

*America's Favorite*

# FRIED FOOD RECIPES





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# FISH STICKS

## INGREDIENTS:

- 2 large eggs**
- 3 tbsp. milk**
- 2 cups panko breadcrumbs**
- 1 cup white flour**
- 1 lb cod, cut into sticks**
- 1 tbsp. olive oil**
- ¼ tsp. sea salt**
- ½ tsp. ground black pepper**
- tartar sauce, for serving**

1. Combine the eggs and milk in a bowl.
2. Pour the breadcrumbs onto a baking sheet.
3. Pour the flour onto a second baking sheet.
4. Coat the fish sticks in the olive oil, sea salt, and ground black pepper.
5. Dip the fish sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Place the fish sticks in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
7. Press the Power Button, use the M Button to scroll to the Fish preset (12-min. cooking time), and manually adjust the cooking temperature to 360° F. Flip the fish sticks halfway through the cooking time.
8. Serve with the tartar sauce.

*Per Serving: 420 calories; 7 grams protein; 55 grams carbohydrate; 7 grams fat; 5 grams fiber; 1 serving*

# AIR-FRIED ONION

1. Peel the onion and cut off its top. Place the onion (cut side down) on a cutting board. Starting  $\frac{1}{2}$  in. from the root, cut the onion downward all the way to the cutting board. Repeat to make four evenly spaced cuts around the onion. Continue slicing between each section until you have made eight cuts.
2. Place the sliced onion in ice water for at least 2 hrs. (preferably overnight) in the refrigerator.
3. Remove the onion from the water, pat the onion dry, and open the onion so that the “petals” are exposed. Place the onion on a tray or in a bowl.
4. Combine the salt, ground black pepper, paprika, garlic powder, and flour in a dish.
5. Combine the milk and eggs in a bowl and mix.
6. Combine the panko breadcrumbs, olive oil, and Cajun seasoning in a separate dish.
7. Sprinkle the flour mixture generously over the onion, ensuring that the flour mixture reaches all the petals. Turn the onion upside down to remove any excess flour.
8. Ladle the egg mixture into every crevice of the onion. Lift the onion and turn it slightly to remove any excess egg mixture.
9. Sprinkle the breadcrumb mixture generously over the onion and press the breadcrumbs into place.
10. Place the onion into the Fry Basket. Cover the top of the onion with aluminum foil like a tent. Place the Fry Basket in the Power AirFryer Elite (ensure that the foil does not touch the heating element).
11. Press the Power Button and manually set the cooking time to 10 mins. and the cooking temperature to 360° F.
12. When the timer reaches 0, check the crispness of the onion. Add 5-10 mins. to the cooking time to reach the desired crispness if necessary.
13. Remove the onion from the Fry Basket and serve with ranch dressing.

*Per Serving: 380 calories; 5 grams protein; 67 grams carbohydrate; 5 grams fat; 6 grams fiber; 1 serving*

## INGREDIENTS:

- 1 large white onion**
- $\frac{1}{4}$  tsp. sea salt**
- $\frac{1}{2}$  tsp. ground black pepper**
- 1  $\frac{1}{2}$  tsp. paprika**
- 1 tsp. garlic powder**
- $\frac{3}{4}$  cup whole wheat flour**
- $\frac{1}{4}$  cup nonfat milk**
- 2 large eggs**
- $\frac{3}{4}$  cup panko breadcrumbs**
- 1 tbsp. olive oil**
- $\frac{1}{2}$  tsp. Cajun seasoning**
- ranch dressing, for serving**





# ONION RINGS

INGREDIENTS:

**4 oz frozen battered  
onion rings**

1. Place the onion rings in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
2. Press the Power Button, use the M Button to scroll to the French Fries preset (390° F), and manually set the cooking time to 10 mins.
3. When the timer reaches 0, remove the Fry Basket and toss the onion rings.
4. Return the Fry Basket to the Power AirFryer Elite.
5. Press the Power Button, use the M Button to scroll to the French Fries preset (390° F), and manually set the cooking time to 10 mins. Cook until the onion rings are golden.

*Per Serving: 240 calories; 3 grams protein; 27 grams carbohydrate;  
13 grams fat; 3 grams fiber; 1 serving*

# FRENCH FRIES

1. Place a pot on the stove top. Fill the pot with water and add the potatoes to the water. Turn the heat on high. When the water begins to simmer, lower the heat to low. Blanch the potatoes until tender and then remove them from the heat.
2. Remove the potatoes from the water, let them cool, and cut them into fries.
3. Place the fries, olive oil, salt, and ground black pepper in a bowl and toss.
4. Place the fries in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
5. Press the Power Button and use the M Button to scroll to the French Fries preset (390° F for 20 mins.). Shake the Fry Basket periodically. Toss the fries halfway through the cooking time.

*Per Serving: 350 calories; 8 grams protein; 67 grams carbohydrate; 7 grams fat; 5 grams fiber; 1 serving*

## INGREDIENTS:

**2 russet potatoes**

**1 tbsp. olive oil**

**1 tbsp. sea salt**

**½ tsp. ground black pepper**





# FRIED CHICKEN

## INGREDIENTS:

- 3 chicken legs with skin, raw**
- 3 chicken thighs with skin, raw**
- 1 cup whole buttermilk**
- 2 cups flour**
- 1 tbsp. sea salt**
- 1 tbsp. ground black pepper**
- 1 tbsp. garlic powder**
- 1 tsp. onion powder**
- ½ tsp. poultry seasoning**
- 1 tsp. cumin**
- 1 tbsp. paprika**
- 1 tbsp. olive oil**

1. Place the chicken legs and thighs and buttermilk in a bowl. Marinate the chicken in the buttermilk for 2 hrs. in the refrigerator.
2. Add the flour, salt, ground black pepper, garlic powder, onion powder, poultry seasoning, cumin, paprika, and olive oil to a separate bowl and mix well.
3. Dredge the chicken in the flour mixture, the buttermilk, and then the flour mixture again. Repeat until all the chicken is coated in the flour mixture.
4. To preheat the Power AirFryer Elite, press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 4 mins.
5. Once the Power AirFryer Elite has preheated, place the chicken in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
6. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 20 mins. Turn the chicken every 5 mins.
7. When the chicken reaches the desired doneness, remove the chicken from the Fry Basket and serve.

*Per Serving: 350 calories; 8 grams protein; 67 grams carbohydrate;  
7 grams fat; 5 grams fiber; 1 serving*

# HOT WINGS

1. Place the chicken in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
2. Press the Power Button, use the M Button to scroll to the Chicken preset (20-min. cooking time), and manually set the cooking temperature to 390° F. Flip the chicken halfway through the cooking time.
3. When the timer reaches 0, remove the chicken and toss the chicken with the buffalo sauce.
4. Return the wings to the Fry Basket. Return the Fry Basket to the Power AirFryer Elite.
5. Press the Power Button and manually set the cooking time to 8 mins. and the cooking temperature to 360° F. Cook until the chicken is crispy and the sauce is hot.

*Per Serving: 680 calories; 54 grams protein; 3 grams carbohydrate; 47 grams fat; 2 grams fiber; 1 serving*

## INGREDIENTS:

**12 chicken wing  
drumettes, raw**

**½ cup buffalo sauce**





# MAC & CHEESE BALLS

INGREDIENTS:

- 2 cups leftover macaroni and cheese, refrigerated**
- 1/3 cup shredded cheddar cheese**
- 3/4 cup flour**
- 3 eggs**
- 2 cups milk**
- 1 cup plain breadcrumbs**

1. Combine the macaroni and cheese and cheddar cheese in a bowl and mix. Reserve the mac and cheese mixture.
2. Place the flour in a second bowl.
3. Combine the eggs and milk in a third bowl and mix.
4. Place the breadcrumbs in a fourth bowl.
5. Use an ice cream scoop to make ping pong-sized balls from the mac and cheese mixture.
6. Roll the mac and cheese balls in the flour, then the egg mixture, and finally the breadcrumbs.
7. Place the mac and cheese balls in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
8. Press the Power Button and manually set the cooking time to 10 mins. and the cooking temperature to 360° F. Rotate the mac and cheese balls halfway through the cooking time.

*Per Serving: 2030 calories; 95 grams protein; 265 grams carbohydrate; 62 grams fat; 12 grams fiber; 1 serving*

# MOZZARELLA STICKS

1. Cut the mozzarella cheese into 3 x ½-in. sticks.
2. Pour the flour into a bowl.
3. Combine the eggs and milk in a second bowl and mix.
4. Pour the breadcrumbs into a third bowl.
5. Dip the mozzarella sticks into the flour, then the egg mixture, and finally the breadcrumbs.
6. Lay the breaded mozzarella sticks on a baking sheet. Place the sheet in the freezer until the sticks become solid (1–2 hrs.).
7. Place the mozzarella sticks in the Fry Basket, being careful not to overfill. Place the Fry Basket in the Power AirFryer Elite.
8. Press the Power Button and manually set the cooking temperature to 400° F and the cooking time to 12 mins.
9. Serve the mozzarella sticks with the tomato sauce.

*Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 serving*

## INGREDIENTS:

- 1 1-lb block mozzarella cheese**
- ¼ cup flour**
- 2 eggs**
- 3 tbsp. nonfat milk**
- 1 cup plain breadcrumbs**
- 4 oz tomato sauce, warm**





# GARLIC KNOTS

## INGREDIENTS:

**1 lb pizza dough,  
refrigerated**

**½ cup olive oil**

**1 tbsp. garlic**

**1 tsp. sea salt**

**1 tbsp. chopped fresh  
parsley**

**1 tbsp. grated Parmesan  
cheese**

**marinara sauce, for  
serving**

1. Roll the pizza dough out until ½ in. thick.
2. Slice the dough lengthwise to form strips approximately ¾ in. wide.
3. Roll the dough strips between your palm and the countertop. Make a knot with each dough strip.
4. Combine the olive oil, garlic, sea salt, parsley, and Parmesan cheese in a bowl and mix.
5. Roll the knots in the mixture in the bowl.
6. Place the knots in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
7. Press the Power Button and manually set the cooking temperature to 360° F and the cooking time to 12 mins. Flip the knots halfway through the cooking time.
8. Serve with the marinara sauce.

*Per Serving: 490 calories; 8 grams protein; 49 grams carbohydrate;  
33 grams fat; 2 grams fiber; 1 serving*

# STROMBOLI

1. Roll the pizza dough out until  $\frac{1}{4}$  in. thick.
2. Layer the ham, cheddar cheese, mozzarella cheese, and bell peppers on one side of the dough. Fold the dough to seal.
3. Combine the egg yolk and milk in a bowl. Brush the stromboli with the egg mixture.
4. Place the stromboli in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
5. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 15 mins. Carefully flip the stromboli over every 5 mins.

*Per Serving: 720 calories; 50 grams protein; 89 grams carbohydrate; 22 grams fat; 25 grams fiber; 2960mg sodium; 50% Calcium; 160mg Cholesterol; 1 serving*

## INGREDIENTS:

**12 oz pizza dough,  
refrigerated**

**$\frac{1}{3}$  lb cooked ham, sliced**

**$\frac{3}{4}$  cup shredded cheddar  
cheese**

**$\frac{3}{4}$  cup shredded  
mozzarella cheese**

**3 oz roasted red bell  
peppers**

**1 egg yolk**

**1 tbsp. milk**





# COCONUT SHRIMP

INGREDIENTS:

**12 large shrimp, raw, peeled & deveined**

**1 cup unsweetened coconut, dried**

**1 cup panko breadcrumbs**

**½ cup flour**

**1 tbsp. cornstarch**

**½ cup egg whites, raw**

1. Place the shrimp on paper towels.
2. Combine the coconut and breadcrumbs on a baking sheet and mix.
3. Combine the flour and cornstarch on a second baking sheet and mix.
4. Place the egg whites in a bowl.
5. Dip one shrimp at a time into the flour mixture, then the egg whites, and finally coconut mixture. Repeat until all the shrimp are coated.
6. Place the shrimp in the Fry Basket, being careful not to overcrowd. Place the Fry Basket in the Power AirFryer Elite.
7. Press the Power Button and manually set the cooking temperature to 330° F and the cooking time to 8 mins. Turn the shrimp after 5 mins.

*Per Serving: 300 calories; 11 grams protein; 34 grams carbohydrate; 11 grams fat; 4 grams fiber; 1 serving*

# BACON-WRAPPED TATER TOTS

1. Wrap each tater tot with a piece of bacon.
2. Place the tater tots in the Fry Basket, being careful not to overcrowd. Place the Fry Basket in the Power AirFryer Elite.
3. Press the Power Button. Manually set the cooking temperature to 400° F and the cooking time to 8 mins.
4. Transfer the tater tots to a plate, spread the cheddar cheese and scallions over the tater tots, and serve with the sour cream.

*Per Serving: 470 calories; 28 grams protein; 13 grams carbohydrate;  
33 grams fat; 2 grams fiber; 1 serving*

## INGREDIENTS:

**1 16-oz bag frozen extra-crispy tater tots**

**1 lb medium-size bacon slices**

**½ cup shredded cheddar cheese**

**4 scallions**

**3 tbsp. sour cream**





# BEEF ROLL UP

## INGREDIENTS:

- 1 2-lb beef flank steak**
- 3 tbsp. pesto**
- 6 slices provolone cheese**
- 3 oz roasted red bell peppers**
- ¾ cup fresh baby spinach**
- 1 tsp. sea salt**
- 1 tsp. ground black pepper**

1. Open up (butterfly) the steak flat. Spread the pesto evenly over the steak.
2. Layer the provolone cheese, bell peppers, and spinach three quarters of the way down the steak.
3. Roll the steak up and secure it with toothpicks. Season the steak with the salt and ground black pepper.
4. Place the steak in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
5. Press the Power Button and use the M Button to scroll to the Steak preset (320° for 20 mins.). Rotate the steak halfway through the cooking time. Cook the steak until the desired doneness is reached.
6. Let the steak rest for at least 10 mins. before serving.

*Per Serving: 2370calories; 283 grams protein; 11 grams carbohydrate; 1090 grams fat; 6 grams fiber; 1 serving*

# CHICKEN TENDERS

1. Pour the flour onto a pan.
2. Combine the egg and milk in a bowl and mix.
3. Pour the breadcrumbs onto a separate pan.
4. Dip each chicken tender into the flour, then the egg mixture, and finally the breadcrumbs.
5. To preheat the Power AirFryer Elite, press the Power Button and manually set the cooking time to 4 mins. and the cooking temperature to 390° F.
6. Once the Power AirFryer Elite has preheated, place the chicken tenders in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
7. Press the Power Button and manually set the cooking temperature to 390° F and the cooking time to 14 mins. Flip the chicken tenders halfway through the cooking time.
8. Serve the chicken tenders with the honey mustard.

*Per Serving: 340 calories; 20 grams protein; 48 grams carbohydrate;  
6 grams fat; 3 grams fiber; 1 serving*

## INGREDIENTS:

- ½ cup flour**
- 3 large eggs**
- 2 oz milk**
- 1 cup panko breadcrumbs**
- 6 chicken tenders**
- 1 tsp. sea salt**
- ½ tsp. ground black pepper**
- 1 tsp. olive oil**
- 4 oz honey mustard, for serving**





# BEEF EMPANADAS

## INGREDIENTS:

- 1 tbsp. olive oil**
- 1 lb ground beef**
- 2 cloves garlic, peeled & minced**
- 1 small onion, peeled & minced**
- ½ green pepper, seeded & diced**
- ½ tsp. cumin**
- ¼ cup tomato salsa**
- sea salt, to taste**
- ground black pepper, to taste**
- 1 egg yolk**
- 1 tbsp. milk**
- 1 pack empanada shells**

1. Place a sauté pan on the stove top. Heat the olive oil over high heat, add the ground beef, and cook until the meat is browned. Discard any excess fat.
2. Add the garlic and onion, cover the pan, and cook for 4 mins.
3. Lower the heat to low. Add the green pepper, cumin, salsa, salt, and ground black pepper and cook for 10 mins.
4. Combine the egg and milk to make an egg wash.
5. Place each empanada shell on the countertop. Add some of the cooked beef to half of the shells. Brush the edges of the shells with the egg wash, fold the dough over the meat, seal with a fork, and brush with the egg wash again.
6. Place the empanadas in the Fry Basket, being careful not to overcrowd. Place the Fry Basket in the Power AirFryer Elite.
7. Press the Power Button. Manually set the cooking temperature to 360° F and the cooking time to 10 mins.

*Per Serving: 210 calories; 13 grams protein; 24 grams carbohydrate;  
3.5 grams fat; 0 grams fiber; 1 serving*

# RIBEYE STEAK

1. Season both sides of the steak with the steak rub and olive oil.
2. To preheat the Power AirFryer Elite, press the Power Button, use the M Button to scroll to the Steak preset (380° F), and manually set the cooking temperature to 4 mins.
3. Once the Power AirFryer Elite has preheated, place the steak in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
4. Press the Power Button, use the M Button to scroll to the Steak preset (380° F), and manually set the cooking time to 12 mins. Flip the steak halfway through the cooking time. Cook the steak until the desired doneness is reached.
5. Once the timer reaches 0, remove the steak from the Fry Basket and let the steak rest for 10 mins. before slicing..

*Per Serving: 950 calories; 98 grams protein; 0 grams carbohydrate; 21 grams fat; 0 grams fiber; 860mg sodium; 8% Calcium; 320mg Cholesterol; 1 serving*

## INGREDIENTS:

**1 2-lb ribeye steak**

**1 tbsp. steak rub**

**1 tbsp. olive oil**





# ROAST TURKEY BREAST

## INGREDIENTS:

**1 8-lb turkey breast, covered & brought to room temperature for 10–20 mins.**

**2 tbsp. sea salt**

**1 tbsp. ground black pepper**

**2 tbsp. olive oil**

1. Season the turkey with the salt and ground black pepper and rub the turkey with the olive oil.
2. Place the turkey (breast side down) in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
3. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 20 mins.
4. When the timer reaches 0, carefully turn the turkey breast over.
5. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 20 mins. Cook until the internal temperature of the turkey reaches 165° F.
6. Let the turkey rest for 20 mins. before serving.

*Per Serving: 460 calories; 96 grams protein; 1 gram carbohydrate; 6 grams fat; 0 grams fiber; 1640mg sodium; 4% Calcium; 265mg Cholesterol; 1 serving*

# ROASTED CHICKEN WITH HERBS

1. Season the chicken with the garlic powder, onion powder, salt, ground black pepper, rosemary, and thyme and rub the chicken with the olive oil.
2. Place the chicken (breast side down) in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
3. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 20 mins.
4. When the timer reaches 0, carefully turn the chicken over.
5. Press the Power Button, use the M Button to scroll to the Chicken preset (360° F), and manually set the cooking time to 20 mins. Cook until the chicken reaches an internal temperature of 165° F.
6. Let the chicken rest for 20 mins. before serving.

*Per Serving: 1290 calories; 106 grams protein; 1 gram carbohydrate; 92 grams fat; 0 grams fiber; 890mg sodium; 8% Calcium; 425mg Cholesterol; 1 serving*

## INGREDIENTS:

**1 5-lb whole chicken, with skin**

**1 tsp. garlic powder**

**1 tsp. onion powder**

**1 tsp. sea salt**

**1 tsp. ground black pepper**

**1 tsp. rosemary**

**½ tsp. thyme**

**2 tbsp. olive oil**





# SPRING ROLLS

## INGREDIENTS:

**2 tbsp. grapeseed oil**  
**2 cups sliced & chopped cabbage**  
**½ lb shiitake mushrooms, destemmed & sliced**  
**1 tsp. minced ginger**  
**1 clove garlic, peeled & minced**  
**3 scallions, chopped**  
**8 oz water chestnuts, diced**  
**½ lb cooked shrimp, chopped**  
**sea salt, to taste**  
**ground black pepper, to taste**  
**1 egg yolk**  
**1 tbsp. water**  
**6–8 spring roll wrappers**  
**sweet chili sauce or a sauce of your choice, for serving**

1. Place a sauté pan on the stove top. Heat the grapeseed oil over high heat and then sauté the cabbage. Remove and reserve the cabbage.
2. Sauté the mushrooms, ginger, garlic, and scallions. Remove and reserve the mushrooms, ginger, garlic, and scallions.
3. Combine the cabbage, mushrooms, ginger, garlic, scallions, water chestnuts, shrimp, sea salt, and ground black pepper in a bowl to make the filling.
4. Combine the egg and water in a separate bowl to make the egg wash.
5. Once the filling is cooled, lightly squeeze any excess water from the filling.
6. Place each spring roll wrapper on the counter top. Coat each spring roll wrapper with the egg wash. Place 2 tbsp. of filling on the top of each wrapper and roll each wrapper, folding the sides as you roll.
7. Place the spring rolls in the Fry Basket. Place the Fry Basket into the Power AirFryer Elite.
8. Press the Power Button. Manually set the cooking temperature to 360° F and the cooking time to 15 mins. Turn the spring rolls periodically while they cook.
9. Serve with the sweet chili sauce.

*Per Serving: 490 calories; 8 grams protein; 49 grams carbohydrate;  
33 grams fat; 2 grams fiber; 1 serving*

# ROAST TURKEY REUBEN

1. Spread the butter on one side of 2 bread slices.
2. Lay the buttered bread slices (buttered side down), on a cutting board.
3. Layer the Swiss cheese, turkey, coleslaw, and dressing on top of each slice of bread. Top with the unbuttered bread slices.
4. Place the sandwiches (one per batch) in the Fry Basket. Place the Fry Basket into the Power AirFryer Elite.
5. Press the Power Button. Manually set the cooking temperature to 310° F and the cooking time to 12 mins. Flip the sandwiches halfway through the cooking time.
6. Slice the sandwiches before serving.

*Per Serving: 2350 calories; 400 grams protein; 45 grams carbohydrate;  
55 grams fat; 4 grams fiber; 1 serving*

## INGREDIENTS:

- 2 tbsp. unsalted butter**
- 4 slices rye bread**
- 8 slices Swiss cheese**
- 8 slices roasted turkey breast, skin removed**
- 4 tbsp. coleslaw**
- 2 tbsp. Russian dressing**



# MAC AND CHEESE

## INGREDIENTS:

- 1 tsp. cornstarch**
- 2 cups shredded cheddar cheese, divided**
- 2 cups macaroni, dry**
- 2 cups heavy whipping cream**

## INGREDIENTS:

- 6 chicken tenders**
- 1 ½ cups canned cream of celery soup**
- ¾ cup mixed vegetables, frozen**
- 2 potatoes, peeled & diced**
- ¾ cup heavy cream**
- 1 bay leaf, dried**
- 1 sprig thyme**
- 1 egg yolk**
- 1 tbsp. milk**
- buttermilk biscuit dough for 5 biscuits, refrigerated**

1. Combine the cornstarch and 1 ½ cups cheddar cheese in a bowl and mix.
2. Add the macaroni and whipping cream to the bowl and mix.
3. Pour the mac and cheese into a baking dish and cover the baking dish with foil.
4. Place the baking dish into the Fry Basket. Place the Fry Basket in the Power AirFryer Elite (ensure that the foil does not touch the heating element).
5. Press the Power Button, use the M Button to Scroll to the Baking preset (320° F), and manually set the cooking time to 15 mins.
6. When the timer reaches 0, remove the foil from the baking pan. Sprinkle the rest of the cheddar cheese on top of the mac and cheese. Return the Fry Basket to the Power AirFryer Elite.
7. Press the Power Button, use the M Button to Scroll to the Baking preset (320° F), and manually set the cooking time to 10 mins.
8. Allow the mac and cheese to cool before serving.

*Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 servings*

# CHICKEN POT PIE

1. Place a pot on the stove top. Add the chicken tenders, cream of celery soup, mixed vegetables, potatoes, cream, bay leaf, and thyme to the pot and bring to a boil over high heat.
2. Pour the mixture into a baking pan and cover the baking pan with foil.
3. Place the baking pan in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite (ensure that the foil does not touch the heating element).
4. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 15 mins.
5. While the pot pie mixture cooks, combine the egg yolk and milk in a bowl to make an egg wash.
6. Brush the biscuit dough with the egg wash.
7. When the timer reaches 0, remove the baking pan from the Fry Basket, and add the biscuits to the baking pan.
8. Return the baking pan to the Fry Basket. Return the Fry Basket to the Power AirFryer Elite.
9. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 10 mins. Cook until the biscuits are golden.

*Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 serving*

# DOUGHNUTS

1. Add the yeast,  $\frac{1}{3}$  cup sugar, and  $\frac{1}{2}$  cup milk to an electric mixer and mix.
2. Add the butter, flour, nutmeg, salt, and  $\frac{1}{2}$  tsp. cinnamon to a bowl to make a dry mixture.
3. Add the egg to the mixer and mix.
4. Add the dry mixture to the mixer and mix to finish the dough. Remove the dough from the mixer and let it double in size.
5. When the dough is ready, place the dough on a counter top and roll the dough out until 1 in. thick. Use round cutter to make doughnuts out of the dough.
6. Combine the egg wash ingredients in a separate bowl. Brush the doughnuts with the egg wash.
7. Place the doughnuts in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
8. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 16 mins. Turn the doughnuts over halfway through the cooking time.
9. Combine the glaze ingredients in a bowl. Dip the doughnuts into the glaze while they are still warm.

*Per Serving: 580 calories; 6 grams protein; 51 grams carbohydrate; 40 grams fat; 2 grams fiber; 1 serving*

## INGREDIENTS:

- $\frac{1}{2}$  oz yeast
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  cup nonfat milk
- 2 tbsp. unsalted butter
- 2  $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{3}$  cup sugar
- 1 large egg

### *Egg Wash*

- 1 egg yolk
- 2 tbsp. milk

### *Glaze*

- $\frac{1}{2}$  cup sugar
- 1 tbsp. cinnamon





INGREDIENTS:

- 1 ½ cups whipping cream
- 4 egg yolks, raw
- 6 glazed doughnuts, cut into small pieces
- 1 tsp. cinnamon
- ¾ cup sweet cherries, frozen
- ¼ cup sugar
- ½ cup semi-sweet chocolate baking chips

# DOUGHNUT BREAD PUDDING

1. Combine the whipping cream and egg yolks in a bowl and mix.
2. Add the doughnut pieces, cinnamon, cherries, sugar, and chocolate chips to the bowl and mix.
3. Pour the mixture into a baking pan and cover the pan with foil.
4. Place the baking dish in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite (ensure that the foil does not touch the heating element).
5. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 60 mins.
6. Chill the pudding before serving.

*Per Serving: 580 calories; 6 grams protein; 205 grams carbohydrate; 40 grams fat; 2 grams fiber; 1 serving*

# PEACH CRISP

1. Add the peaches to a baking pan.
2. Place the baking pan in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
3. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 15 mins. Stir the peaches halfway through the cooking time.
4. Combine the flour, sugar, brown sugar, oats, butter, cinnamon, and pecans in a bowl to make the topping.
5. Remove the baking pan from the Fry Basket and top the peaches with the topping.
6. Return the baking pan to the Fry Basket. Return the Fry Basket to the Power AirFryer Elite.
7. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 10 mins.
8. Let the peach crisp cool for 15 mins. before serving with your favorite ice cream.

*Per Serving: 580 calories; 6 grams protein; 51 grams carbohydrate; 40 grams fat; 2 grams fiber; 1 serving*

## INGREDIENTS:

**4 cups peach slices,  
frozen**

**3 tbsp. sugar**

**¼ cup flour**

**1 tsp. sugar**

**½ cup brown sugar**

**⅓ cup rolled oats, dry**

**3 tbsp. unsalted butter**

**1 tsp. cinnamon**

**3 tbsp. chopped pecans**





# CHEESECAKE

## INGREDIENTS:

**2 tbsp. unsalted butter**

**1 cup honey graham cracker crumbs**

**1 lb cream cheese**

**½ cup sugar**

**2 large eggs**

**½ tsp. vanilla extract**

1. Cut a circle out of a piece of parchment paper and place the parchment paper in a baking pan.
2. Combine the butter and graham cracker crumbs in a bowl to make a crust. Press the crust into the baking pan.
3. Place the baking pan in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
4. Press the Power Button and manually set the cooking time to 4 mins. and the cooking temperature to 360° F.
5. Add the cream cheese and sugar to an electric mixer and mix.
6. Add one egg at a time to the mixer and mix until creamy after each addition.
7. Add the vanilla and mix well.
8. Remove the Fry Basket from the Power AirFryer Elite and top the crust with the cream cheese mixture. Return the Fry Basket to the Power AirFryer Elite.
9. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 15 mins.
10. Let the cheesecake chill for 3 hrs. before serving.

*Per Serving: 420 calories; 7 grams protein; 26 grams carbohydrate; 33 grams fat; 0 grams fiber; 1 serving*

# CHERRY PIE

1. Press 1 pie crust into a pie pan, leaving the excess dough hanging over the sides of the pan.
2. Place the pie pan in the Fry Basket. Place the Fry Basket in the Power AirFryer Elite.
3. Press the Power Button and manually set the cooking time to 5 mins. and the cooking temperature to 310° F.
4. Carefully remove the pie pan from the Fry Basket. Remove any excess dough hanging over the edges of the pan. Pour the cherry pie filling in the pie pan.
5. Roll the other pie crust out and cut it into ¾-in. strips. Make a lattice with the dough strips on top of the cherry pie filling.
6. Combine the egg yolk and milk in a bowl to make an egg wash. Brush the pie crust with the egg wash.
7. Return the pie pan to the Fry Basket. Return the Fry Basket to the Power AirFryer Elite.
8. Press the Power Button, use the M Button to scroll to the Baking preset (320° F), and manually set the cooking time to 15 mins.
9. Let the pie cool before serving with vanilla ice cream.

*Per Serving: 160 calories; 1 gram protein; 32 grams carbohydrate; 3 grams fat; 1 gram fiber; 1 serving*

## INGREDIENTS:

- 2 premade pie crusts, refrigerated**
- 1 21-oz can cherry pie filling**
- 1 egg yolk**
- 1 tbsp. milk**
- vanilla ice cream, for serving**



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