

Quick and Easy Air Fryer Oven Recipes

Perfect French-Toast Sticks

What better way to start your day other than having some classically crafted French-Toast, right? You'll even be able to make them nutritious with the Air Fryer Oven!

Serves 4 | Prep. time 5 minutes | Cooking time 15 minutes

Ingredients

- 4 slices Texas toast
- 1 tablespoon butter
- 1 large egg
- 1 teaspoon stevia
- 1 teaspoon ground cinnamon
- ¼ cup milk
- 1 teaspoon vanilla extract
- Cooking oil as needed

Directions

1. Divide the bread slices into 3 pieces each.
2. Place butter in a small-microwave proof bowl and heat for 15 seconds to melt the butter.
3. Remove the bowl from the microwave; add egg, stevia, cinnamon, milk, vanilla extract, and whisk well.
4. Spray the cooking basket with oil.
5. Dredge each bread stick in egg mix; place French toast sticks in Air Fryer Cooking basket.
6. Stack them up if needed, cook for 8 minutes at 375°F (191°C).
7. Flip and cook until crisp.
8. Serve and enjoy!

Nutrition (per serving)

Calories 52, fat 2 g, carbs 7 g, sugar 4 g, Protein 2 g, sodium 473 mg

Cauliflower Poppers

Cute little cauliflower poppers, a tasty delicacy for every snack and teatime party!

Serves 4 | Prep. time 10 minutes | Cooking time 8 minutes

Ingredients

- Salt and pepper
- 1 tablespoon olive oil
- ½ large head cauliflower, cut into bite-sized florets

Directions

1. In a bowl, add all the ingredients and toss to coat well.
2. Press the “POWER” button of Air Fry Oven and turn the dial to select the “AIR FRY” mode.
3. Press the “TIME” button then turn the dial to set the cooking time to 8 minutes.
4. Now push the “TEMP” button and rotate the dial to set the temperature at 390°F (199°C).
5. Press the “START/PAUSE” Button to start. When the unit beeps to show that it is preheated, open the lid.
6. Arrange the cauliflower florets in “AIR FRY BASKET” and insert them in the oven.
7. Toss the cauliflower florets once halfway through.
8. Serve and enjoy once done.

Nutrition (per serving)

Calories 32, fat 23 g, carbs 2 g, sugar 1 g, Protein 0.7 g, sodium 457 mg

Buffalo Chicken Tenders

Nope! These aren't made from genuine buffalo meat, but from chicken breasts coated in a unique "Buffalo" sauce that's incredibly tasty with just a hint of spice.

Serves 5 | *Prep. time 25 minutes | Cooking time 60 minutes*

Ingredients

- ⅔ cup panko breadcrumbs
- ½ teaspoon cayenne pepper
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 3 chicken breasts, boneless and skinless (cut into 10 strips)
- ½ cup butter, melted
- ½ cup hot sauce

Directions

1. Line baking sheet with foil, drizzle with cooking spray.
2. Take a shallow dish; add breadcrumbs and seasonings.
3. Dip chicken in crumb mix, coat all sides, lay on the prepped pan, and let it refrigerate for 1 hour.
4. Take a small bowl and whisk in butter and hot sauce.
5. Place baking pan in position 2 of Air Fryer Oven; lightly spray oil on the fryer basket.
6. Dip each chicken in butter mixture and transfer to the cooking basket.
7. Preheat Air Fryer Oven to 400°F (204°C) on “AIR FRY” mode; set timer to 25 minutes.
8. Cook until the outside part is golden and crispy while the inside part is no longer pink, flipping the chicken halfway through.
9. Serve and enjoy once ready!

Nutrition (per serving)

Calories 317, fat 23 g, carbs 10 g, sugar 9 g, Protein 31 g, sodium 379 mg

Perfect Herbed Beef Meatballs

These meatballs tick all the right boxes. They are herbed, they have minty, they are fresh and most importantly, they are melt-in-your-mouth delicious!

Serves 4 | *Prep. time 5 minutes | Cooking time 15 minutes*

Ingredients

- 1 pound ground beef
- 1 egg white
- ½ teaspoon salt
- 2 tablespoons parsley, chopped
- 1 tablespoon coriander, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 tablespoon mint, chopped

Directions

1. Preheat Air Fryer Oven to 320°F (160°C) in “BAKE” mode; set timer to 15 minutes.
2. Add listed ingredients to a basket; mix well.
3. Shape the mixture into small meatballs; transfer them to the Air Fryer cooking basket.
4. Cook for 15 minutes.
5. Serve and enjoy once done!

Nutrition (per serving)

Calories 312, fat 9 g, carbs 12 g, sugar 6 g, Protein 23 g, sodium 846 mg

Cheesy Eggplant Parmesan

Vegetables and “Eggplants” don’t have to be bland all the time, right? Throwing in some parmesan in the mix really gives this simple an amazing finish.

Serves 4 | Prep. time 15 minutes | Cooking time 20 minutes

Ingredients

- 1 medium eggplant, peeled
- 2 large eggs
- ½ cup all-purpose flour
- ¾ cup Italian bread crumbs
- 2 tablespoons parmesan cheese, grated
- Salt and pepper
- ¾ cup marinara sauce
- ½ cup parmesan cheese, shredded
- ½ cup mozzarella cheese, shredded

Directions

1. Cut the eggplant into ½ inch thick rounds.
2. Blot eggplant with a paper towel and dry them completely; sprinkle a teaspoon of salt.
3. Take a small bowl and beat in eggs, take another bowl and add flour with breadcrumbs, then another bowl and add grated cheese; add salt and pepper as desired.
4. Spray Air Fryer Basket with cooking spray.
5. Dip each eggplant round first on flour, then on eggs lastly on bread crumb mixture in that order.
6. Transfer them to Air Fryer Cooking Basket; cook in batches if needed
7. Preheat Air Fryer Oven to 400°F (204°C) on “BAKE” mode, set a timer to 7 minutes; cook for 7 minutes.
8. Top each round with 1-teaspoon marinara and add ½ tablespoon of shredded parmesan and parmesan cheese.
9. Cook for 2-3 minutes more. Serve and enjoy once ready!

Nutrition (per serving)

Calories 310, fat 9 g, carbs 42 g, sugar 2 g, Protein 16 g, sodium 412 mg

Lovely Strawberry Cobbler

If you are a fan of strawberries, these cobblers will keep you coming back for more.

Serves 4 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- ½ cup water
- 1½ teaspoons cornstarch
- 1½ teaspoons white sugar
- 1½ cups strawberries, hulled
- 2 teaspoons butter
- ¼ teaspoon salt
- ¾ teaspoon baking powder
- 1½ teaspoons white sugar
- ½ cup all-purpose flour
- 1 tablespoons butter, diced
- ¼ cup heavy whip cream

Directions

1. Lightly grease baking pan of Air Fryer.
2. Preheat Air Fryer Oven to 390°F (199°C) in “BAKE” mode.
3. Add water, cornstarch, and sugar to a pan, cook for 10 minutes until hot and thick.
4. Add strawberries and mix well, dot with 1-tablespoon butter.
5. Take a bowl and mix in salt, baking powder, sugar, flour, and cut of 2 teaspoons butter; mix in the cream and spoon the mix on top of berries.
6. Bake for 15 minutes at 390°F (199°C) until the tops are slightly browned.
7. Serve and enjoy!

Nutrition (per serving)

Calories 255, fat 13 g, carbs 32 g, sugar 6 g, Protein 3 g, sodium 475 mg

These recipes and more are found in Louise Davidson’s *Air Fryer Oven Cookbook: Quick and Easy Air Fryer Oven Recipes*. To get your copy, click on the cover below or click [here](#).

