: 9g | Fat 3g

Ingredients:

- 1 lb. Italian turkey sausage
- ½ cup onion, diced
- 15 oz. tomatoes, diced
- 32 oz. chicken broth
- 8 oz. Kale, chopped
- Pepper and salt as desired

Method:

7. if not already pre-cut, dice the onion and tomatoes. Take sausage out of the casing, if necessary, and cut into small pieces. Chop kale and remove the stem.
8. Turn on pressure cooker on low to brown the sausage. Then once sausage browns, add chicken broth, diced onions, and tomatoes to the pressure cooker.
9. Close the lid and shut the steam valve. Set pressure to high and leave for 15 minutes.
10. While soup starts to cook, add chopped kale and ½ cup of water in a microwave-safe dish. Cover the dish and heat up for 3-4 minutes or until kale is tender. Then drain water from the kale dish and set aside.
11. When pressure cooker finishes, open the steam valve and let the steam release for about 10 minutes.
12. Add kale before serving.

Lovely Lasagna

Total Prep & Cooking Time: 40 min.

Yields: 8 servings

Nutrition Facts: Calories: 355 | Protein: 24g | Net Carbs: 6g | Fat 25g

Ingredients:

- 1 lb. ground beef
- 1 ½ cups ricotta cheese, whole milk
- 25 oz. Marinara sauce
- 8 oz. sliced mozzarella cheese
- Pepper and salt as desired
- ½ cup parmesan cheese, grated

Method:

7. Turn oven to 350 degrees.
8. Add salt and pepper to ground beef.
9. Then heat a big skillet over medium and toss in the ground beef. Then prepare the meat, mixing and breaking meat until browned. Drain any excess liquid.
10. Add beef to 9x9 inch baking pan.
11. Layer the ricotta and then parmesan on top of the ground meat. Then pour marinara sauce over layers of cheese. Sprinkle mozzarella cheese on top.
12. Bake the no noodle lasagna for 25 minutes. Do not take out unless cheese is golden brown and melted.

Mighty Meatloaf

Total Prep & Cooking Time: 65 min.

Yields: 6 servings

Nutrition Facts: Calories: 183 | Protein: 11g | Net Carbs: 3g | Fat 18g

Ingredients:

- 1 lb. ground beef
- 2 eggs
- 1 tbsp. dried marjoram
- 2 buffalo mozzarellas
- Pepper and salt as desired
- 2 whole leeks

Method:

9. Turn on oven to 365 degrees.
10. Totally scrub the leeks clean and cut about $\frac{1}{2}$ from the white part. Cut the white part into small pieces. Separate the rest of the leek into single leaves.
11. Boil a big pot of water and place the leaves inside the boiling water for about 3-4 minutes. Then withdraw leaves from pot and rinse in cold water. Set leeks aside to dry.
12. In a large bowl, add ground beef, cut white leek ends, marjoram, eggs, salt, and pepper.
13. In a baking dish or a loaf pan, arrange the leek leaves on the bottom with sides leaning over. Then fill the bottom and side with the ground meat mixture.
14. Add mozzarella inside and finish with another layer of ground meat.
15. Then cover the dish with leek ends and add more leaves if needed.
16. Put in the keto meatloaf and bake for 50 minutes. Bake the first 40 minutes covered with foil and the last 10 minutes uncovered.

Stuffed Burgers

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 414 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

- 1 ½ lbs. ground chuck
- 2 tbsp. parmesan, grated
- 2 cups fresh spinach
- ½ cup shredded mozzarella cheese
- Pepper and salt as desired

Method:

7. In a standard mixing bowl, join ground chuck and season accordingly. Then scoop about 1/3 cup of meat mixture and shape into 8 patties about ½ inch thick. Set in refrigerator.
8. Cook spinach over medium heat for a couple minutes until the spinach wilts. Drain spinach and let it cool before squeezing out excess liquid.
9. Move spinach to cutting board and chop the spinach. Add spinach, mozzarella cheese, and parmesan to a separate mixing bowl. Stir all ingredients together.
10. Take beef patties out of the fridge and scoop about ¼ cup of stuffing and place in the center of 4 patties.
11. Cover with remaining beef patties and press edges together firmly to seal the stuffing inside the patties. Round out the edges of the patties to create a single thick patty.
12. Heat a pan or grill to medium-high and prepare stuffed burgers for 5 to 6 minutes on, grilling equally on each side.

Blooded Beef

Total Prep & Cooking Time: 10hrs.

Yields: 8 servings

Nutrition Facts: Calories: 414 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

- 2 lbs. beef roast
- ½ cup sliced yellow onions
- Pepper and salt as desired
- 4 tbsp. garam masala seasoning

Method:

4. First, slice the onion into thin strips and place them into the slow cooker.
5. Place the beef roast into the slow cooker on top of the onions and then add seasonings.
6. Cook on low heat in the crockpot for 8 hours, then shred beef with a fork and then cook on the lowest settings for another 2 hours letting the spices marinate the beef.

Mushrooms

Total Prep & Cooking Time: 25 mins.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 36g | Net Carbs: 1g | Fat 29g

Ingredients:

Steak:

- 1 lb. grass-fed top sirloin steak
- 4 tsp. ghee, room temperature
- 1 tsp. fresh garlic
- Salt to taste

Mushrooms:

- 2 cups white mushrooms
- Salt
- 2 tsp. ghee, melted
- 1 tsp. fresh garlic

Method:

7. Mince the garlic for the steak and mushrooms and set to the side.
8. Preheat the grill and set it to high heat. Pat dry the steak and, in a bowl, combine the garlic and ghee. Then cover one side of the steak with mixture and season with pepper and salt as desired.
9. Once the grill is heated, place the ghee and garlic side of the steak, cook for 4-5 minutes, or until the steak is charred. Then add the remaining ghee and garlic mixture on the steak and flip to cook until desired doneness. Remove from heat.
10. In a separate bowl, combine mushrooms with melted ghee, garlic, salt, and pepper. Wrap mushrooms in 2 layers of tin foil, shiny side inward, and put mushrooms in the center to create a tight packet.
11. Cook mushrooms on the grill for 5 minutes and then flip and grill until mushrooms are tender.
12. Serve steak topped with mushrooms.

Stuffed Peppers

Total Prep & Cooking Time: 50 min.

Yields: 8 servings

Nutrition Facts: Calories: 251 | Protein: 19g | Net Carbs: 5g | Fat 17g

Ingredients:

- 4 green peppers
- 1 cup yellow onion, diced
- 1 lb. steak, sliced thin
- Pepper and salt as desired
- 1 tbsp. olive oil
- 8 slices provolone cheese

Method:

7. Turn oven to 400 degrees. Thinly slice steak and chop the yellow onion.
8. Slice all green peppers in half and remove seeds and white center. Put peppers in casserole dish, cut side up, and add about $\frac{1}{4}$ inch of water. Cover with foil and then put the dish in the oven.
9. In a frying pan, heat olive oil and toss in diced onions, cooking until translucent.
10. Place steak into the frying pan with onions. Then cook for 5 minutes or until preferred doneness. Add pepper and salt as desired.
11. Take peppers out of the oven and add a dash of salt and pepper to each half. Then stuff each pepper with steak and onion mixture.
12. Layer one slice of provolone cheese on top of each pepper and put back. Leave exposed and cook for about 20 minutes.

Onions & Bacon

Total Prep & Cooking Time: 50 min.

Yields: 4 servings

Nutrition Facts: Calories: 451 | Protein: 29.6g | Net Carbs: 3.4g | Fat 34.7g

Ingredients:

- 4 oz. bacon, chopped
- 1 yellow onion, thinly sliced
- 4 pork chops
- ½ cup chicken broth
- ¼ cup heavy whipping cream

Method:

8. Fry bacon over medium heat or until preferred crispiness. Use a slotted spatula or spoon to remove bacon and leave bacon grease in skillet.
9. Add onion, salt, and pepper to bacon grease. Continuously rotate the onions and cook for about 15 to 20 minutes until onions are golden brown and soft.
10. Add onions in the same bowl as the bacon. Generously season pork chops with pepper and salt.
11. Increase the heat on the stove to moderate and arrange the seasoned pork chops to the skillet. Brown the first side of the pork chops for about 3 minutes and then flip.
12. Reduce heat to medium and continue cooking pork chops for another 7 to 10 minutes or until pork chops are cooked through. Then remove chops to plate.
13. Add broth to skillet and scrape any bits left. Then add heavy cream and simmer until the mixture thickens. Put bacon and onions back to the skillet and stir to combine all ingredients.
14. Serve pork chops with bacon and onion mixture on top.

Pork Fry

Total Prep & Cooking Time: 20 min.

Yields: 2 servings

Nutrition Facts: Calories: 676 | Protein: 40g | Net Carbs: 14.2g | Fat 51.7g

Ingredients:

- 2/3 lb. pork shoulder
- 2 green bell peppers
- 2 scallions, sliced
- 1 tsp. chili paste
- 1 oz. almond
- Pepper and salt as desired
- 4 oz. butter for cooking

Method:

5. Melt a portion butter in a frying pan or wok. Save some butter for serving. Slice the green peppers and scallions and set aside—also, pre-cut pork shoulder into strips.
6. Add pork to the frying pan and prepare the meat over very high heat for a couple minutes.
7. Throw the vegetables and chili paste into the pan and keep stirring vegetables for another couple of minutes—season with pepper and salt as desired.
8. Plate in a nice serving dish and top with almonds and room temperature butter.

Bacon Pork Chops

Total Prep & Cooking Time: 40 min.

Yields: 6-8 servings

Nutrition Facts: Calories: 513 | Protein: 51g | Net Carbs: 1g | Fat 34g

Ingredients:

- 12 oz. bacon package
- 6 to 8 boneless pork chops
- Pepper and salt as desired

Method:

- 6.** Line cooking sheet with wax paper. Turn oven to 350 degrees.
- 7.** Use a cutting board or a plate, season pork chops with pepper and salt as desired.
- 8.** Open bacon and completely wrap each pork chop. Then place the pork chops on a lined baking sheet.
- 9.** Sprinkle more salt and pepper over the bacon-wrapped pork chops.
- 10.** Bake for 30 minutes and flip after the first 15 minutes. Make sure to cook the pork chops all the way through.

Crispy Cabbage

Total Prep & Cooking Time: 20 min.

Yields: 2 servings

Nutrition Facts: Calories: 774 | Protein: 38.3g | Net Carbs: 14.6g | Fat 62.2g

Ingredients:

- 10 oz. bacon package
- 2 oz. butter
- 1 lb. green cabbage
- Pepper and salt as desired

Method:

4. Slice the bacon and cabbage into small pieces.
5. In a sizeable skillet over the moderate heat, fry the bacon until crispy.
6. Add butter and cabbage to the skillet and brown the cabbage. Dash with pepper and salt as desired.

Fried Lemon Mayo

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 634 | Protein: 42.4g | Net Carbs: 21.7g | Fat 43.8g

Ingredients:

Salmon and Broccoli:

- 1 $\frac{3}{4}$ lbs. salmon
- 1 lb. broccoli
- 2 oz. butter
- Pepper and salt as desired

Lemon Mayo:

- 1 cup mayonnaise
- 2 tbsp. lemon juice

Method:

7. Rinse and chop the broccoli, including the stem, in bite-sized pieces.
8. Then mix the lemon juice and mayo and let sit.
9. Spice up the salmon with pepper and salt as desired and divide salmon in serving-sized portions.
10. Add about half the butter to the frying pan and grill the salmon over moderate heat for a few minutes. Lessen the heat and cook each side evenly. Take out from the pan and enclose in foil to keep the salmon warm.
11. Using the same skillet, add the other half of the butter and cook down the broccoli for 3-4 minutes over medium heat until the broccoli is tender but not mushy. Add pepper and salt as desired.
12. Serve the salmon and broccoli with lemon mayo on the side.

Crusted Salmon

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 269 | Protein: 23g | Net Carbs: 6g | Fat 17g

Ingredients:

- 1 lb. salmon or 1 large filet
- ¼ cup parmesan cheese, grated
- 1/3 cup pistachios, crushed or chopped
- Pepper and salt as desired
- ¼ panko breadcrumbs

Method:

6. Switch oven to 400 degrees. Crush or finely chop the pistachios if necessary.
7. Mix the pistachios, breadcrumbs, and cheese in a bowl.
8. Arrange foil to a sizeable pan and smear the foil with oil. Then place salmon on greased foil, skin side down. Sprinkle pepper and salt as desired.
9. Top the salmon with pistachio mixture, pressing firmly, so the mixture adheres.
10. Then bake with the pan exposed for 15-20 minutes, or until the seasoned salmon easily flakes.

Shrimp

Total Prep & Cooking Time: 35 min.

Yields: 4 servings

Nutrition Facts: Calories: 355 | Protein: 31.6g | Net Carbs: 15g | Fat 19.2g

Ingredients:

- 18 oz. shrimp, peeled with tail on
- 1 ½ oz. garlic cloves
- 1 tsp. chili flakes
- 3 tbsp. fresh parsley
- 1 lemon cut into wedges

Method:

7. Peel shrimp and leave the tail on. Chop and peel garlic cloves. Mince the fresh parsley. Cut lemon into wedges.
8. Use a large cast-iron skillet and warm oil over moderate heat.
9. Toss the garlic and chili flakes into the skillet, and then cover for 5 minutes or until garlic turns light yellow. Stir occasionally to cook evenly.
10. While garlic is cooking, season the shrimp with salt and set aside for five minutes.
11. When the garlic turns light yellow, raise the heat and toss in the shrimp. Stir and space the shrimp evenly, with no overlapping. Cook shrimp until bright pink and flip to cook evenly on both sides.
12. Remove shrimp from heat and garnish with parsley and lemon wedges to serve.

Pizza Crust

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 679 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

Crust:

- 4 eggs
- 6oz. shredded mozzarella

Topping:

- 3 tbsp. unsweetened tomato sauce
- 1 tsp. dried oregano
- 5 oz. shredded mozzarella
- 1 ½ oz. pepperoni

Method:

7. Switch oven to 400 degrees
8. First, to prepare the crust, use a medium bowl to combine eggs and shredded cheese. Stir thoroughly to combine.
9. Spread the egg and cheese dough on a parchment paper on a big baking sheet.
10. Use the dough to form 2 circular pizzas or 1 big rectangular pizza. Bake for 15 minutes or until pizza crust is crispy at edges and semi-soft and golden brown in the center. Pull out the crust and let sit for a couple minutes.
11. Turn up the heat on the oven to 450 degrees. Then spread tomato sauce on crust and then dash oregano on top of sauce. Lastly, add the cheese and arrange the pepperoni on top of cheese.
12. Bake pizza for 5-10 more minutes until toppings are bubbling and golden.

Creamy Soup

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

- 1 cup heavy cream
- 4 cups of broccoli – florets
- 4 cloves of garlic
- 3 ½ cups of vegetable broth
- 3 cups cheddar cheese, shredded

Method:

7. Cut the broccoli into florets and mince the garlic. Sauté the garlic over medium heat in a large pot for 1 minute or until garlic is fragrant.
8. Combine the vegetable broth, chopped broccoli, and heavy cream in the pot. Boil first and then decrease to simmer for 10 -20 minutes. Check that the vegetables are soft.
9. Remove about 1/3 broccoli and set aside.
10. Then insert the immersion blender into the pot and puree all the ingredients together.
11. Reduce the heat and add the shredded cheddar cheese about ½ cup at a time. Repeatedly swirl until the cheese is melted. Then puree the soup again to make a smooth consistency.
12. Remove from heat and garnish with remaining broccoli florets.

Simple Sauce

Total Prep & Cooking Time: 30 min.

Yields: 4 servings

Nutrition Facts: Calories: 292 | Protein: 60.3g | Net Carbs: 7.9g | Fat 45.7g

Ingredients:

- ¼ cup heavy cream
- 16 oz. chicken broth
- 7 oz. onion, sliced
- 2 cloves garlic
- 28 oz. zucchini, sliced
- Pepper and salt as desired

Method:

5. Pre-cut the zucchini and onion into slices.
6. Add sliced onion and zucchini, garlic and broth to a large pot. Boil and then decrease to moderate heat and let the soup simmer for about 20 minutes. Keep stirring.
7. Remove pot from heat once the zucchini is soft and insert an immersion blender to puree the soup.
8. Keep blending until smooth. Add in heavy cream, salt, and pepper and stir thoroughly.

Eton Eggs

Preparation time: 2 minutes

Cooking time: 3 minutes Makes: 4 eggs

What's Inside

2 cups of water

4 eggs

Salt and pepper (optional, to taste)

How to cook

Measure out 2 cups of water – it will be easier to use a measuring cup or a regular cup rather than the scale inside the pot – and pour it into the insert. Place the steaming basket inside and gently place four eggs on top.

Close the lid securely and manually set the pot's timer to three minutes and the pressure to low. Remember to seal the top valve as well. In the meantime, prepare a bowl filled with cold water (you can add a couple of ice cubes as well) – it will stop the cooking process when the eggs are perfectly done.

After the timer goes off, release the valve to allow the pressure to drop. Be careful with this step – even when most of the steam is released, it can still burn if you get too close. Carefully remove the lid and place the eggs in the bowl you prepared. Let them cool for about half a minute and they are ready to be peeled. Once the shells are removed, all that's left is to sprinkle some salt and pepper, if you want them, and your eggs are ready to enjoy!

NOTE: If you want perfect hard-boiled eggs, keep the pressure on low and set the timer for five minutes. Nutritional info

EGG YOLK

Cholesterol: 183 mg

Cal.: 56

Fat: 4.3g

Frittata

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 6 beaten eggs
- ½ a cup of fresh spinach > ¼ a cup of fresh tomatoes (diced)
- 1 teaspoon of minced onion
- salt and pepper (to taste)

How to cook

7. Find a pan that fits inside your Air fryer and coat it thoroughly with butter or a cooking oil. Great tip – you can use mason jars to make perfect personal portions!
8. Mix the ingredients in a bowl and place them in the pan (or jars).
9. Fill the Pot with 1 cup of water. Then, place the pan or jars inside the Air fryer – onto the trivet - and cover the top with aluminum foil. You can also place the trivet first and put the pan
10. or jars onto it with a sling. Secure the lid and make sure the valve is sealed.
11. Manually set the timer for 5 minutes.
12. When the timer beeps, allow the pressure to release naturally for about 10 minutes. Adjust the valve to venting and carefully remove the pan or jars from the pot. Your frittata is ready to be served!

Nutritional Facts

Cal.: 264

Fat: 15.9 g

Carbs: 7.6 g

Protein: 18.2 g

Baked Bake

Preparation time: 5 minutes

Cooking time: 20 minutes Makes: 4 servings

What's Inside

- 6 slices of chopped bacon
- 2 cups of frozen broccoli florets
- 6 eggs
- ¼ of a cup of milk
- ½ of a cup of shredded cheddar

How to cook

7. Crisp up the bacon in the air fryer. Here you can also add optional veggies of your choice and sauté them for 3-4 minutes – until they become tender.
8. Add the frozen broccoli and mix it with the rest of the ingredients. Allow them to thaw a little – this should take up to 2-3 minutes.
9. Mix the eggs, cheese and milk together and combine them with your vegetables and bacon. Add salt and pepper to taste.
10. Cover the inside of a pressure cooker-safe container with a little oil and pour in the mixture. Fill the pot with ½ of a cup of water and place down the trivet. Set your container onto it.
11. Close the lid securely and set the cooking time for 20 minutes and the pressure to high. After the dish is done, quickly and carefully release the steam.
12. Using a spatula (offset works great) or a knife, release the eggs from the sides of the dish. Make sure you are using a plate that is large enough to fit all of it and remove the eggs onto it. Garnish with parsley, chives or other herbs of your choice, and more cheese.

Nutritional Facts

Cal.: 146

Fat: 10.8 grams

Carbs: 3.3 grams

Yosed Yogurt

Cooking time: 14 hours Makes: 4 servings

What's Inside

- 1 32-oz. carton of soy milk
- 2 tablespoons of plain vegan yogurt
- 1 pinch of cinnamon
- 1 handful of fresh berries (mixed)

How to cook

5. Divide the soy milk equally between two pint jars (wide-mouth work best). To each jar, add in 1 tablespoon of vegan yogurt and mix them together.
6. Gently put the jars on the bottom of the pressure cooker – no need to use a rack. Tightly secure the lid and seal the valve. Choose the “Yogurt” option on the control panel and set the timer for 14 hours.
7. Start your incubation in the evening to make sure you have fresh yogurt waiting for you at breakfast! Remember to gently stir it before you serve – it can split a little, but that is normal and nothing to worry about.
8. For an easy and delicious breakfast, sprinkle some cinnamon over the top and add your berries. You can make more – this yogurt will remain fresh in the fridge for up to 5 days.

Nutritional Facts

➤ Cal.: 112.5

Moe Meat

Preparation time: 5 minutes

Cooking Time: 10 minutes Makes: 8 servings

What's Inside

- 2 pounds of ground beef
- ½ of a cup of diced onion
- ½ of a cup of diced bell pepper
- 1 cup of tomato sauce (unsalted)
- 3 tablespoons of taco seasoning

How to cook

5. Put the meat inside your cooker set to sauté. Brown the meat thoroughly and turn off the sautéing.
6. Add the rest of the ingredients into the meat and stir them together.
7. Using the manual setting set the timer for 8 minutes.
8. After the beep, you can either release the pressure quickly or let it release naturally. Serve with the garnishes of your choice, for example over some cauliflower rice.

Nutritional Facts

Cal.: 196

Carbs: 3.9 g

Protein: 22 g

Fat: 11

Carol Carnitas

Preparation time: 10 minutes

Cooking time: 1.5 Hours Makes: 4-6 servings

What's Inside

- 2 ½ pounds of pork shoulder (boneless, cut into 2 pieces)
- 1 tablespoon of Mexican seasoning
- ¾ of a teaspoon of each salt and ground black pepper
- Juice of 2 oranges
- Juice of 1 lemon or lime

How to cook

7. Put your shoulder chunks into the Air fryer, add the Mexican seasoning, salt and pepper and toss it together to evenly coat the meat on all sides.
8. Mix the lemon (or lime) and orange juice in a measuring cup and top them off with water to get 1 cup of liquid in total. Pour the mix into the pressure cooker.
9. Close the lid and seal the valve. Manually set the timer for 50 minutes – your cooker will begin the cooking process on its own then. When the time is up, let the pressure release on its own.
10. Remove the lid and set the pot to sautéing. Using two forks, shred the shoulder and bring the liquid to a simmer.
11. Stirring from time to time, cook for 20-30 minutes until most of the liquid has evaporated. Once the pork begins to brown slightly, you can turn the pot off.
12. Serve immediately while it's hot alongside your preferred garnishes and side dishes, such as sliced avocado, rice or lime wedges.

Nutritional Facts

Cal.: 731

Total fat: 52 g

Carbs: 11.8 g

Protein: 54 g

Sprile Sprouts

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of halved Brussels sprouts
- 4 chopped strips of bacon
- ¼ of a cup of low-sodium soy sauce
- ¼ of a cup of apple cider vinegar
- ½ of a teaspoon of each salt and ground black pepper

How to cook

4. Set your pot to sautéing and select medium heat. Once it's hot, place the bacon inside and let it crisp up, stirring often. It should take about 5 minutes, after which you can turn the sautéing off.
5. Throw in the Brussels sprouts along with vinegar, soy sauce, pepper and salt. Using the residual heat and the liquid, deglaze the bottom of any browned bits of bacon.
6. Close the lid and secure the valve. Set the pot for high pressure and cook for 4-5 minutes, after which quickly release the pressure. With the help of a slotted spoon or a spider, transfer the bacon with Brussels sprouts to a plate and serve!

Nutritional Facts

Cal.: 105

Total fat: 2.1 g

Carbohydrate: 9.8 g

Protein: 6 g

Mastard Meatballs

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 10 servings

What's Inside

- 72 frozen meatballs
- 1 tablespoon of olive oil
- 1 15-ounce jar of cranberry sauce (jellied)
- ½ of a cup of orange marmalade
- 1 teaspoon of garlic powder 1 tablespoon of minced dried onions

How to cook

4. Spread the olive oil evenly on the bottom of the pot. Place the meatballs into the pot and add 1/3 of a cup of water to the meatballs.
5. Add the orange marmalade, cranberry sauce, onions and garlic powder over the meatballs. Do not stir them all together!
6. Close the lid and seal the vent. Set the pressure to high and cook for 4-6 minutes. When the time is up, quickly release the pressure, remove the lid and gently stir the sauce and meatballs together.

Nutritional Facts

Cal.: 120

Porse Pork Roast

Preparation time: 5 minutes

Cooking time: 45 minutes Makes: 12 servings

What's Inside

- 4 pounds of pork shoulder
- ¼ of a cup of Jamaican jerk spice blend
- 1 tablespoon of olive oil
- ½ of a cup of beef stock

How to cook

5. Coat the shoulder with oil and rub it thoroughly all over with the Jamaican seasoning.
6. Set your pot to sautéing and brown the meat on every side. Once it's nice and browned, pour in the beef broth.
7. Close the lid and manually set the cooker to high pressure for 45 minutes. Once it's done, allow the pressure to release naturally.
8. The roast is best shredded – use two forks to do that inside the pot, mix it with all of the accumulated juices and serve!

Nutritional Facts

Cal.: 284 ➤ Fat: 19 g

Carbs: 0 g Protein: 24 g

Bured Beef

Preparation time: 5 minutes

Cooking time: 66 minutes Makes: 8 servings

What's Inside

- 2 ½ pounds of beef brisket
- ¼ of a cup of BBQ sauce or seasoning (make sure it's ketofriendly)
- 4 slices of white onion, peeled
- 2 tablespoons of apple cider vinegar
- 2 tablespoons of low sugar ketchup

How to cook

8. Cover the brisket thoroughly with BBQ sauce (or seasoning)
9. Set your air fryer to sauté and drizzle in some mild tasting cooking oil. Put the brisket in and sear on both sides – 3-4 minutes per side.
10. Take the brisket out using tongs. Place the onion slices at the bottom of the cooker and put the brisket back on top of them.
11. Remember to place the fat side up.
12. Thoroughly mix together the apple cider vinegar, ketchup and water, then pour it around the meat.
13. Close the lid and the vent, choose the manual setting and cook under high pressure for 60 minutes.
14. Once it's done, quickly release the pressure and steam and carefully open the lid. Transfer the brisket to a cutting board and let it rest for 10-15 minutes. Then, slice the meat and serve with the jus from the cooker and the onions.

Nutritional Facts

Cal.: 385 ➤ Fat: 27 g

Carbs: 2 g

Protein: 30 g

Beaded Beef

Cooking time: 1 hour Makes: 6 servings

What's Inside

- 3 pounds of beef roast
- 2 tablespoons of ranch dressing seasoning
- 1 1-pint jar of drained pepper rings (reserve $\frac{1}{4}$ of a cup of the liquid) ➤ 2 tablespoon of zesty Italian seasoning
- 1 whole stick of butter

How to cook

5. Drizzle a little light cooking oil (vegetable works best) and set your cooker to sautéing. Once it's hot, brown the roast on each side.
6. Turn the air fryer off and add 1 cup of water, the seasonings, pepper rings and the pepper juice you saved onto the roast. Finish by placing the whole stick of butter on top of the meat.
7. Close the lid of the pot and seal the valve. Using the manual setting, set the time for 60 minutes. If your roast is larger than 3 pounds, you may need to extend the time up to 90 minutes.
8. After the cooking is done, you can quickly release the pressure or let it drop naturally. Give the roast a bit of time to rest and slice it or shred it using two forks. Serve with your preferred side dishes – for example a puree of cauliflower.

Nutritional Facts

Cal.: 859

Carbohydrate: 6.4 g

Protein: 31.5 g

Fat: 79 g

Broken Beef

Cooking time: 90 minutes Makes: 6-8 servings

What's Inside

- 2 ½ pounds of corned beef
- 1 whole head of green cabbage
- 1 cup of low-sodium vegetable broth
- 1 cup of water
- 2-3 zucchini, quartered lengthwise

How to cook

4. First, pour the broth and water into the pressure cooker. Place the corned beef inside and add the packet of spices. Set the pressure to high and the timer to 85 minutes.
5. When the time is up, release the steam quickly and take the beef out of the pot and put the vegetables in instead. Cook them under high pressure for 4-5 minutes, quickly release the pressure and taste them for seasoning. Add pepper and salt if necessary.
6. In the meantime, your corned beef will be rested and ready to slice – goes best with the veggies and some horseradish or mustard!

Nutritional Facts

Cal.: 338

Total fat: 24 g

Carbs: 8.7 g

Protein: 23.4 g

Portage Pork

Cooking time: 90 minutes Makes: 8 servings

What's Inside

- 5 pounds of boneless pork butt or shoulder
- 1 tablespoon of Hawaiian sea salt
- 1 teaspoon of smoked paprika
- 1 cup of water
- 1 sliced head of green cabbage

How to cook

6. Cut the pork butt/shoulder into big chunks.
7. Mix the paprika and salt in a bowl and rub it into the pork thoroughly. Try to cover every chunk evenly.
8. Pour the water inside the pot and place the meat in. Close the lid and manually set the time to 90 minutes.
9. Once it's done, choose the "keep warm" option and let the pressure release on its own. Then, scoop the meat out, place it in a bowl and cover it so it stays warm.
10. Throw the cabbage (sliced) into the pot with the juices from cooking and stir gently to mix it well. Choose the manual setting again and cook for 3-4 minutes, then release the pressure quickly. 6. Add the cooked cabbage into the bowl with pork and mix them together.

Nutritional Facts

Cal.: 405

Carbs: 5.8 g

Protein: 55 g

Fat: 17 g

Ranch Chops

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 6 servings

What's Inside

- 1 tablespoon of coconut oil
- 4-6 pork chops (boneless)
- 8 ounces of butter (one whole stick)
- 1 pack of dry Ranch Mix
- 1 cup of water

How to cook

6. Set your Air fryer to sautéing and drop in the coconut oil. Once it has heated, place the pork chops in and brown them on each side.
7. Once the chops have been browned, place the butter on top of them and sprinkle with ranch seasoning. Lastly, carefully add the water in.
8. Close the lid and seal the valve. Let the meat cook for 5 minutes on manual pressure.
9. After the time is up, let the pressure release on its own for 5-6 minutes, then manually release the rest.
10. Pork chops are ready to be served. Coat them – and any veggies you choose to serve alongside them – with the butter sauce from the pot.

Nutritional Facts

Cal.: 374

Fat: 24 g

Protein: 39 g

Ribs

Preparation time: 1 Minute

Cooking time: 40 minutes Makes: 2-3 servings

What's Inside

- 1 rack of baby back ribs
- ¼ of a cup of a keto-friendly BBQ sauce
- Salt
- Black pepper

How to cook

6. Using a bit of paper towel, take off the membrane that's on the back side of the ribs. Rub them generously with pepper and salt on both sides.
7. Add 1 cup of water (cold) into the pot and place the trivet inside it. Put the seasoned ribs on top of the trivet and close the lid of the pot. Set the pressure to high and the time to 15-25 minutes, depending on the thickness of your ribs. After that time, allow the pressure to release naturally. When it's done, open the pot carefully.
8. In the meantime, preheat your oven to 430-450 degrees F.
9. Glaze the ribs (along with the bones) with the keto-friendly BBQ sauce of your choice. Place them on a baking sheet, put them in the oven and cook for additional 10 to 15 minutes.
10. Take the cooked ribs off the sheet and serve with the side dishes of your choice!

Nutritional Facts

Cal.: 1694

Fat: 134.5 g

Carbs: 1.9 g

Protein: 111.2 g

Sweet Meats

Preparation time: 5 minutes

Cooking time: 12 minutes Makes: 8 servings

What's Inside

- 26 ounces of frozen meatballs
- 12 ounces sweet chili sauce
- ½ of a cup of water
- 1/8 of a teaspoon of red pepper flakes

How to cook

5. Combine the water with the chili sauce in a bowl. Pour half of it in the Air fryer and mix the frozen meatballs into the what is left in the bowl.
6. Transfer the meatballs into the pot. Try to leave a bit of space between them and the sides of the pot to prevent burning. Use the pressure cook setting for 12 minutes, and then switch to low pressure.
7. When the meatballs are done, depressurize the pot quickly and carefully remove the lid. Let the meatballs cool without the lid for up to 15 minutes and then mix them again with the sauce.
8. Right before serving, sprinkle the red pepper flakes onto the meatballs.

Nutritional Facts

Cal.: 244.8 ➤ Fat: 16.4 g

Carbs: 6.1 g

Protein: 17.5 g

Leg of Lamb

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 8-10 servings

What's Inside

- 1 boneless leg of lamb (3-4 pounds)
- 2 tablespoons of avocado oil
- 2 cups of water
- 4 crushed garlic cloves
- 2 tablespoons of chopped fresh rosemary

How to cook

7. Wash the leg of lamb under cold water and dry it by patting with paper towels. You can now season it with salt and pepper to taste.
8. Set your cooker to sautéing and pour in the avocado oil. Once it heats up, sear the meat on all sides in the pot, then remove it and rub it all over with fresh rosemary and crushed garlic cloves.
9. Place a wire rack inside the pot and pour in the water. Put the seasoned leg onto the rack. Choose the option for meat/stew on the control panel and set the timer. Cooking for 30 minutes will yield 10. a medium rare leg, while upping the time to 35 will result in a more well done one.
11. In the meantime, turn on a broiler and preheat it.
12. After the time is up, let the pressure drop naturally and then open the lid. Take the lamb leg out and put it on a broiling pan. Place the leg 5-6 inches away from the broiler for 2-3 minutes, until the top is nicely browned. Remove the meat from the broiler and let it rest, covered, for about 10-15 minutes. Then, it's ready to be sliced and served!

Nutritional Facts

Cal.: 433

Fat: 25.6 g

Carbs: 1.2 g

Protein: 44.9 g

Pot Roast

Preparation time: 10 minutes

Cooking time: 90 minutes

Makes: 4-6 servings What's Inside

- 3-4 pounds of roast
- 1 packet of ranch seasoning
- 1 stick of butter
- ½ of a jar of pepperoncini (reserve the liquid!)
- ½ of a cup of water

How to cook

5. Coat the roast evenly with the ranch mix and place it inside the Air fryer. Put the stick of butter onto the meat and drizzle with the reserved pepperoncini juices.
6. Gently pour water all around the meat. Be careful not to wash away too much seasoning!
7. Secure the lid and close off the valve. With the manual option on, set the timer to 90 minutes.
8. After that time, let the pressure release naturally. Then, shred the meat, mix it with the accumulated juices and it's ready to serve with low-carb side dishes of your choice!

Nutritional Facts

Cal.: 671 ➤ Fat: 41 g

Carbs: 2.9 g

Protein: 77 g

Egg Bowl

Preparation time: 5 minutes

Cooking time: 1 minutes Makes: 4 servings

What's Inside

- 1 pound of ground pork
- 1 bag of shredded coleslaw mix
- ½ of a cup of bone or beef broth
- 1 tablespoon of soy sauce
- 1 tablespoon of ground dried ginger

How to cook

5. Select the sautéing setting on your pressure cooker. When it is heated, add the pork along with soy sauce and ginger (additionally, you can add – to taste – salt, garlic powder and pepper). Brown the meat.
6. When the meat is nicely browned, switch off the pot and pour in the broth. Then, place the coleslaw mix over the meat, but do not stir it in – let it sit on the top. Close the lid and seal the vent.
7. Use the manual setting to select high pressure and set the timer for 0 minutes. After the beep, quickly release the pressure, carefully open the lid and stir the meat and veggies together.
8. Spoon the meat into bowls and serve! It goes great with low-carb Asian side dishes, such as wontons!

Nutrition Inside:

Cal.: 228 Fat: 15 g

Carbs: 5.8 g

Protein: 17 g

Autumn Bites

Preparation time: 5 minutes

Cooking time: 9 minutes Makes: 4 servings

What's Inside

- 2 pounds of beef stew meat
- 4 teaspoons of steak seasoning
- 1 tablespoon of dried onion flakes
- 1 minced garlic clove
- ½ of a cup of bone or beef broth

How to cook

4. Choose the sautéing setting on your cooker and let it heat up. Then, drizzle in some avocado or olive oil and add in the meat with the garlic. Stir it all together and let the beef brown. Stir frequently – the meat will be ready in a couple of minutes, but do not let the garlic burn!
5. Add the rest of the ingredients into the meat and stir until everything is well combined. Then, close the lid and make sure the valve is sealed. Set the pressure to high and set the timer for 90 minutes.
6. After the beep, quickly release the pressure and carefully open the lid. The meat is ready to serve alongside your preferred side dishes!

Nutritional Facts

Cal.: 435

Fat: 21.4 g

Carbs: 4.6 g

Protein: 51.6 g

Lobster Sauce

Preparation time: 4 minutes

Cooking time: 5-10 minutes

Makes: 4 servings (2 tails per serving)

What's Inside

- 8 frozen lobster tails
- 1 cup of water
- 1 tablespoon of Old Bay seasoning
- 1 cup of butter
- 1 teaspoon of minced garlic

How to cook

7. First, prepare the lobster tails. Using sharp scissors cut the shell down to the fin in a line. Lobster tails tend to curl without that step, which makes them harder to eat.
8. Pour 1 cup of water into the Air fryer and add the Old Bay seasoning to it. Then, put down the trivet and place 4 tails shell side down onto it. Use the pot's steam basket for the remaining four – simply place it over the tails that are on the trivet. Close the lid and seal the valve.
9. Use the Manual button for pressure and set the timer for 4 minutes. Remember that this time is applicable to frozen tails – if you're using fresh, they will need to be set for 7 minutes, as the pot will need a bit of time to heat when using frozen lobster.
10. As the tails steam, prepare a butter sauce to dip them in. Brown 1 tablespoon of butter on the stove in a skillet over medium heat. This should take about 3-4 minutes. Then, add the remaining butter and the garlic. Sauté the garlic until it's golden, but don't let it burn – it will become bitter.
11. When the timer beeps, switch off the heat and quickly release the pressure. Take the tails out with tongs and serve immediately.
12. Garnish with your preferred side dishes and herbs!

Nutritional info

Cal.: 524

Total Fat: 47.3 g

Carbs: 0.7 g

Proteins: 25.6 g

Fish Sauce

Preparation time: 15 minutes

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 pound of salmon
- 1 tablespoon of soy sauce
- 2 teaspoons of minced ginger
- 1 teaspoon of minced garlic
- 1 teaspoon each of salt and ground black pepper

How to cook

6. Get a heatproof pan that will fit inside your pressure cooker and place the salmon inside.
7. Combine the rest of the ingredients and coat the fish with the mixture. Let it marinate and soak in the flavors for 15 minutes, or up to 30.
8. Pour 2 cups of water inside the inner liner of the cooker and place a rack or the steaming basket inside. Then, put the pan with the salmon on top of it. Set the pressure to high and cook for 3-4 minutes.
9. Once the cooking finishes, let the pressure to escape on its own for up to 5 minutes and release the rest quickly after that.
10. You can serve the salmon as is, or place it under a broiler for 3-4 minutes to make it golden brown.

Nutritional Facts

Cal.: 168

Scintilating Scallions

Preparation time: 3 minutes

Cooking time: 7 minutes Makes: 1 serving

What's Inside

- 1 frozen cod fillet
- salt
- 1 tablespoon of peanut oil
- 1 inch piece of ginger, peeled and chopped
- 1 handful of scallions, halved lengthwise and cut into 2-inch pieces

How to cook

7. Use the metal bowl insert for your Air fryer and pour 1/3 of a cup of water in it. Place the trivet in and place the fillet in the center. Season with salt.
8. Close the lid and seal the valve. Set the timer for 3 minutes using the pressure cook setting.
9. After that time, take the fish out and set it aside. Pour the broth gathered in the bowl into a separate container.
 10. Put the bowl back into the cooker and set it to sautéing. Drizzle in the peanut oil and sauté the ginger in it for about 1-2 minutes. Then add the scallions and cook it all together for 2 more minutes. To prevent them from sticking, you can splash in a little fish broth from time to time.
 11. Season the mix to taste with the soy sauce.
 12. Place the fish onto a plate, garnish with the ginger and scallions mix and drizzle the top with the remaining sauce. It is best when served immediately!

Nutritional Facts

Cal.: 135

Total Fat: 4.7 g

Carbs: 5.9 g

Protein: 19 g

Luxury Legs

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 10 servings

What's Inside

- 2-3 pounds of frozen Alaskan crab legs ➤ 1 cup of water
- ½ of a tablespoon of salt

Melted butter

How to cook

5. Pour a cup of water into the Air fryer and add the salt. Put the steaming basket inside and place ½ of the crab legs on it.
6. Close the lid and make sure to seal the valve. Set the pressure to high and cook for 4 minutes.
7. After that time, use the venting setting to release the pressure, and when it's done – open the lid carefully and remove the crab legs.
8. Cook the other half of your crab legs in the same way as the first batch. In the meantime, in a small saucepan, melt butter – use as much as you deem necessary. Pour the butter into a small dish and serve alongside the crab legs for dipping or drizzle it directly over the crab legs.

Nutritional Facts

Cal.: 133

Total fat: 1.9 g

Carbs: 0.1 g

Protein: 26.1 g

Millaeu Milk

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of shelled and deveined shrimp
- 1 tablespoon of minced fresh ginger
- 1 tablespoon of minced fresh garlic
- ½ of a can of coconut milk, full-fat
- 1 teaspoon of garam masala

How to cook

6. In a bowl, mix the coconut milk with garam masala, garlic and ginger. Then, add the shrimp and stir together, making sure they are well coated.
7. Into the pressure cooker, pour 2 cups of water and place down the trivet.
8. Transfer the shrimp and the sauce together into a heatproof dish. Make sure it will fit inside the cooker. Cover it with tinfoil and set it down on the trivet.
9. Close the lid, secure the valve and set the cooker for low pressure for 4 minutes. Once it's done, quickly release the pressure and carefully open the lid.
10. Take out the dish, remove the foil and stir everything together. Taste for seasoning and add coconut milk, salt or pepper as needed. For serving, you can garnish the shrimp with chopped herbs, such as parsley or cilantro, or lime wedges.

Nutritional Facts

Cal.: 195 ➤ Fat: 13 g

Carbs: 5 g

Protein: 17 g

Summer Salmon

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 pound of salmon (fresh or defrosted)
- 1 thinly sliced lemon ➤ zest of 1 lemon ➤ 1 teaspoon of chopped fresh dill
- 2 tablespoons of room-temperature butter

How to cook

5. First, prepare your compound butter. In a small mixing bowl combine the soft butter with lemon zest and dill. Mix until everything is well blended.
6. Cut the salmon into portions and spread an even layer of butter over the top of all of them. Sprinkle with salt and pepper to taste.
7. Add 1 cup of water into the pressure cooker. For extra flavor, you can also place a couple sprigs of fresh dill inside. Place the standard trivet in and arrange half of the fillets on it, placing 2 thin lemon slices on each of them. Then, stack a 3-inch trivet on top of that and arrange the remaining portions, seasoning them and topping with lemon as well.
8. Close the lid and the valve, set the pressure to high and cook for 34 minutes. Once it's done, quickly release the pressure and serve the fish immediately.

Nutritional Facts

Cal.: 226

Total Fat: 14 g

Carbs: 4 g

Protein: 23 g

Haddock

Preparation time: 10 minutes

Cooking time: 4 minutes Makes: 4 servings

What's Inside

- 1 pound of frozen haddock fillets (½-in. thick, cut into 4 pieces)
 - 2 cups of frozen spinach
- 2 tablespoons of mayonnaise
- 1 teaspoon of minced garlic
- 2 teaspoons of lemon juice

How to cook

7. Before you begin, take the haddock out of the freezer and let it thaw in a bowl on the counter.
8. Prepare 4 sheets of aluminium foil. Make sure they are each big enough to create a “pocket” for each of the fillets.
9. Spread the foil on the counter. Place equal amount of spinach on every one of them and place the fish on the spinach. Salt and pepper the fillets to taste and close the foil. Make sure to fold the edges to prevent leaking.
10. Put the steaming basket inside the cooker and arrange the fillets on it. Make sure the pockets lie flat and don't overlap. Close the lid and valve, set the pressure to high and cook for 4 minutes. After the beep, let the pressure release naturally for 10-12 minutes and release the rest quickly.
11. In the meantime, mix together mayonnaise, garlic and lemon juice in a small bowl to create the sauce for the fish.
12. Open the lid of the cooker, remove the packets and transfer the fish gently onto plates. Top each fillet with spinach. Make sure to also pour out any accumulated juices from inside the foil! Lastly, drizzle the top with the sauce you prepared and serve immediately.

Nutritional Facts

Cal.: 419

Fat: 16 g

Carbs: 40 g

Protein: 25 g

Alice

Preparation time: 2 minutes

Cooking time: 5 minutes Makes: 1-2 servings

What's Inside

- 1 fillet of wild Alaskan cod
- 1 cup of cherry tomatoes
- salt and pepper, to taste
- 2 tablespoons of unsalted butter

How to cook

6. Get a heatproof dish (glass works best here) that can fit inside your pressure cooker. Layer the cherry tomatoes on the bottom.
7. Cut the cod into 2-3 fillets and place them on top of the tomatoes. Salt and pepper to taste. Put a dollop of butter on top of each fillet and drizzle everything with olive oil.
8. Pour 1 cup of water into the Air fryer and place down the trivet. Put the pan with fillets on top of it and close the lid and valve.
9. Choose the manual option and set the pressure to high. Cooking time will vary – if you are using fresh (or thawed) fish, cook for 5 minutes; if your fish is frozen, set the timer for 9 minutes.
10. After it's done, quickly release the pressure, carefully open the lid and serve the fish immediately.

Nutritional Facts

Cal.: 83 ➤ Fat: 1 g

Carbs: 1 g

Protein: 22 g

Herbed Mussels

Preparation time: 10 minutes

Cooking time: 5 minutes Makes: 2 servings

What's Inside

- 2 pounds of mussels
- 1 cup of chicken or bone broth
- 4 minced garlic cloves
- ¼ of a cup of unsalted butter
- 3 tablespoons of chopped fresh parsley

How to cook

5. Firstly, you need to thoroughly scrub the mussels and de-beard them.
6. Set the Air fryer to sautéing and melt the butter in it. Once it starts foaming, drop in the garlic and cook it until it's golden brown and very fragrant. It should take about 1-2 minutes. Stir frequently and be careful not to burn the garlic – it will turn bitter.
7. Transfer the cleaned mussels into the cooker, pour broth over them and finish with lemon juice (1 lemon's worth). Turn off the sauté, gently mix everything together and close the lid and valve. Set for manual pressure cook and set the timer for 3 minutes.
8. After the beep, quickly release the pressure and transfer the mussels into a bowl or a platter. If you notice any closed ones – discard them. Pour all of the liquid from the pot onto the mussels, add a sprinkle of fresh parsley and serve immediately.

Nutritional Facts

Cal.: 303 ➤ Fat: 16 g

Carbs: 11 g

Protein: 33 g

Summer Salmon

Preparation time: 5 minutes

Cooking time: 15 minutes

Makes: 4 servings What's Inside

- 1 cup of water
- 1 pound of wild-caught Alaskan salmon
- Salt ground black pepper

How to cook

5. Slice the salmon into four pieces – try to make them as equal as possible.
6. Pour a cup of water in the Air fryer and place the trivet over the water. Arrange the fillets in one layer – make sure they don't overlap – and season them with salt and pepper. You can also add other spices or herbs, such as parsley, dill or lemon zest.
7. Close the lid and the valve. Manually set the pressure to high and the timer to 3 minutes (or to 5 minutes if you're using frozen fillets; you don't have to defrost them beforehand).
8. Quickly release the pressure once the cooking finishes and serve the salmon immediately with a low-carb dressing and/or sides of your choice!

Nutritional Facts

Cal.: 162

Fat: 8 g

Carbs: 1 g

Protein: 23 g

Mediterranean Cod

Preparation time: 10 minutes

Cooking time: 15 minutes Makes: 12 servings

What's Inside

- 12 pieces of cod (fresh or frozen)
- 2 tablespoons of lemon juice
- 6 tablespoons of butter
- 2 tablespoons of dried oregano
- 1 28-ounce can of diced tomatoes

How to cook

5. Firstly, set your pot to sautéing and let it warm up. Then, add the butter, lemon juice, oregano and tomatoes. Cook, stirring regularly, for 8-10 minutes.
6. Next, place the fish in the pot and scoop the sautéed sauce over every fillet. Close the lid and the valve. On the control panel, choose the manual option.
7. If your fish pieces are frozen, set the timer for 5 minutes, or for 3 if you're using fresh cod. In both cases, use high pressure.
8. When the cooking is done, let the pressure release on its own. After all the pressure is gone, open the pot and taste for seasoning. Add a little salt or pepper as necessary. Scoop out the fish and serve with garnishes or sides of your choice!

Nutritional Facts

- Cal.: 255 (per serving)

Tomato Basil Tilapia

Preparation time: 5 minutes

Cooking time: 4 minutes Makes: 4 servings

What's Inside

- 4 4-ounce fillets of tilapia
- 3 Roma tomatoes
- 2 minced garlic cloves
- ¼ of a cup of chopped fresh basil
- 2 tablespoons of olive oil

How to cook

7. Pour ½ of a cup of water into the Air fryer and place down the steaming basket the surface. Arrange the fish in the basket and sprinkle with salt and pepper.
8. Close the lid and the valve and manually set the pressure to high.
9. Cook fresh tilapia for 2 minutes, or for 4 minutes if it's frozen.
10. In the meantime, finely dice the tomatoes. Place them in a bowl and combine with garlic, olive oil and basil. Gently stir them together and taste for seasoning. Add salt and pepper if necessary.
11. After the timer beeps, open the valve to quickly release the pressure, carefully open the lid and test the fish. If you're using the thermometer, it should register a minimum of 145 degrees F. You can also test it with a fork – the meat should flake easily.
12. Gently transfer the fish to the plates (be careful, it might crumble – a wide spatula is helpful here). Add about 1 spoonful of the tomatoes on top of each fillet and serve immediately.

Nutritional Facts

Cal.: 172 ➤ Fat: 11 g

Carbs: 3 g

Protein: 21 g

Seaman's Shrimp

Preparation time: 2 minutes

Cooking time: 1 Minute Makes: 4-6 servings

What's Inside

- 28 ounces of deveined and shelled frozen shrimp
- ½ of a cup of apple cider vinegar
- ½ of a cup of water
- Creole seasoning, to taste (you can also use Old Bay or simply salt and pepper)

How to cook

4. Place all of the ingredients into the Air fryer, stir them together and close the lid. Seal the valve as well. Set the pressure to high and set the timer for 1 minute.
5. When the cooking is done, unseal the valve to quickly release the pressure. Open the lid and take out the shrimp. Transfer them to a plate or a bowl.
6. Serve as soon as they're done. To garnish, sprinkle some parsley on top.

Nutritional Facts

Cal.: 102

Fat: 0.4 g

Carbs: 0.3 g

Protein: 25

Shrimp Stir Fry

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 4 servings

What's Inside

- 1 pound of shelled and deveined medium shrimp
- ½ of a cup of sliced button mushrooms
- 2 cups of broccoli florets
- ¼ of a cup of soy sauce or coconut aminos
- 2 minced garlic cloves

How to cook

4. Heat up a bit of olive or coconut oil in the Air fryer using the sautéing setting. When the oil gets hot, add in the shrimp and sauté them for 5-6 minutes, until cooked through. Scoop them out and set aside for now.
5. Place the broccoli, mushrooms and garlic together with the soy sauce into the pot. Fry them for 4-6 minutes or until fork tender, then return the shrimp to the pot. Turn off the heat and stir everything together.
6. Serve while it's warm. It goes great with some vegetable noodles or riced cauliflower!

Nutritional Facts

Cal.: 175

Fat: 7.6 g

Protein: 19.5 g

Carbs: 6 g

Steamy Clams

Preparation time: 10 minutes

Cooking time: 30 minutes Makes: 3-4 servings

What's Inside

- 2 ½ pounds of littleneck clams
- 3 tablespoons of butter
- 2 peeled and diced shallots
- 1 ¼ cup of chicken broth
- 2 teaspoons of white wine vinegar

How to cook

8. Store the clams in a cool space before cooking. Before you begin, scrub them under the tap and put them in a large bowl filled with ice water. If you notice any clams with large pieces of shells missing, discard them. Place the bowl on the counter and lightly tap the surface close to the bowl. Discard any clams that don't close up as well.
9. Let the clams sit in the water for about 20 minutes. This way they will get rid of sand and grit.
 10. In the meantime, set your pressure cooker to sautéing, add the butter and a drizzle of olive oil. Sauté the shallots in the mixture for 1-2 minutes, until it becomes slightly translucent.
 11. Add the broth to the pot and wait until it starts simmering. Carefully transfer the clams one by one into the pot and let it all simmer for about 8-10 minutes. You can see which clams are done because they will open on their own. If you notice several closed ones, give them an extra minute or two, but if they stay closed – throw them out.
 12. Use a spider or a slotted spoon to transfer the clams into a bowl. Keep simmering the liquid in the pot for 5 more minutes (or more, until it reduces as much as you like). Pour the liquid into the bowl over clams.
 13. To garnish, sprinkle some fresh herbs onto the clams (rosemary, parsley, thyme or dill will work great) and drizzle them

with the vinegar – this trick is the substitute for white wine that would be normally used. Do not add any salt – the clams are naturally salty.

14. Serve right after pouring the broth and garnishing!

Nutritional Facts

Cal.: 283 ➤ Fat: 25 g ➤ Carbs: 3.1 g

Hearty Chicken Stew

Preparation time: 15 minutes

Cooking time: 20 minutes Makes: 6 servings

What's Inside

- 2 pounds of boneless chicken thighs
- ½ of a cup of water
- 0.6 of a pound of carrots ➤ 0.6 of a pound of onions ➤ 0.6 of a pound of bell peppers

How to cook

7. Prepare your What's Inside chop the chicken and peppers into small pieces (about 1-inch), cut the onion into thin slices and grate carrots (use larger slots).
8. Place the vegetables into the cooker first, then add chicken on top of them.
9. Add herbs of your choice – marjoram, lovage, bay leaf and allspice would fit great.
 10. Secure the lid and seal the vent. Press the button for manual setting and set the timer for 20 minutes. After that time, quickly release the pressure.
 11. If you wish, you can now shred the chicken into smaller pieces.
 12. Serve hot over some veggie noodles or as is.

Nutritional Facts

Cal.: 394

Zucchini Soup

Preparation time: 5 minutes

Cooking time: 30 minutes Makes: 10 servings

What's Inside

- 10 chopped zucchini
- 1 tablespoon of Thai curry paste
- 1 tablespoon of low-carb sweetener (such as stevia, stevia, sucralose) ➤ 13 ½ ounces of coconut milk
- 2 cups of stock or chicken bone broth

How to cook

4. Add all of the ingredients into the cooker, close the lid and seal the vent.
5. Make sure the valve is closed. Use the option for manual pressure and set the timer for 10 minutes.
6. Perform a quick release of the pressure one the time is up. Carefully open the lid and use a blender to cream the veggies until the soup is smooth (be careful of splashing!).

Nutritional Facts

Cal.: 119 Kcal

Net carbs: 5.7

Burly Beef Stew

Preparation time: 10 minutes

Cooking time: 1 hour 35 minutes Makes: 8 servings

What's Inside

- 2 tablespoons of clarified butter or ghee
- 2 pounds of stew beef (cut it into bite-sized pieces)
- 1 chopped onion
- 1 quart of beef broth
- 1 16-ounce can of cremini mushrooms

How to cook

6. Start with the sauté option on your pressure cooker and start melting the butter in it. Brown the meat for 2-3 minutes, making sure it's seared on all sides. (Work in smaller batches to prevent overcrowding the pot.) Take each batch out, put it on a plate and set aside.
7. Into the pot, add the onion, sprinkle it with a bit of salt and let it sauté. The liquid it releases will help you deglaze the pot of any browned bits.
8. When the onions are caramelized, add the beef back into the pot along with the rest of the ingredients. Close the lid and the valve. Use the meat/stew option or the pressure cook function and set the timer for 35 minutes.
9. After the time is up, let the pressure release on its own (should take 30-35 minutes). Remove the lid – if it seems like there's too much liquid, simply ladle out a bit.
10. Serve in warm bowls with a little parsley garnish.

Nutritional info What's Inside

Cal.: 411

Total fat: 27.5 g

Carbs: 11.6 g

Proteins: 26 g



Broth Cheddar Soup

Preparation time: 5 minutes

Cooking time: 10 minutes Makes: 6-8 servings

What's Inside

- 1 diced onion
- 2 small heads of broccoli, chopped ➤ 4 cups of chicken broth
- 1 12-ounce can of evaporated milk
- 8 ounces of grated sharp cheddar

How to cook

6. Start by sautéing the onion in a little bit of olive oil. Stir frequently and cook for 5-6 minutes.
7. Once the onions are cooked, add in the chicken broth and broccoli. Mix it thoroughly and close the lid and valve. Cook under high pressure for 5-6 minutes.
8. After the time is up, release the pressure and open the lid. Switch the pot to simmer setting and pour in the evaporated milk.
9. Gently stir continuously and slowly sprinkle in cheese by a handful. Don't rush, make sure the previous batch of cheese is melted before adding the next and keep adding until you run out of cheese. Taste for seasoning, add salt and pepper as needed.
10. Ladle the soup into warm bowls and serve with herbal garnish.

Nutritional Facts

Cal.: 426.2

Total fat: 34.8 g

Carbs: 12.4 g

Protein: 17.7 g

Tingly Tomato Soup

Cooking time: 8 minutes Makes: 8 servings

What's Inside

- 2 tablespoons of olive oil
- 1 small white onion, chopped
- 28 ounces of canned fire-roasted tomatoes
- $\frac{3}{4}$ of a cup of vegetable broth
- 2 teaspoons of dried basil

How to cook

6. Set your pot to sautéing, add olive oil and let it heat up. Drop in the onions and cook them for about 3 minutes until translucent.
7. Sprinkle the basil into the pot and add the broth and tomatoes. Mix everything together, close the lid and seal the valve. Set the cooker for high pressure and the timer for 5 minutes.
8. After the time is up, let the pressure release naturally. When it's done, remove the lid from the pot and use an immersion blender blend the soup until very smooth.
9. Taste for seasoning. Add salt and pepper as needed.
10. Serve the soup warm, garnish with fresh basil leaves and a sprinkling of grated cheese (optionally).

Nutritional Facts

- Cal.: 201

Kale Soup

Cooking time: 21 minutes Makes: 6 servings

What's Inside

- 3 pounds of bone-in, skin-on chicken thighs
- 32 ounces of chicken broth
- 1 tablespoon of dried Italian seasoning
- 16 ounces of halved cremini mushrooms
- 1 chopped large bunch of kale (stems removed)

How to cook

4. First, put the chicken into the pressure cooker along with 4 cups of water. Close the lid and seal the valve. Set the cooking time for 20 minutes and the pressure to high. After that time, release the pressure manually, remove the lid and take the chicken out of the pot. Set it aside until it's cool enough to work with.
5. Remove the bones and the skin from the meat and shred the chicken. Using a fine mesh strainer, strain the broth and return it with the meat into the pot.
6. Add the rest of the ingredients along with some herbs if you wish. Close the cover back and again seal the vent. Cook under high pressure for 1 minute, then release the pressure manually. Taste for seasoning, add salt and pepper as needed and serve.

Nutritional Facts

Cal.: 573

Total fat: 32 g

Carbs: 11 g

Protein: 62 g

Split Pea & Ham Soup

Cooking time: 25 minutes Makes: 8 servings

What's Inside

- 3 cups of green split peas ➤ 8 cups of chicken broth ➤ 1 thinly sliced celery stalk
- 1 diced yellow onion
- 3 minced cloves of garlic

How to cook

5. Set the pressure cooker to sautéing and drizzle in some olive oil. Once it heats up, add the garlic, onion and celery and fry for 4-5 minutes, or until softened.
6. Pour in the broth and add the peas. Season with salt and pepper and stir gently.
7. Seal the lid and the valve. Choose the soup setting on the Air fryer and cook for 15 minutes on high pressure.
8. As the time is up, quickly release the pressure and carefully remove the lid. Stir the soup, taste for seasoning and adjust as needed. It's ready to serve!

Nutritional Facts

Cal.: 181

Total fat: 2.5 g

Carbs: 30.2 g

Protein: 10.1 g

Bountiful Bone Broth

Preparation time: 3 minutes

Cooking time: 2 hours Makes: 12 cups

What's Inside

- 1 cooked chicken carcass and drippings, with most of the meat removed ➤ 1 quartered small onion with skin on
- 2 whole cloves of garlic
- 2 tablespoons of apple cider vinegar
- 3-4 liters of filtered water

How to cook

6. Place all solid ingredients into the pressure cooker. Fill the pot with filtered water until it reaches the 4-liter mark. Close the lid and seal the valve.
7. Set the pressure to high and the timer for 60 minutes. After that time, allow the pressure to release naturally.
8. Let the broth cool for about one hour. Once it is just warm, use a spider or a slotted spoon to remove the solid ingredients into another container. Taste the broth for seasoning and adjust with salt and pepper as necessary.
9. Chill the broth for a couple of hours – it's best to let it chill overnight.
10. You can store the broth in smaller containers. It will remain fresh for a week in a fridge, or even up to 3 months in the freezer. When you want to use it, skim the fat that will solidify at the top.

Nutritional Facts

Cal.: 40

Fat: 2.2 g

Carbs: 1.6 g ➤ Protein: 4 g

Butternut Swirly Squash Soup

Preparation time: 2 minutes

Cooking time: 20 minutes Makes: 6-8 servings

What's Inside

- 1 peeled and diced onion
- 2 pounds of diced butternut squash
- 1 peeled zucchini, cut into chunks

How to cook

4. Use the sauté option to heat up some light oil in the pot. Place the onions inside and let them just become golden brown. Then, add the zucchini, diced squash and about 3 cups of water.
5. Close the lid and seal the valve. Set the pressure to high and cook for 15 minutes.
6. Unseal the valve to manually release the pressure. Blend with an immersion blender until the soup is smooth. Taste for seasoning, adjust and serve.

Nutritional Facts

Fat: 80 %

Protein: 6%

Carbs: 11%

Lambast Lamb Stew

Preparation time: 5 minutes

Cooking time: 35 minutes Makes: 6-8 servings

What's Inside

- 2 pounds of lamb stew bits
- 1 peeled, seeded and cubed acorn squash
- 1 peeled and quartered yellow onion
- 1 sprig of fresh rosemary
- 6 finely sliced garlic cloves

How to cook

4. Prepare your vegetables. Adjust their size depending on their firmness.
5. Add everything into the Air fryer with extra 3 tablespoons of water. Use the soup or stew function, at high pressure, for 5-6 minutes.
6. Let the pressure come down on its own once the time is up. Remove the lid, stir the soup, taste for seasoning and adjust as needed. It's ready to serve!

Nutritional Facts

Cal.: 382

Fat: 13 g

Carbs: 11 g

Protein: 54 g

Royal Red Pepper Bisque

Preparation time: 20 minutes

Cooking time: 7 minutes Makes: 8 servings

What's Inside

- 1 chopped cauliflower head
- 2-3 minced garlic cloves
- 4 cups of vegetable broth
- 2 jars of roasted red peppers in water
- 1 6-ounce can of tomato paste

How to cook

6. Heat up some olive oil (or other light cooking oil) using the sauté setting. When it's hot, put in the garlic and chopped cauliflower. Sauté them together, stirring from time to time, until the garlic begins to take on some color.
7. Turn the sautéing off. Add the rest of the ingredients to the pot, season with some salt and pepper. Add dried parsley or other herbs as you wish.
8. Close the lid and seal the valve. Set the cooker to the manual function and cook for 7 minutes. After the beep, manually quickly release the pressure.
9. Take off the lid carefully. With a blender, puree the soup until it's smooth and creamy. You can use either an immersion blender for easiest process. If you use a cup blender, you might need to do it in batches.
10. When the soup is smooth, taste for seasoning and adjust as needed. For extra flavor, stir in 6-8 ounces of crumbled goat cheese. Serve in warm bowls with a bit of yogurt (Greek works great) and a sprinkle of fresh herbs.

Nutritional Facts

Cal.: 168

Carbs: 10 g

Protein: 11 g > Fat: 11 g

Cabbage & Broccoli Stew

Preparation time: 5 minutes

Cooking time: 10 minutes Makes: 6 servings

What's Inside

- 2 cups of broccoli slaw
- ½ of a cabbage head, shredded or thinly sliced
- ¼ of a cup of chopped kale
- 4 tablespoons of butter
- Salt and black pepper, to taste

How to cook

5. Turn on the sautéing setting on the Air fryer. Let it heat up for a bit and place everything but salt and pepper inside
6. Let the veggies fry for 8-10 minutes, stirring from time to time, making sure everything is well mixed together. Look for the cabbage to soften.
7. When the cabbage is tender, taste for seasoning and adjust with salt and pepper. Stir well and remove the veggies into a serving bowl. Remember to also pour the accumulated juices over them.
8. Serve the stew warm. Mix it shortly before serving if not served immediately.

Nutritional Facts

Cal.: 95

Fat: 7.4 g

Protein: 2.1 g

Carbs: 6.7 g

Tingling Taco Soup

Preparation time: 10 minutes

Cooking time: 10 minutes Makes: 8 People

What's Inside

- 2 pounds of ground beef
- 2 tablespoons of chili powder
- 1 20-ounce can of diced tomatoes with chili
- 32 ounces of beef broth
- ½ of a cup of heavy cream

How to cook

6. Choose the sauté option on your pressure cooker and let it heat up. Once hot, add the ground meat and brown it thoroughly. If you notice too much grease renders out, use a ladle/spoon or paper towels to remove the excess.
7. Add in the broth, chili powder and tomatoes in. If you want, add some salt and ground pepper as well.
8. Close the lid and seal the valve. Select the stew or soup option and cook for 5 minutes. After that time, let the pressure drop naturally
9. for about 10-12 minutes and release the rest manually. Carefully remove the lid. Pour in the heavy cream into the soup and stir well.
10. Serve the soup hot. Great toppings for it include jalapenos, fresh parsley, sliced black olives or a dollop of sour cream.

Nutritional Facts

Cal.: 262.6

Fat: 9.8 g

Carbs: 10.4 g

Protein: 31.5 g

Chicken Soup

Preparation time: 15 minutes

Cooking time: 13 minutes Makes: 8 servings

What's Inside

- 1 cup of celery, sliced medium thick
- 1 cup of diced yellow onion
- 8 ounces of pre-cooked shredded chicken
- 4 cups of bone or chicken broth
- 2 cups of heavy cream

How to cook

5. Add the vegetables, chicken and broth into the pressure cooker. Close the lid and seal the vent. Manually set the pressure to high and the time for 8 minutes.
6. Once the cooking is done, turn the cooker off and let the pressure release naturally for 5-7 minutes. Then, release the remaining pressure manually and open the lid.
7. Turn on the sauté option and pour in the heavy cream.
8. Thoroughly mix it all together. Once the soup starts to boil, let it cook for a couple of minutes, still stirring. Turn the cooker off, taste for seasoning. Add salt and black pepper to taste and serve the soup warm.

Nutritional Facts

Cal.: 265

Carbs: 8 g

Fat: 22 g

Protein: 10 g

Vegan Spaghetti Squash

Preparation time: 2 minutes

Cooking time: 13 minutes Makes: 2-4 servings

What's Inside

- 1 whole spaghetti squash
- 1 cup of cold water

How to cook

6. Halve the squash and remove the seeds. It's easy to do with a regular spoon or a spaghetti spoon (the latter will scrape the insides out easier).
7. Add the cold water into the pot and put the squash in a steamer basket inside. Secure the lid and seal the valve.
8. Set the pressure to high. As for the cooking time, 6-7 minutes will result in a squash with a bit of a bite to it, and 8-9 minutes will produce a soft squash.
9. Quickly release the pressure and carefully remove the lid. Use tongs or oven mitts to take the squash out. Put in on a cutting board on a plate and use a fork to pull the flesh off of the skin.
10. Squash is best served immediately alongside a sauce of your choice or as a side dish.

Nutritional Facts

Cal.: 181

Fat: 3.5 g

Carbs: 38.9 g

Protein: 3.8 g

Faux-Tatoes

Preparation time: 3 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 cored cauliflower head, cut into florets
- 1 cup of water
- Butter
- Salt and pepper, to taste
- Garlic powder, to taste

How to cook

8. After coring the cauliflower, separate it into large florets.
9. Pour the water into the Air fryer and set down a trivet. Place the florets on it.
10. Secure the lid and seal the valve. Cook under high pressure. As for time, aim closer to 3 minutes for firmer fauxtatoes, or up to 5 minutes to make it softer.
11. Release the pressure quickly after selected time and remove the lid.
12. Take out the inner pot to drain the water from the pot.
13. Put the cauliflower into the pot again, add butter and garlic powder. You can substitute it (or just add) for other seasonings, such as salt and pepper, dried or fresh herbs and other spices.
14. Using a potato masher or an immersion blender, puree the cauliflower until it reaches the consistency you like.

Nutritional Facts

Cal.: 29

Protein: 2.2 g

Fat: 0.4 g

Carbs: 4.9 g

Vegetarian Artichokes

Preparation time: 3 minutes

Cooking time: 17 minutes Makes: 2 servings

What's Inside

- 2 half-pound artichokes
- 4 cloves of minced garlic
- 2 tablespoons of unsalted butter, or vegan substitute
- Salt and pepper, to taste
- Juice from 1 lemon (optional)

How to cook

6. Prepare your artichokes first. Place them on their sides on a board. Tear away small leaves near the bottom and cut the stems off. Take a pair of sharp scissors and snip off the pointy tips from the rest of the leaves.
7. Pour 1 cup of water into the cooker and place in the steam rack. Put the artichokes whole onto it and close the lid and secure the valve.
8. Set the pressure to high and the timer for 8 minutes.
9. While the artichokes are steaming, combine the butter (or a plantbased substitute for a vegan option) with garlic and salt in a saucepan. Place the saucepan on the stove and melt the butter using low to medium-low heat. Adjust with salt as needed and let it cool a little.
10. When the timer goes off, release the pressure, open the lid and take the artichokes out onto plates. Just before serving, drizzle them generously with garlic and butter sauce.

Nutritional Facts

Cal.: 263

Fat: 11.9 g

Carbs: 33.9 g ➤ Protein: 12 g

Vegan Garlic Green Beans

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 4 servings

What's Inside

- 1 pound of fresh green beans
- 2 tablespoons of unsalted butter
- 1 minced clove of garlic
- 1 cup of water
- Salt and black pepper, to taste

How to cook

5. Add all of the ingredients into the Air fryer. Season with salt and pepper and mix it slightly for even distribution.
6. Secure the lid and close the valve.
7. Set the pressure to low. As for time, if you prefer crunchier, snappier beans, set the timer to 0 minutes and while the pressure rises, the beans will gently steam but remain al dente. For a medium-crunchy beans, set the timer to 2 minutes. If you prefer your beans soft, go up to 5 minutes.
8. After the timer goes off, quickly release the pressure. Use tongs or a spider to remove the beans from the pot and serve warm.

Nutritional Facts

Cal.: 90.2

Total fat: 6.4 g

Carbs: 8 g

Protein: 2.6 g

Autumn Alfredo

Preparation time: 3 minutes

Cooking time: 13 minutes Makes: 6 servings

What's Inside

- 2 tablespoons of olive oil
- 8 minced cloves of garlic ➤ 6 cups of cauliflower florets
- ¾ of a cup of raw cashews
- 3 cups of vegetable broth

How to cook

5. Start by turning the pot to sautéing and drizzling in the olive oil. When it warms up, add the garlic and sauté it for 1-2 minutes. It should be fragrant, but barely golden brown. Stir constantly to prevent burning!
6. Turn the sautéing off. Drop in the cashews, cauliflower and pour in the broth. Close the lid and seal the valve. Set the pressure to high and the timer for 3 minutes. After that, quickly release the pressure.
7. Use a slotted spoon to transfer the solids into a blender. Add a little of the liquid as well and blend together until it's all creamy and smooth, with no big chunks. If it seems hard to blend or comes out too thick, add the cooking liquid bit by bit until you reach your preferred consistency.
8. The sauce makes a great addition to steamed vegetables or veggie pastas!

Nutritional Facts

Cal.: 115

Carbs: 11 g

Protein: 6 g

Fat: 8 g

Fragrant Noodles

Preparation time: 5 minutes

Cooking time: 5 minutes Makes: 2 servings

What's Inside

- 2 large zucchini, peeled and cut into noodles
- 4 tablespoons of grated parmesan
- 2 minced garlic cloves
- Zest from $\frac{1}{2}$ of a lemon
- Juice from $\frac{1}{3}$ of a lemon

How to cook

4. Turn the sautéing option on your Air fryer and drizzle in some light cooking oil. As it gets hot, add in the lemon zest and garlic. Constantly stirring, let it cook together for a minute or two. The garlic should just start getting golden brown.
5. Throw in the noodled zucchini and pour in the lemon juice. Quickly toss everything together for 30 seconds tops. Be careful to not cook the noodles, as they might get mushy. They only need to be warmed.
6. As a finishing touch, sprinkle the parmesan onto the coated noodles and toss everything again. Taste for seasoning, adjust as needed with salt and black pepper and serve immediately.

Nutritional Facts

Cal.: 302

Total fat: 26.2 g

Carbs: 2.2 g

Protein: 4.9 g

Bear Asparagus

Preparation time: 1 minutes

Cooking time: 8 minutes Makes: 2 serving

What's Inside

- 1 bundle of asparagus (fresh)
- 3 cloves of garlic
- 1 cup of water
- 3 tablespoons of butter (or a vegan substitute)

How to cook

5. Pour the water into the Air fryer and place the trivet inside.
6. Break off the woody ends of each asparagus spear. Place the spears on aluminium foil and curve its edges up to prevent leaking. Bruise the garlic cloves and arrange them over the asparagus. Add dollops of butter on top and sprinkle with salt and pepper. Place the whole thing onto the trivet.
7. Close the lid and seal the valve. Set the pressure to high and cook for anywhere between 4 and 8 minutes – the less time you set, the crunchier the asparagus; 8 minutes will result in softer spears.
8. Once the time is up, open the valve and release the pressure quickly. Take out the foil with asparagus, mix to coat them in butter and serve warm.

Nutritional Facts

Cal.: 68

Fat: 8 g

Carbs: 0.9 g

Protein: 2 g

Herbed Mushrooms

Preparation time: 5 minutes

Cooking time: 20 minutes Makes: 2 servings

What's Inside

- 2 tablespoons of olive oil
- 1 pound of small button mushrooms
- 2 tablespoons of butter
- 2 teaspoons of minced garlic
- ½ of a teaspoon of chopped fresh thyme

How to cook

5. Set your pressure cooker to sautéing and let it get hot, then drizzle in the olive oil. Set the mushrooms inside, stem side up, and let them sauté for about 5 minutes. Do not stir or move them until the caps have caramelised.
6. Add the thyme, garlic and butter, mix it with the mushrooms and coat them well. Close the lid and seal the valve.
7. Set the cooker to high pressure and the timer for 13-15 minutes. After that time, allow the pressure to release naturally for 5-6 minutes and manually release the rest of it.
8. Scoop the mushrooms out onto plates or a serving platter/bowl. Spoon out some of the butter and drizzle over them. Add salt and pepper to taste, garnish with fresh herbs and serve warm.

Nutritional Facts

Cal.: 166 ➤ Fat: 15 g

Carbs: 6 g

Protein: 3.8 g

Really Good Rice

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 medium or large cauliflower head
- 2 tablespoons of olive oil
- ¼ of a teaspoon of salt
- ½ of a teaspoon of dried herbs (e.g. parsley)

How to cook

5. Wash the cauliflower, remove the stem and cut into florets. Pour 1 cup of water into the pot and place in the steaming basket. Put the florets onto the basket, close the lid and seal the vent.
6. Set the timer for one minute and use the manual setting. Once it beeps, manually release the pressure. Take out the cauliflower and pour out the water from the pot.
7. Turn on the sautéing option. Drizzle in the olive oil and once it heats up, add the cauliflower back in. Let it fry for a couple of seconds and mash the cauliflower with a potato masher or a fork.
8. Sprinkle in the herbs of your choice, add salt and pepper to taste. Serve while warm with a main dish – works best with ones with sauce!

Nutritional Facts

Cal.: 68 ➤ Fat: 8 g

Carbs: 1.4 g

Protein: 0.6 g

Plight Puree

Cooking time: 9 minutes Makes: 6 servings

What's Inside

- 1 whole pumpkin (choose one that will fit in your pot)
- 1 ½ cups of water

How to cook

6. Pour the water into the pot and place in the steaming basket. Put the whole pumpkin on it. If you can't find the right size, you can use a bigger pumpkin – just cut in into large chunks, remove the seeds and the insides and arrange them on a basket so that you can close the lid.
7. Close the lid and secure the valve. If you're using pieces of pumpkin, cook for 9 minutes on high pressure. Whole pumpkin will take closer to 12-15 minutes.
8. After the time is up, allow the pressure to release on its own for up to 5 minutes and release the remaining pressure manually. Take
9. out the pumpkin and set aside until it's cooled enough to work with.
10. When the pumpkin is cool enough to handle, use a spoon to scoop the flesh out and put it in a blender. Pulse the pumpkin until you have a puree of the consistency you like.

Nutritional Facts

Cal.: 59

Carbs: 13 g

Protein: 3 g

Boiling Broccoli

Cooking time: 12 minutes Makes: 2-4 servings

Preparation time: 5 minutes

What's Inside

- 1-2 broccoli heads, cut into florets
- ½ of a cup of water
- 6 cloves of minced garlic ➤ 1 tablespoon of peanut oil ➤ Fine sea salt, to taste

How to cook

6. Pour the water into the pressure cooker and place the steaming basket inside. Arrange the florets on it – aim for a semi-even layer. Close the lid and seal the valve. Set the timer to 0 minutes and the pressure to low. The broccoli will steam as the pressure builds.
7. When it's done, turn off the pot and release the pressure manually.
8. Transfer the broccoli under running cold water or into an ice bath to stop the cooking process. Once they cool slightly, set them aside
9. to dry. Pour the water out of the pressure cooker and wipe the inside dry.
10. Set the Air fryer to sautéing, drizzle in the peanut oil and heat until it's shimmering. Once hot, add in the garlic and fry it for up to 30 seconds, stirring constantly. Be careful – don't burn the garlic, it will turn very bitter. Drop in the dry broccoli, sprinkle in the sea salt and mix everything together for 30 more seconds, coating the broccoli with garlic oil. Serve warm!

Nutritional Facts

Cal.: 76

Fat: 4.1 g

Carbs: 8.6 g

Protein: 4.5 g

Macho Cheese

Preparation time: 5 minutes

Cooking time: 15 minutes Makes: 2 servings

What's Inside

- 2 cup of riced cauliflower ➤ 2 tablespoon of cream cheese
- ½ of a cup of half and half
- ½ of a cup of shredded cheddar
- Salt and pepper

How to cook

5. Find a heatproof dish that will fit in your Air fryer. Mix all of the ingredients in it thoroughly, salt and pepper to taste. When you're happy with the flavor, cover the dish with tinfoil.
6. Add 1 ½ cups of water into the Air fryer and place down the trivet. Set the covered dish on it. Close the lid and secure the valve.
7. Set the pressure to high and the timer for 5 minutes. After it's done, let the pressure release on its own for 1012 minutes, then release the rest manually.
8. Take out the dish, remove the foil and place the dish under a hot broiler until the cheese is golden brown and bubbly. It's ready to be served!

Nutritional Facts

Cal.: 267 ➤ Fat: 22 g

Carbs: 10 g

Protein: 12 g

Garden Artichokes

Cooking time: 7 minutes Makes: 4 servings

Preparation time: 10 minutes

What's Inside

- 4 whole artichokes
- 2 teaspoons of minced garlic
- 3-4 teaspoons of olive oil
- ¼ of a cup of grated parmesan
- ½ of a cup of vegetable broth

How to cook

4. Prepare the artichokes. Wash them, cut off the tops, stems and spiny tips of the petals. Spread the petals delicately, sprinkle the garlic on the artichokes, drizzle them with olive oil and place a tablespoon of grated parmesan on top of each one.
5. Pour the broth into the Air fryer and place down a streaming basket. Arrange the artichokes upright, close the lid and seal the valve.
6. Using the manual setting, cook the artichokes for 10 minutes. After that time, perform a quick release of the pressure, take the artichokes out with tongs and serve.

Nutritional Facts

Cal.: 129

Carbs: 15 g

Protein: 7 g

Fat: 7 g

Greens

Cooking time: 15 minutes Makes: 4 servings

What's Inside

- 1 diced onion
- 3 tablespoon of olive oil
- 3 minced garlic cloves
- 1/3 of a cup of chopped sundried tomatoes
- 1 roughly cut large bunch of collard greens

How to cook

5. Set your Air fryer to sautéing and drizzle in the olive oil. Once it's warmed, add in the onion and sauté for about 3 minutes until it's soft and starts getting brown.
6. Add the rest of the ingredients and mix it altogether well. Turn off the sautéing, close the lid and secure the valve.
7. Set the pressure to high and the timer for 5 minutes. Afterwards, let the pressure release on its own.
8. Carefully open the lid once the pressure goes down. Taste for seasoning, add salt and pepper as necessary. You can also drizzle in a bit of lemon or lime juice. Serve as a side dish.

Nutritional Facts

Cal.: 178

Carbs: 12 g

Fat: 16 g

Protein: 4 g

Low Carb Yogurt

Cooking time: 10 hours Makes: 8 servings

What's Inside

- ½ gallon of organic whole milk
- 2 tablespoons of plain organic whole milk yogurt

How to cook

9. Pour the milk in the Air fryer and close the lid. Choose the Yogurt setting and select boiling.
10. When the milk starts bubbling, remove the lid carefully and stir the liquid to make sure it heats evenly. In the meantime, prepare an ice bath in the sink.
11. The milk has to reach at least 180 degrees F. Check periodically with a thermometer – if the boiling stops before that, start the cycle again.
12. When the milk is hot enough, carefully transfer the liner pot into the ice bath. Place in the thermometer and let it cool down to 110 degrees F. Then, put the liner back into the pressure cooker.
13. In a small mixing bowl, combine the yogurt with 4 tablespoons of warm milk to temper the starter. Add it to the Air fryer and stir well. Close the lid of the pot.
14. Set the timer. Regular incubation will take 10-12 hours, but if you prefer your yogurt tarter and with less sugars, you can add an hour or two.
15. Once the incubation finishes and the yogurt thickens, put the entire liner pot with it into the fridge for about 4 hours.
16. When the yogurt is chilled, strain it into a bowl through a strainer with cheesecloth. Once it no longer drips, it's ready. You should have yogurt of similar consistency to Greek yogurt. Add some fresh berries, a bit of cinnamon and enjoy!

Nutritional Facts

Cal.: 153

Fat: 5 g

Carbs: 8.2 g

Protein: 20.3 g

Snacks & Appetizers

Yummy snacks and appetizers that satisfy any cravings and keep your diet on track!

Broccoli Cheddar Loaf

Total Prep & Cooking Time: 35 min.

Yields: 10 servings

Nutrition Facts: Calories: 90 Protein: 6g | Net Carbs: 2g | Fat 6g

Ingredients:

- 5 eggs
- ¾ cup raw broccoli florets
- 2 tsp. baking powder
- 1 cup shredded cheddar cheese
- 3 ½ tbsp coconut flour
- 1 tsp. salt

Method:

1. Chop the broccoli florets into smaller pieces.
2. Preheat oven to 350 degrees. Use cooking spray to oil the pan.
3. Combine all the ingredients and transfer to the loaf pan.
4. Bake for 30-35 minutes, so the bread is lightly toasted on top and puffy.

Keto Bread

Total Prep & Cooking Time: 70 min.

Yields: 1 serving

Nutrition Facts: Calories: 450 Protein: 19g | Net Carbs: 10g | Fat 40g

Ingredients:

- 1 ½ cup finely ground almond flour
- ¼ cups of butter, melted
- ½ tsp. salt
- 6 eggs
- 1 tbsp. baking powder

Method:

1. Switch on the oven to 375 degrees. Position wax paper in a loaf pan (8" by 4"). Then separate egg whites and yolks.
2. Join egg whites with cream of tartar in a standard bowl and then use a hand mixer to whip until peaks form.
3. In a different bowl, use a hand mixer to combine egg yolks, almond flour, melted butter, baking powder, and salt.
4. Fold in about 1/3 of the whipped egg whites and then transfer the rest of the egg whites. Continue to fold.
5. Pour the well-mixed batter into the loaf pan, smoothing out as you pour.
6. Bake for 30 minutes. Let the bread cool for about 30 minutes before slicing.

Meaty Pizza Cups

Total Prep & Cooking Time: 25 min.

Yields: 1 serving

Nutrition Facts: Calories: 450 Protein: 19g | Net Carbs: 10g | Fat 40g

Ingredients:

- 24 Pepperoni pieces
- 12 thin-sliced deli ham
- 12 tbsp. pizza sauce, sugar-free
- 1 lb. Italian sausage, sugar-free
- 3 cups Mozzarella cheese

Method:

1. Switch on the oven to 375 degrees and then brown the Italian sausage in a skillet. Drain the excess grease from the pan.
2. Line the muffin tins with deli ham and evenly divvy up the sausage and the balance of the ingredients into each cup.
3. Bake for 10 minutes. Then switch oven to broil for 1 minute until edges of the meat are crispy and cheese is bubbly.
4. Shift the meaty cups from each muffin tin and set on a paper toweled lined plate. Eat immediately or refrigerate.

Keto Chicken Nuggets

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 243 Protein: 18g | Net Carbs: 2g | Fat 17g

Ingredients:

- 2 cups cooked chicken
- 1 tsp garlic salt
- 8 oz. cream cheese
- 1 egg
- ¼ almond flour

Method:

1. Preheat oven to 350 degrees.
2. Cook 2 cups of chicken and then shred it with an electric mixer. Use a combination of white meat and dark meat. The chicken should be slightly warm when shredded.
3. Combine the shredded chicken with the rest of the ingredients and mix thoroughly.
4. Put scoops of chicken mixture on a greased baking sheet or parchment-lined baking sheet. Flatten each scoop into a nugget shape.
5. Bake nuggets for 12-14 minutes. So, when you take nuggets out of the oven, they are golden brown.

Slow Cooker Buffalo Chicken

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 147 | Protein: 23g | Net Carbs: 6g | Fat 3g

Ingredients:

- 2 tbsp. ranch salad dressing mix
- ½ cup Buffalo wing sauce
- 4 boneless skinless chicken breasts
- Optional: celery and crumbled blue cheese

Method:

1. Using a 3-quart slow cooker, combine the wing sauce, ranch dressing mix, and chicken. Cover the slow cooker and simmer on low for 3-4 hours or until meat is totally tender.
2. Once chicken is cooked, shred with 2 forks. You can serve on celery or top with additional wing sauce and blue cheese.

Rosemary Garlic Chicken Kabobs

Total Prep & Cooking Time: 30 min.

Yields: 8 servings

Nutrition Facts: Calories: 110 | Protein: 9g | Net Carbs: 1g | Fat 8g

Ingredients:

- 3 boneless skinless chicken breasts
- 8 bamboo skewers
- ¼ cup olive oil
- 2 tbsp. fresh rosemary, chopped
- 3 cloves of garlic
- Pepper and salt as desired

Method:

1. Saturate bamboo skewers in water for 15 minutes to prevent skewers from burning on the grill. While skewers are soaking, preheat the grill to 375 degrees.
2. Chop chicken breasts into chunks and chop fresh rosemary and mince the garlic cloves.
3. Bring together all ingredients in a wide mixing bowl and stir and coat the chicken chunks thoroughly.
4. Arrange the chicken chunks evenly on the 8 skewers. Cover and refrigerate chicken skewers until ready to grill.
5. Then grill the kabobs for 3 minutes on each side for a total of 12 to 15 minutes. Cook chicken thoroughly.

Spicy Deviled Eggs

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 153 | Protein: 5.9g | Net Carbs: 5.7g | Fat 12g

Ingredients:

- 6 eggs
- 1 tbsp. red curry paste
- ½ cup mayonnaise
- ¼ tsp. salt
- ½ tbsp. poppy seeds

Method:

1. Cover eggs with water in an appropriately sized pan and bring to a boil without a lid.
2. Simmer the eggs for about 8 minutes and then cool quickly with ice-cold water.
3. Remove the eggs from the shells. Then cut eggs in half and subtract the yellow yolks and transfer the yolks in a little bowl.
4. Put the egg halves on a serving platter plate and let cool in the refrigerator.
5. In the same bowl, mix the curry paste, mayonnaise, and egg yolks into a smooth paste. Add salt to taste.
6. Take the egg whites from the refrigerator and add the batter to the center of the eggs. Scatter sesame seeds on the eggs for garnish.

Bacon Avocado Bombs

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 153 | Protein: 5.9g | Net Carbs: 5.7g | Fat 12g

Ingredients:

- 2 avocados
- 1/3 cups shredded cheddar
- 8 slices bacon

Method:

1. Heat the broiler and line a small baking sheet with foil.
2. Slice each avocado in half, detach the center pits and unpeel the skin.
3. Fill 2 halves of the avocado with cheese and then top with other halves. Then wrap each avocado with 4 slices of bacon.
4. Put the bacon-wrapped avocados on the cooking sheet and broil for
5. 5 minutes or until bacon is at preferred crispiness. Carefully flip the avocados with tongs and cook for an additional five minutes.
6. Cut in half and serve.

Cauliflower Mac & Cheese

Total Prep & Cooking Time: 5 min.

Yields: 1 serving

Nutrition Facts: Calories: 128 | Protein: 9.4g | Net Carbs: 4.8g | Fat 14.9g

Ingredients:

- $\frac{3}{4}$ cup frozen cauliflower florets
- 1 oz. shredded cheddar cheese
- 1 tbsp. heavy cream

Method:

1. Using a small microwavable dish with a lid, heat the cauliflower for about 1 minute.
2. Remove from microwave and then chop the cauliflower into small pieces.
3. Then microwave for another 50 seconds and add shredded cheese on top.
4. Microwave for an extra 10 seconds to melt the shredded cheese.
5. Add in heavy cream and stir until creamy sauce forms.

Everything Bagel Keto Fat Bombs

Total Prep & Cooking Time: 10 min.

Yields: 18 servings

Nutrition Facts: Calories: 60 | Protein: 2g | Net Carbs: 1g | Fat 5g

Ingredients:

- 8 oz. cream cheese, softened
- 1/3 cup everything seasoning
- 1 tsp. dried dill
- 2 tbsp. chives, chopped
- Pepper and salt as desired
- 4 oz. smoked salmon, chopped

Method:

1. Chop up the chives and slice the salmon.
2. Using a hand mixer, beat the cream cheese.
3. Then throw in the chives, dill, and seasonings in a bowl and continue to mix smoothly on average speed. Slowly, blend in the smoked salmon and salt to taste.
4. Cover baking sheet with wax paper. Scoop out bite-sized balls and cool in the refrigerator for 30 minutes.
5. Take scoops out of the refrigerator and put everything seasoning on a plate.
6. Quickly roll each fat bomb in a ball and then roll them into the everything seasoning. Continue rolling, so the seasoning sticks to the bombs.
7. Enjoy now or chill for later.

Mozzarella Stuffed Meatballs

Total Prep & Cooking Time: 40 min.

Yields: 4 servings

Nutrition Facts: Calories: 396 | Protein: 59.6g | Net Carbs: 1g | Fat 15.6g

Ingredients:

- 1 ½ lbs. ground beef
- 1 tbsp. dried basil
- Butter for frying
- 4 oz. mozzarella cheese
- Pepper and salt as desired
- 2 tbsp. cold water

Method:

1. Combine the ground beef, basil, cold water, salt, and pepper in a sizeable bowl. Stir completely with a big wooden utensil or using your hands.
2. Make 10 flat patties about 3-4 inches wide and ½ thick.
3. Then cut the mozzarella into 10 pieces and put in the middle of each beef patty. Roll the meat around cheese in your hands to form a ball.
4. Fry each meatball in butter over medium heat until juices are clear.

Prosciutto-wrapped salmon skewers

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 340 | Protein: 45g | Net Carbs: 1.7g | Fat 16.6g

Ingredients:

- 8 wooden skewers
- ¼ cup fresh basil, finely chopped
- 1 lb. salmon, frozen
- 3 ½ oz. prosciutto, sliced
- Pepper
- 1 tbsp. olive oil

Method:

1. Soak the skewers in water so they do not burn when cooking. Finely chop the basil. Then sprinkle the basil with pepper to taste.
2. Cut the almost thawed salmon filets length-wise and then slide the length-wise salmon.
3. Then rotate the salmon skewers in the finely chopped basil and pepper.
4. Thinly slice the prosciutto and enclose it tightly around the salmon.
5. Lightly splash olive oil on skewers and fry in a skillet, bake in the oven or cook on the grill. Cook salmon all the way through.

Nacho Cheese Crisps

Total Prep & Cooking Time: 55 min.

Yields: 6 servings

Nutrition Facts: Calories: 340 | Protein: 45g | Net Carbs: 1.7g | Fat 16.6g

Ingredients:

- 1 8 oz. package sliced cheddar
- 2 tsp. taco seasoning

Method:

1. Switch on the oven to 250 degrees.
2. Cut each slice of cheese into 9 squares. Then place them in the mixing bowl. Add taco seasoning on cheese squares and coat thoroughly.
3. Cover baking sheet with wax paper. Lay the cheese slices evenly (no overlapping).
4. Bake for 40 minutes so that the cheese is crispy and golden. Let cool 10 minutes and then remove from parchment paper.

Avocado and Bacon Fries

Servings: 2

Ingredients:

- Egg (1)
- Almond flour (1 cup)
- Bacon – cooked – small bits (4 strips)
- Avocados (2 large)
- For Frying: Olive oil

Steps Used to Prepare:

1. Set the Air Fryer at 355° Fahrenheit.
2. Whisk the eggs in one container. Add the flour with the bacon in another.
3. Slice the avocado using lengthwise cuts. Dip into the eggs, then the flour mixture.
4. Drizzle oil in the fryer tray and set the timer for 10 minutes per side before serving.

Bacon-Wrapped Hot Dogs

Servings: 8

Ingredients:

- Bacon strips (8)
- Hot dogs (8)

Steps Used to Prepare:

1. Wrap each hot dog with the desired amount of bacon.
2. Place four hot dogs at a time in the Air Fryer basket. Space them so air can circulate.
3. Set the fryer to 360° Fahrenheit. Set the timer for 15 minutes.
4. Check to see if they are as you like them. If not, air-fry for another one or two minutes.

Cheesy Hot Dogs

Servings: 2

Ingredients:

- Hot dogs (2)
- Hot dog buns (2)
- Grated cheese (2 tbsp.)

Steps Used to Prepare:

1. Heat the Air Fryer for four (4) minutes at 390° Fahrenheit.
2. Arrange the hot dogs in the Air Fryer and cook for five minutes.
3. Place the hot dog on the bun and top it off with cheese.
4. Place in the fryer for about two minutes to melt the cheese and serve.

Jalapeno Poppers

Servings: 4-5

Ingredients:

- Jalapeno peppers (10)
- Fresh parsley (.25 cup)
- Cream cheese (8 oz.)
- Breadcrumbs (.75 cup)

Steps Used to Prepare:

1. Warm the Air Fryer at 370° Fahrenheit.
2. Slice the peppers into halves and deseed.
3. Combine the cream cheese and half of the crumbs. Sprinkle in the parsley.
4. Stuff each of the peppers and press the rest of the crumbs on the top for coating.
5. Set the timer and air-fry for 6-8 minutes or until they are nicely browned.

Mozzarella Cheese Sticks - Weight Watchers

Servings: 5

Ingredients:

- Mozzarella string cheese (10 pieces)
- Italian breadcrumbs (1 cup)
- Egg (1)
- Flour (.5 cup)
- Marinara sauce (1 cup)

Steps Used to Prepare:

1. Warm the Air Fryer at 400° Fahrenheit.
2. Toss the breadcrumbs, salt, and pepper.
3. Prepare three dishes. Dip each piece of cheese in flour, egg, and lastly the breadcrumbs.
4. Chill the sticks for one hour to help them hold the stick shape during frying.
5. Lightly spritz the sticks with coconut oil using a baking brush.
6. Arrange the prepared sticks in the Air Fryer. Set the timer for 8 minutes. At that point, turn them over using tongs and air-fry for another 8 minutes.
7. Wait for five minutes and transfer them from the pan to serve.

Pigs in a Blanket

Servings: 4

Ingredients:

- Crescent rolls (8 oz. can)
- Cocktail franks (12 oz. pkg.)

Steps Used to Prepare:

1. Warm the Air Fryer at 330° Fahrenheit.
2. Rinse and dry the franks using paper towels.
3. Slice the dough into rectangular strips (1.5 inches x 1-inch).
4. Roll the dough around the franks, but leave the ends open.
5. Place them in the freezer for approximately five minutes. T
6. Transfer them to the fryer for 6-8 minutes.
7. Raise the temperature setting to 390° Fahrenheit. Continue cooking for approximately three more minutes.

Potato Skin Wedges

Servings: 6

Ingredients:

- Russet potatoes (6 medium)
- Paprika (1.5 tsp.)
- Canola oil (2 tbsp.)
- Black pepper and salt (.5 tsp. each)

Steps Used to Prepare:

1. Wash the potatoes and boil in salted water for forty minutes.
2. Place them in the fridge to chill for about half an hour. Slice them into quarters when they have cooled.
3. Whisk the salt, paprika, pepper, and oil in a mixing dish.
4. Toss the potatoes in the mixture and arrange them in the cooking basket with the skin side down.
5. Air-fry them 14-16 minutes.

Sweet Potato Fat-Free **Fries**

Servings: 1-2

Ingredients:

- Sweet potatoes (1-2)
- Red potatoes (1-2)
- Optional: Parsley

Steps Used to Prepare:

1. Set the temperature to 356° Fahrenheit.
2. Peel and slice the potatoes. Toss into a container of water until ready for frying.
3. Towel-dry the wedges and spray using a baking oil spray.
4. Arrange a single layer of fries in the basket and set the timer for ten minutes.
5. Give the fries a shake, return to the Air Fryer for another eight to ten minutes.
6. Serve them the way you like them.

Burdensome Loaf

Total Prep & Cooking Time: 35 min.

Yields: 10 servings

Nutrition Facts: Calories: 90 Protein: 6g | Net Carbs: 2g | Fat 6g

Ingredients:

- 5 eggs
- $\frac{3}{4}$ cup raw broccoli florets
- 2 tsp. baking powder
- 1 cup shredded cheddar cheese
- 3 $\frac{1}{2}$ tbsp coconut flour
- 1 tsp. salt

Method:

5. Chop the broccoli florets into smaller pieces.
6. Preheat oven to 350 degrees. Use cooking spray to oil the pan.
7. Combine all the ingredients and transfer to the loaf pan.
8. Bake for 30-35 minutes, so the bread is lightly toasted on top and puffy.

Low Carb Bread

Total Prep & Cooking Time: 70 min.

Yields: 1 serving

Nutrition Facts: Calories: 450 Protein: 19g | Net Carbs: 10g | Fat 40g

Ingredients:

- 1 ½ cup finely ground almond flour
- ¼ cups of butter, melted
- ½ tsp. salt
- 6 eggs
- 1 tbsp. baking powder

Method:

7. Switch on the oven to 375 degrees. Position wax paper in a loaf pan (8" by 4"). Then separate egg whites and yolks.
8. Join egg whites with cream of tartar in a standard bowl and then use a hand mixer to whip until peaks form.
9. In a different bowl, use a hand mixer to combine egg yolks, almond flour, melted butter, baking powder, and salt.
10. Fold in about 1/3 of the whipped egg whites and then transfer the rest of the egg whites. Continue to fold.
11. Pour the well-mixed batter into the loaf pan, smoothing out as you pour.
12. Bake for 30 minutes. Let the bread cool for about 30 minutes before slicing.

Pizza Prize

Total Prep & Cooking Time: 25 min.

Yields: 1 serving

Nutrition Facts: Calories: 450 Protein: 19g | Net Carbs: 10g | Fat 40g

Ingredients:

- 24 Pepperoni pieces
- 12 thin-sliced deli ham
- 12 tbsp. pizza sauce, sugar-free
- 1 lb. Italian sausage, sugar-free
- 3 cups Mozzarella cheese

Method:

5. Switch on the oven to 375 degrees and then brown the Italian sausage in a skillet. Drain the excess grease from the pan.
6. Line the muffin tins with deli ham and evenly divvy up the sausage and the balance of the ingredients into each cup.
7. Bake for 10 minutes. Then switch oven to broil for 1 minute until edges of the meat are crispy and cheese is bubbly.
8. Shift the meaty cups from each muffin tin and set on a paper toweled lined plate. Eat immediately or refrigerate.

Chicken Balls

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 243 Protein: 18g | Net Carbs: 2g | Fat 17g

Ingredients:

- 2 cups cooked chicken
- 1 tsp garlic salt
- 8 oz. cream cheese
- 1 egg
- ¼ almond flour

Method:

6. Preheat oven to 350 degrees.
7. Cook 2 cups of chicken and then shred it with an electric mixer. Use a combination of white meat and dark meat. The chicken should be slightly warm when shredded.
8. Combine the shredded chicken with the rest of the ingredients and mix thoroughly.
9. Put scoops of chicken mixture on a greased baking sheet or parchment-lined baking sheet. Flatten each scoop into a nugget shape.
10. Bake nuggets for 12-14 minutes. So, when you take nuggets out of the oven, they are golden brown.

Juicy Chicken

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 147 | Protein: 23g | Net Carbs: 6g | Fat 3g

Ingredients:

- 2 tbsp. ranch salad dressing mix
- ½ cup Buffalo wing sauce
- 4 boneless skinless chicken breasts
- Optional: celery and crumbled blue cheese

Method:

3. Using a 3-quart slow cooker, combine the wing sauce, ranch dressing mix, and chicken. Cover the slow cooker and simmer on low for 3-4 hours or until meat is totally tender.
4. Once chicken is cooked, shred with 2 forks. You can serve on celery or top with additional wing sauce and blue cheese.

Herbed Kabobs

Total Prep & Cooking Time: 30 min.

Yields: 8 servings

Nutrition Facts: Calories: 110 | Protein: 9g | Net Carbs: 1g | Fat 8g

Ingredients:

- 3 boneless skinless chicken breasts
- 8 bamboo skewers
- ¼ cup olive oil
- 2 tbsp. fresh rosemary, chopped
- 3 cloves of garlic
- Pepper and salt as desired

Method:

6. Saturate bamboo skewers in water for 15 minutes to prevent skewers from burning on the grill. While skewers are soaking, preheat the grill to 375 degrees.
7. Chop chicken breasts into chunks and chop fresh rosemary and mince the garlic cloves.
8. Bring together all ingredients in a wide mixing bowl and stir and coat the chicken chunks thoroughly.
9. Arrange the chicken chunks evenly on the 8 skewers. Cover and refrigerate chicken skewers until ready to grill.
10. Then grill the kabobs for 3 minutes on each side for a total of 12 to 15 minutes. Cook chicken thoroughly.

Ego Eggs

Total Prep & Cooking Time: 20 min.

Yields: 6 servings

Nutrition Facts: Calories: 153 | Protein: 5.9g | Net Carbs: 5.7g | Fat 12g

Ingredients:

- 6 eggs
- 1 tbsp. red curry paste
- ½ cup mayonnaise
- ¼ tsp. salt
- ½ tbsp. poppy seeds

Method:

7. Cover eggs with water in an appropriately sized pan and bring to a boil without a lid.
8. Simmer the eggs for about 8 minutes and then cool quickly with ice-cold water.
9. Remove the eggs from the shells. Then cut eggs in half and subtract the yellow yolks and transfer the yolks in a little bowl.
10. Put the egg halves on a serving platter plate and let cool in the refrigerator.
11. In the same bowl, mix the curry paste, mayonnaise, and egg yolks into a smooth paste. Add salt to taste.
12. Take the egg whites from the refrigerator and add the batter to the center of the eggs. Scatter sesame seeds on the eggs for garnish.

Bacon Bombs

Total Prep & Cooking Time: 20 min.

Yields: 4 servings

Nutrition Facts: Calories: 153 | Protein: 5.9g | Net Carbs: 5.7g | Fat 12g

Ingredients:

- 2 avocados
- 1/3 cups shredded cheddar
- 8 slices bacon

Method:

7. Heat the broiler and line a small baking sheet with foil.
8. Slice each avocado in half, detach the center pits and unpeel the skin.
9. Fill 2 halves of the avocado with cheese and then top with other halves. Then wrap each avocado with 4 slices of bacon.
10. Put the bacon-wrapped avocados on the cooking sheet and broil for
11. 5 minutes or until bacon is at preferred crispiness. Carefully flip the avocados with tongs and cook for an additional five minutes.
12. Cut in half and serve.

Sim Breakfast

Total Prep & Cooking Time: 5 min.

Yields: 1 serving

Nutrition Facts: Calories: 128 | Protein: 9.4g | Net Carbs: 4.8g | Fat 14.9g

Ingredients:

- $\frac{3}{4}$ cup frozen cauliflower florets
- 1 oz. shredded cheddar cheese
- 1 tbsp. heavy cream

Method:

6. Using a small microwavable dish with a lid, heat the cauliflower for about 1 minute.
7. Remove from microwave and then chop the cauliflower into small pieces.
8. Then microwave for another 50 seconds and add shredded cheese on top.
9. Microwave for an extra 10 seconds to melt the shredded cheese.
10. Add in heavy cream and stir until creamy sauce forms.

Bouncy Bombs

Total Prep & Cooking Time: 10 min.

Yields: 18 servings

Nutrition Facts: Calories: 60 | Protein: 2g | Net Carbs: 1g | Fat 5g

Ingredients:

- 8 oz. cream cheese, softened
- 1/3 cup everything seasoning
- 1 tsp. dried dill
- 2 tbsp. chives, chopped
- Pepper and salt as desired
- 4 oz. smoked salmon, chopped

Method:

8. Chop up the chives and slice the salmon.
9. Using a hand mixer, beat the cream cheese.
10. Then throw in the chives, dill, and seasonings in a bowl and continue to mix smoothly on average speed. Slowly, blend in the smoked salmon and salt to taste.
11. Cover baking sheet with wax paper. Scoop out bite-sized balls and cool in the refrigerator for 30 minutes.
12. Take scoops out of the refrigerator and put everything seasoning on a plate.
13. Quickly roll each fat bomb in a ball and then roll them into the everything seasoning. Continue rolling, so the seasoning sticks to the bombs.
14. Enjoy now or chill for later.

Magnificent Meatballs

Total Prep & Cooking Time: 40 min.

Yields: 4 servings

Nutrition Facts: Calories: 396 | Protein: 59.6g | Net Carbs: 1g | Fat 15.6g

Ingredients:

- 1 ½ lbs. ground beef
- 1 tbsp. dried basil
- Butter for frying
- 4 oz. mozzarella cheese
- Pepper and salt as desired
- 2 tbsp. cold water

Method:

5. Combine the ground beef, basil, cold water, salt, and pepper in a sizeable bowl. Stir completely with a big wooden utensil or using your hands.
6. Make 10 flat patties about 3-4 inches wide and ½ thick.
7. Then cut the mozzarella into 10 pieces and put in the middle of each beef patty. Roll the meat around cheese in your hands to form a ball.
8. Fry each meatball in butter over medium heat until juices are clear.

Fish Skewers

Total Prep & Cooking Time: 25 min.

Yields: 4 servings

Nutrition Facts: Calories: 340 | Protein: 45g | Net Carbs: 1.7g | Fat 16.6g

Ingredients:

- 8 wooden skewers
- ¼ cup fresh basil, finely chopped
- 1 lb. salmon, frozen
- 3 ½ oz. prosciutto, sliced
- Pepper
- 1 tbsp. olive oil

Method:

6. Soak the skewers in water so they do not burn when cooking. Finely chop the basil. Then sprinkle the basil with pepper to taste.
7. Cut the almost thawed salmon filets length-wise and then slide the length-wise salmon.
8. Then rotate the salmon skewers in the finely chopped basil and pepper.
9. Thinly slice the prosciutto and enclose it tightly around the salmon.
10. Lightly splash olive oil on skewers and fry in a skillet, bake in the oven or cook on the grill. Cook salmon all the way through.

Crisps

Total Prep & Cooking Time: 55 min.

Yields: 6 servings

Nutrition Facts: Calories: 340 | Protein: 45g | Net Carbs: 1.7g | Fat 16.6g

Ingredients:

- 1 8 oz. package sliced cheddar
- 2 tsp. taco seasoning

Method:

5. Switch on the oven to 250 degrees.
6. Cut each slice of cheese into 9 squares. Then place them in the mixing bowl. Add taco seasoning on cheese squares and coat thoroughly.
7. Cover baking sheet with wax paper. Lay the cheese slices evenly (no overlapping).
8. Bake for 40 minutes so that the cheese is crispy and golden. Let cool 10 minutes and then remove from parchment paper.

French Fries

Servings: 2

Ingredients:

- Egg (1)
- Almond flour (1 cup)
- Bacon – cooked – small bits (4 strips)
- Avocados (2 large)
- For Frying: Olive oil

Steps Used to Prepare:

5. Set the Air Fryer at 355° Fahrenheit.
6. Whisk the eggs in one container. Add the flour with the bacon in another.
7. Slice the avocado using lengthwise cuts. Dip into the eggs, then the flour mixture.
8. Drizzle oil in the fryer tray and set the timer for 10 minutes per side before serving.

German Hot Dogs

Servings: 8

Ingredients:

- Bacon strips (8)
- Hot dogs (8)

Steps Used to Prepare:

5. Wrap each hot dog with the desired amount of bacon.
6. Place four hot dogs at a time in the Air Fryer basket. Space them so air can circulate.
7. Set the fryer to 360° Fahrenheit. Set the timer for 15 minutes.
8. Check to see if they are as you like them. If not, air-fry for another one or two minutes.

David's Dogs

Servings: 2

Ingredients:

- Hot dogs (2)
- Hot dog buns (2)
- Grated cheese (2 tbsp.)

Steps Used to Prepare:

5. Heat the Air Fryer for four (4) minutes at 390° Fahrenheit.
6. Arrange the hot dogs in the Air Fryer and cook for five minutes.
7. Place the hot dog on the bun and top it off with cheese.
8. Place in the fryer for about two minutes to melt the cheese and serve.

Herbed Popper

Servings: 4-5

Ingredients:

- Jalapeno peppers (10)
- Fresh parsley (.25 cup)
- Cream cheese (8 oz.)
- Breadcrumbs (.75 cup)

Steps Used to Prepare:

6. Warm the Air Fryer at 370° Fahrenheit.
7. Slice the peppers into halves and deseed.
8. Combine the cream cheese and half of the crumbs. Sprinkle in the parsley.
9. Stuff each of the peppers and press the rest of the crumbs on the top for coating.
10. Set the timer and air-fry for 6-8 minutes or until they are nicely browned.

Cheesy Breadsticks

Servings: 5

Ingredients:

- Mozzarella string cheese (10 pieces)
- Italian breadcrumbs (1 cup)
- Egg (1)
- Flour (.5 cup)
- Marinara sauce (1 cup)

Steps Used to Prepare:

8. Warm the Air Fryer at 400° Fahrenheit.
9. Toss the breadcrumbs, salt, and pepper.
10. Prepare three dishes. Dip each piece of cheese in flour, egg, and lastly the breadcrumbs.
11. Chill the sticks for one hour to help them hold the stick shape during frying.
12. Lightly spritz the sticks with coconut oil using a baking brush.
13. Arrange the prepared sticks in the Air Fryer. Set the timer for 8 minutes. At that point, turn them over using tongs and air-fry for another 8 minutes.
14. Wait for five minutes and transfer them from the pan to serve.

Pork Bites

Servings: 4

Ingredients:

- Crescent rolls (8 oz. can)
- Cocktail franks (12 oz. pkg.)

Steps Used to Prepare:

8. Warm the Air Fryer at 330° Fahrenheit.
9. Rinse and dry the franks using paper towels.
10. Slice the dough into rectangular strips (1.5 inches x 1-inch).
11. Roll the dough around the franks, but leave the ends open.
12. Place them in the freezer for approximately five minutes. T
13. Transfer them to the fryer for 6-8 minutes.
14. Raise the temperature setting to 390° Fahrenheit. Continue cooking for approximately three more minutes.

Wedges

Servings: 6

Ingredients:

- Russet potatoes (6 medium)
- Paprika (1.5 tsp.)
- Canola oil (2 tbsp.)
- Black pepper and salt (.5 tsp. each)

Steps Used to Prepare:

6. Wash the potatoes and boil in salted water for forty minutes.
7. Place them in the fridge to chill for about half an hour. Slice them into quarters when they have cooled.
8. Whisk the salt, paprika, pepper, and oil in a mixing dish.
9. Toss the potatoes in the mixture and arrange them in the cooking basket with the skin side down.
 10. Air-fry them 14-16 minutes.

Crispy Fries

Servings: 1-2

Ingredients:

- Sweet potatoes (1-2)
- Red potatoes (1-2)
- Optional: Parsley

Steps Used to Prepare:

7. Set the temperature to 356° Fahrenheit.
8. Peel and slice the potatoes. Toss into a container of water until ready for frying.
9. Towel-dry the wedges and spray using a baking oil spray.
 10. Arrange a single layer of fries in the basket and set the timer for ten minutes.
 11. Give the fries a shake, return to the Air Fryer for another eight to ten minutes.
 12. Serve them the way you like them.

Desserts

Air-Fried Plantains

Servings: 4

Ingredients:

- Avocado or sunflower oil (2 tsp.)
- Ripened/almost brown – plantains (2)
- Optional: Salt (.125 tsp.)

Steps Used to Prepare:

1. Warm up the Air Fryer to 400° Fahrenheit.
2. Slice the plantains at an angle for a .5-inch thickness.
3. Mix the oil, salt, and plantains in a container – making sure you coat the surface thoroughly.
4. Set the timer for eight to ten minutes; shake after five minutes. If they are not done to your liking, add a minute or two more.

Air-Fried S'mores

Servings: 4

Ingredients:

- Whole graham crackers (4)
- Marshmallows (2)
- Chocolate - such as Hershey's (4 pieces)

Steps Used to Prepare:

1. Break the graham crackers in half to make eight squares. Cut the marshmallows in half crosswise with a pair of scissors.
2. Place the marshmallows cut side down on four graham squares. Place marshmallow side up in the basket of the Air Fryer and cook on 390° Fahrenheit for four to five minutes, or until golden.
3. Remove them from the fryer and place a piece Break all graham crackers in half to create eight squares. Cut marshmallows in half crosswise with a pair of scissors.
4. Place the marshmallows, cut side down, on four graham squares of chocolate and graham square on top of each toasted marshmallow and serve.

Apple Chips

Servings: 2

Ingredients:

- Cinnamon (.5 tsp.)
- Apple (1)
- Sugar (1 tbsp.)
- Pinch kosher salt (1 pinch)

Steps Used to Prepare:

1. Warm the Air Fryer in advance to reach 390° Fahrenheit.
2. Slice the apples lengthwise and arrange them in a dish with the cinnamon, sugar, and salt. Toss.
3. Cook them until they are crispy or around seven to eight minutes. Turn halfway through the cycle.
4. Transfer to a platter and serve.

Banana Smores

Servings: 4

Ingredients:

- Bananas (4)
- Mini-peanut butter chips (3 tbsp.)
- Graham cracker cereal (3 tbsp.)
- Mini-chocolate chips - semi-sweet (3 tbsp.)

Steps Used to Prepare:

1. Heat the Air Fryer in advance at 400° Fahrenheit.
2. Slice the un-peeled bananas lengthwise along the inside of the curve. Don't slice through the bottom of the peel. Open slightly - forming a pocket.
3. Fill each pocket with chocolate chips, peanut butter chips, and marshmallows. Poke the cereal into the filling.
4. Arrange the stuffed bananas in the fryer basket, keeping them upright with the filling facing up.
5. Air-fry until the peel has blackened, and the chocolate and marshmallows have toasted (6 minutes).
6. Chill for 1-2 minutes. Spoon out the filling to serve.

Cherry Pie

Servings: 8

Ingredients:

- Cherry pie filling (21 oz. can)
- Milk (1 tbsp.)
- Refrigerated pie crusts (2)
- Egg yolk (1)

Steps Used to Prepare:

1. Warm the fryer at 310° Fahrenheit.
2. Poke holes into the crust after placing it in a pie plate. Allow the excess to hang over the edges. Place in the Air Fryer for five (5) minutes
3. Transfer the basket with the pie plate onto the countertop. Fill it with the cherries. Remove the excess crust.
4. Cut the remaining crust into $\frac{3}{4}$ -inch strips - weaving a lattice across the pie.
5. Make an egg wash using the milk and egg. Brush the pie. Air-fry for 15 minutes. Serve with a scoop of ice cream.

Easy Bacon

Servings: 8

Ingredients:

- Bacon (12 oz.)

Steps Used to Prepare:

1. Set the Air Fryer temperature at 350° Fahrenheit for ten minutes.
2. Arrange the bacon in a single layer in the Air Fryer.
3. Set the timer for 10 minutes.
4. Check for the desired crispiness and air-fry for an additional one to two minutes.
5. Between the batches, drain the grease. Serve as desired.

Fluffy Peanut Butter Marshmallow Turnovers

Servings: 4

Ingredients:

- Filo pastry (4 defrosted sheets)
- Chunky peanut butter (4 tbsp.)
- Melted butter (2 oz.)
- Marshmallow fluff (4 tsp.)
- Sea salt (1 pinch)

Steps Used to Prepare:

1. Set the temperature of the Air Fryer at 360° Fahrenheit.
2. Use the melted butter to brush one sheet of the filo. Put the second sheet on top and brush it also with butter. Continue the process until you have completed all four sheets.
3. Cut the layers into four—12-inch x 3-inch strips.
4. Place one teaspoon of the marshmallow fluff on the underside and one tablespoon of the peanut butter.
5. Fold the tip over the filo strip to form a triangle, making sure the filling is completely wrapped.
6. Seal the ends with a small amount of butter. Place the completed turnovers into the Air Fryer for three to five minutes.
7. When done, they will be fluffy and golden brown.
8. Add a touch of sea salt for the sweet/salty combo.
9. Notes: The Filo/Phyllo pastry is a little different than regular pastry. It is tissue-thin and has very little fat content. It is considered okay by some bakers and is interchangeable with the filo with regular puff pastry for turnovers.

Funnel Cake Bites

Servings: 8

Ingredients:

- Greek yogurt (1 cup)
- Self-rising flour (1 cup - divided)
- For Dusting: Powdered sugar
- Optional: Vanilla bean paste (1 tbsp.)

Steps Used to Prepare:

1. Heat the Air Fryer at 375° Fahrenheit.
2. Combine the yogurt, $\frac{3}{4}$ of the flour, and vanilla if using.
3. Roll out the dough using the remainder of the flour.
4. Slice it into 32 squares and place in the Air Fryer (8 at a time).
5. Set the timer for 4 minutes. Flip then over and continue to air-fry for another 3 to 4 minutes until ready.
6. Lightly dust with the sugar as desired and serve.

Healthy Pop-Tarts

Servings: 6

Ingredients:

- Strawberries (.33 cup or 8 oz. - quartered)
- Granulated sugar (.25 cup)
- Refrigerated pie crusts (14.1 oz. pkg. Use 1)
- Powdered sugar (.t cup/2 oz.)
- Lemon juice (1.5 tsp./1 lemon)

Steps Used to Prepare:

1. Stir the strawberries and granulated sugar in a medium-sized microwavable bowl. Let the mixture stand for 15 minutes, stirring occasionally. Microwave on high until shiny and reduced, about 10 minutes, stirring halfway through cooking. Cool completely, about 30 minutes.
2. Roll the pie crust into a 12-inch circle on a lightly floured surface. Cut the dough into 12 rectangles (2.5 x 3-inch), rerolling scraps, as needed.
3. Spoon about two teaspoons strawberry mixture into center of six of the dough rectangles, leaving a .5-inch border. Brush the edges of filled dough rectangles with water, top with remaining dough rectangles, pressing edges with a fork to seal. Coat tarts well with a cooking oil spray.
4. Place three tarts in a single layer in the Air Fryer basket, and cook at 350° Fahrenheit or until it's golden brown (10 min.). Repeat with remaining tarts.
5. Place on a wire rack to cool completely, about 30 minutes.
6. Whisk the powdered sugar and lemon juice in a small bowl until smooth. Spoon the glaze over cooled tarts.
7. If you want, add a few candy sprinkles.

Molten Lava Cakes

Servings: 4

Ingredients:

- Eggs (2)
- Unsalted butter (3.5 oz.)
- Baker's Sugar - not powdered (3.5 tbsp.)
- Self-rising flour (1.5 tbsp.)
- Dark chocolate - chopped pieces (3.5 oz.)
- Also Needed: 4 Standard-sized oven-safe ramekins and microwave-safe bowl

Steps Used to Prepare:

1. Warm the Air Fryer to 375° Fahrenheit.
2. Grease and flour the ramekins.
3. Melt the butter and chocolate in the microwave for 3 minutes using “7” (3 min.) stirring thoroughly.
4. Whisk the sugar and eggs until the mixture is pale and frothy.
5. Mix the chocolate mixture with the egg mixture. Sift and mix in the flour.
6. Fill the ramekins about $\frac{3}{4}$ of the way to full with the cake. Set the timer for 10 minutes.
7. Remove them from the fryer and cool in ramekins for two minutes.
8. Flip the ramekins upside down onto a plate, tapping the bottom to loosen edges. The center should appear dark/gooey.
9. Serve warm with a raspberry drizzle.

Plain Cheesecake

Servings: 15

Ingredients:

- Unsalted butter (2 tbsp.)
- Honey graham cracker crumbs (1 cup)
- Cream cheese (1 lb.)
- Large eggs (2)
- Vanilla extract (.5 tsp.)

Steps Used to Prepare:

1. Set the Air Fryer to reach 350° Fahrenheit.
2. Cut a hole in the center of a piece of parchment paper and place it into the baking dish.
3. Combine the graham cracker crust and the butter. Press the mixture into the baking pan. Air-fry for four minutes
4. Blend the sugar and cream cheese with a mixer, adding one egg at a time until the mixture is creamy. Pour in the vanilla and stir well.
5. Pour the cheese mixture into the top of the crust and place it back into the Air Fryer for 15 minutes lowering the heat to 310° Fahrenheit.
6. Place in the fridge for about three hours before serving.

Yogurt Pineapple Sticks

Servings: 4

Ingredients:

- Pineapple (half of 1)
- Desiccated coconut (.25 cup)
- The Dip:
- Fresh mint (1 small sprig)
- Vanilla yogurt (1 cup)

Steps Used to Prepare:

1. Warm the Air Fryer to reach 392° Fahrenheit.
2. Slice the pineapple into stick segments. Dip the chunks of pineapple into the coconut. Arrange the sticks of pineapple into the cooker basket and air-fry for ten minutes.
3. Dice the mint into fine pieces and mix in with the yogurt.
4. Empty the dip into a serving dish. Arrange the baked sticks around the dip to serve.

Oven-Baked Brie

Total Prep & Cooking Time: 15 min.

Yields: 4 servings

Nutrition Facts: Calories: 346 | Protein: 14.9g | Net Carbs: 3.1g | Fat 31.4g

Ingredients:

- 9 oz. Brie cheese
- Pepper and salt as desired
- 1 tbsp. fresh rosemary, chopped
- 1 garlic clove, minced
- 1 tbsp. olive oil
- 2 oz. pecans, chopped

Method:

1. Mince the garlic and coarsely chop the rosemary and pecans. Switch on the oven to 400 degrees.
2. Arrange cheese on a cooking sheet covered in wax paper or a small non-stick baking dish.
3. Mix the garlic, rosemary, pecans, and olive oil in a small mixing bowl. Add pepper and salt as desired.
4. Spread and smooth the nut mixture on the brie cheese. Bake for 10 minutes to make the cheese soft, and make sure the nuts are toasted. Serve warm.

Lemon Ice Cream

Total Prep & Cooking Time: 1 hr. 30 min.

Yields: 6 servings

Nutrition Facts: Calories: 256 | Protein: 4.1g | Net Carbs: 15.3g | Fat 26.2g

Ingredients:

- 1 lemon, juice and zest
- 1/3 erythritol
- 3 eggs
- 1 ¾ heavy whipping cream
- ¼ tsp. yellow food coloring

Method:

1. Rinse the lemon in lukewarm water and finely grate the peel to make the lemon zest. Then squeeze the lemon juice in a bowl and set aside.
2. Split the yellow egg yolks and egg whites. Thrash the egg whites until they are stiff.
3. In a different bowl, whisk the egg yolks and sweetener together until fluffy and light. Add lemon juice and few drops of yellow food coloring to the mixture to the yolk mixture.
4. Then delicately crease the egg whites into the yolk combination.
5. In a large bowl, whip the heavy cream until peaks form. Then lightly blend the egg combination into the cream.
6. Pour mixture into ice cream maker and freeze, follow your machine's specific instructions to create the ice cream properly.
7. If you don't have an ice cream machine, then place the bowl of mixture in the freezer and stir well every half hour with a spatula. Keep in the freezer for 2 hours or until it reaches your desired consistency.

Chocolate Lava Cake

Total Prep & Cooking Time: 15 min.

Yields: 2 servings

Nutrition Facts: Calories: 460 | Protein: 11.7g | Net Carbs: 3.4g | Fat 43.3g

Ingredients:

- 2 oz. dark chocolate
- 1 tbsp. superfine almond flour
- 2 oz. unsalted butter for cake
- 2 eggs
- 2 tbsp

Method:

1. Switch on the oven to 350 degrees and grease 2 ramekins with butter.
2. Then melt the chocolate and 2 oz. butter. Stir well to combine.
3. Using a mixer, beat the eggs well. Then add the beaten eggs, almond flour, and sweetener into chocolate mixture. Stir well until you get a dough-like consistency, and it pours easily.
4. Distribute batter evenly into the 2 ramekins. Bake for 9 minutes and the top is still jiggly. Be careful not to over bake.
5. Turnout gently onto plates, and you can serve with your favorite toppings.

Low Carb Snickerdoodle Cookies

Total Prep & Cooking Time: 25 min.

Yields: 16 servings

Nutrition Facts: Calories: 131 | Protein: 3g | Net Carbs: 1.5g | Fat 13g

Ingredients:

Cookies:

- 2 cups superfine almond flour
- ½ tsp. baking soda
- ¾ cup erythritol sweetener
- ½ cup salted butter softened
- Salt

Coating:

- 1 tsp. ground cinnamon
- 2 tbsp. erythritol

Method:

1. Switch on oven to 350 degrees.
2. Combine all the ingredients until you form a stiff dough.
3. Then roll the cookie dough into 16 equal-sized balls, about 1 ½ inches wide.
4. Mix the sweetener and cinnamon in a small bowl to create the coating.
5. Then roll the balls generously in the cinnamon coating.
6. Place the coated cookie balls on a cookie sheet covered in parchment paper. Then gently smash with a flat round surface.
7. Bake for 15 minutes and then let cool before serving.

Low Carb Peanut Butter Cookies

Total Prep & Cooking Time: 25 min.

Yields: 27 Servings

Nutrition Facts: Calories: 94 Protein: 4g | Net Carbs: 2g | Fat 7g

Ingredients:

- 2 large eggs
- ½ cup erythritol
- 1 ¼ cup creamy peanut butter
- ¾ cup peanuts
- ¼ tsp. Salt

Method:

1. Crush the peanuts and set aside. Preheat the oven to 350 degrees and use a cookie sheet covered with parchment paper.
2. Combine eggs, sweetener, salt and creamy peanut butter in a blender or food processor. Manage until smooth and clean off sides when mixture sticks.
3. Toss in crushed peanuts and join with other ingredients. Leave some crunch for texture.
4. Scoop the dough into spheres and place on baking sheet. Press the dough using a fork to create crosshatch top. Wipe fork with water before using it again.
5. Bake for 15-20 minutes until golden brown and crunchy.

No Bake Coconut Bars

Total Prep & Cooking Time: 30 min.

Yields: 6 servings

Nutrition Facts: Calories: 239 | Protein: 2.7g | Net Carbs: 18.7g | Fat 19.5g

Ingredients:

- 1 cup dark chocolate chips
- ½ almond butter
- 1 tbsp. coconut oil
- 2 ½ cups coconut, shredded
- 1 tbsp. monk fruit (or sticky sweetener)

Method:

1. Combine coconut oil, monk fruit, almond butter, shredded coconut, in a food processor and handle until all sticks together easily.
2. Cover a baking pan with wax paper and layer the coconut mix evenly. Pressing to compact.
3. Melt the chocolate in the microwave and the spread on top of coconut dough.
4. Freeze for 20 minutes until hard. Then cut into squares.

Peanut Butter Chocolate Fat Bombs

Total Prep & Cooking Time: 30 min.

Yields: 16 servings

Nutrition Facts: Calories: 291 | Protein: 5g | Net Carbs: 5g | Fat 28g

Ingredients:

- 8 oz. cream cheese, softened
- ½ cup keto-friendly peanut butter
- ¼ cup coconut oil and 2 tbsp.
- ¼ keto-friendly dark chocolate chips
- ¼ tsp. kosher salt

Method:

1. Combine the peanut butter, cream cheese, ¼ cup coconut oil, kosher salt. Use a hand mixer to beat the mixture for 2 minutes or until thoroughly mixed.
2. Leave the dessert in the freezer for 10 to 15 minutes or until the combination stiffens. While the mixture is in the freezer, line a cooking sheet with wax paper.
3. When mixture is firm, take it out of the freezer and use a scoop or spoon to create tablespoon-sized balls. Put in the refrigerator for about 5 minutes to harden balls.
4. While the mixture is in the refrigerator, make the chocolate drizzle. Combine the chocolate chips and remaining coconut oil into a microwave-safe bowl. Warm up chocolate in 30-second intervals until melted.
5. Then drizzle over the peanut butter fat bombs on the baking sheet. Keep in the refrigerator for 5 minutes to solidify the chocolate.

Cookie Dough Fat Bombs

Total Prep & Cooking Time: 65 min.

Yields: 30 servings

Nutrition Facts: Calories: 70 | Protein: 2g | Net Carbs: 2g | Fat 7g

Ingredients:

- 8 tbsp. (1 stick) butter softened
- 2 cups almond flour
- ½ tsp. pure vanilla extract
- 2/3 cups keto-friendly dark chocolate chips
- ½ tsp. kosher salt
- 1/3 cup keto friendly confectioners' sugar

Method:

1. Use a hand mixer to heat butter until light and fluffy. Then combine the confectioners' sugar, vanilla, and salt with butter. Then beat until well combined.
2. Slowly pour in almond flour until thoroughly mixed, and no dry spots remain. Then fold chocolate chips into the batter.
3. Enclose the bowl with plastic wrap and position in refrigerator for 15 to 20 minutes to firm dough.
4. Use a small spoon to scoop dough and roll the dough into small balls.
5. Store the cookie dough bombs in the refrigerator up to 1 week or in the freezer for up to a month.

White Chocolate Raspberry Fat Bombs

Total Prep & Cooking Time: 65 min.

Yields: 10- 12 servings

Nutrition Facts: Calories: 70 | Protein: 2g | Net Carbs: 2g | Fat 7g

Ingredients:

- ½ cup coconut oil
- 2 oz. cacao butter
- ½ cup freeze-dried raspberries
- ¼ powdered erythritol sweetener

Method:

1. Put paper liners into a 12 cup muffin pan or use a silicone muffin pan with no liners.
2. In a small saucepan, heat coconut oil and cacao butter over the lowest setting until completely melted. Then remove the saucepan from the heat.
3. Use a food processor, blender, or coffee grinder to blend the freeze-dried raspberries.
4. Add the blended berries and sweetener to the saucepan and then stir until sweetener is dissolved.
5. Evenly divide the mixture into the muffin cups. Keep stirring mixture while pouring into the cups. The raspberry mixture will sink to the bottom.
6. Chill in the refrigerator for 1 hour or until firm.