



QUICK AND EASY
AIR FRYER
RECIPES



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QUICK AND EASY AIR FRYER RECIPES

Dear Home Chefs,

We know that life can get busy, and that some nights there simply isn't time to cook a meal from scratch. That's why we are so very grateful that air fryers exist. A recipe that can take ages in front of the stove is ready in minutes when you use your air fryer! We're all for making things in the kitchen as quick and easy as possible, and that's why this kitchen appliance is our new favorite.

Quick and Easy Air Fryer Recipes is our new eBook that's dedicated to making the most of the time spent in your kitchen. Whether you're hungry for a delicious Chicken Cordon Bleu (page 14) or craving these Easy 3 Ingredient Peanut Butter Cookies (page 16), you're sure to find something that you and your family will love.

So, download *Quick and Easy Air Fryer Recipes* today! All of the recipes in the eBook are featured in full along with beautiful photos. Some of our favorite food bloggers have contributed to this ebook - be sure to visit their blogs for more amazing recipes and cooking tips!

You can also find more great cooking content at [RecipeLion.com](https://www.recipeLion.com). Our eBooks, like all of our recipes, are absolutely FREE. Please feel free to share with family and friends and ask them to sign up at our website for free newsletters from [RecipeLion.com](https://www.recipeLion.com).

Happy cooking!

The Editors of RecipeLion

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Air Fryer Sweet Potato Fries with Marshmallow Dipping Sauce

by Kim Ritter from twokidsandacoupon.com

Are you in love with your air fryer yet? This handy kitchen appliance can be used for so many different things! From appetizers to snacks, main dishes to vegetable sides, the air fryer recipe combinations are endless. While we have made frozen french fries in the air fryer many times, until recently we hadn't tried air fryer sweet potato fries. So easy and so delicious, these fries are great with burgers or another main entree, and you can even serve them as a treat with a delicious marshmallow sauce. for dipping. Here is how to make them!



Cooking time: 14 mins

Serves: 4

Fries Ingredients

- 3 medium to large sweet potatoes
- 1 tablespoon melted butter
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 2 teaspoons brown sugar

Marshmallow Sauce Ingredients

- ½ tablespoon butter
- 1 cup mini marshmallows
- ½ cup heavy whipping cream

Fries Recipe

1. To get started, preheat your air fryer to 350 F. Wash and peel the sweet potatoes.
2. Next you will want to cut the sweet potatoes into ¼-inch thick strips. Rinse the fries well then lay out on a clean kitchen towel and pat dry with another towel.
3. In a large mixing bowl, toss the air fryer sweet potato fries with melted butter, salt, and cinnamon.
4. Spray the inside of the air fryer with non-stick cooking spray. Pour the sweet potato fries into the air fryer and arrange into roughly one single layer. Depending on the size of your air fryer, you may need to cook these in two batches.
5. Air fry the sweet potato fries at 350 F for 7 minutes. Shake the air fryer basket well to help the fries cook more evenly.
6. Then air fry them for an additional 5–7 minutes until the fries are cooked completely through. Remove the air fryer sweet potato fries and sprinkle with brown sugar. Serve warm.

Marshmallow Sauce Recipe

1. Melt the butter in a large skillet over medium heat. Add the marshmallows to the pan and stir to coat in the butter.
2. Cook the marshmallows over medium heat until they begin to melt, stirring constantly to prevent burning.
3. Add the heavy whipping cream and continue stirring until the marshmallows are fully melted and the sauce is smooth and creamy.
4. Remove the sauce from the heat and cool slightly before serving.

Notes: Be sure to note that the marshmallow cream sauce will solidify when fully cooled. If you need to warm it up again, it can be reheated in the microwave in 20 second cooking intervals, or in a skillet over medium heat (stirring very often).



Air Fryer Roasted Carrots

by Kristin King from dizzybusyandhungry.com

Air Fryer Roasted Carrots are a quick and easy side dish and your new favorite way to prepare carrots! This dish is so flavorful and the seasoning blend balances perfectly with sweet honey. Simple enough to make for a fast and healthy side for weeknight dinners, this healthy veggie side is also perfect for holidays and special occasions of every kind! These honey roasted carrots are your new favorite weeknight veggie side dish! With only 5 ingredients and 10 minutes of prep time, this recipe produces a sweet and savory side that's packed with nutrition. It's so easy to cook carrots in the air fryer. Not only is this recipe fast and tasty, it's also extremely versatile.



Cooking time: 20 mins

Serves: 4

Ingredients

- 1 lb carrots
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 teaspoons dried thyme
- 1 teaspoon salt
- fresh parsley, for garnish (optional)

Recipe

1. Rinse, peel, and cut the carrots into quarters. Place them into a large mixing bowl.
2. Add the olive oil, honey, thyme, and salt to the bowl and toss to coat.
3. Place the seasoned carrots into the air fryer and air fry at 380 degrees F for 10 minutes, then toss and cook for another 10 minutes.
4. If desired, serve with chopped parsley and an extra drizzle of honey.

Air Fryer Ravioli

by Nicole Johnson from [orwhateveryoudo.com](https://www.orwhateveryoudo.com)

My easy Air Fryer Ravioli is dipped in a quick egg wash and then breaded with bread crumbs and panko before taking a trip through the air fryer to crisp up! Just a few minutes in the air fryer and this easy appetizer is done in a flash! An air fryer breaded ravioli goes from prep to table almost faster than you can blink. Ravioli never fail to please. Breading and frying them takes them to another level.



Cooking time: 8 mins

Serves: 6

Ingredients

- 36 fresh cheese-filled ravioli
- 1 egg
- ¼ cup milk
- ½ cup panko
- ½ cup breadcrumbs
- ⅛ cup flour
- 1 teaspoon Italian seasoning
- ½ teaspoon salt

Recipe

1. Place the egg and milk in a bowl, and whip together until combined.
2. Combine the panko, breadcrumbs, flour, Italian seasoning, and salt in a separate bowl.
3. Dip the ravioli in the egg and then toss in the breadcrumb mixture.
4. Place in a single layer in your air fryer. If you have a shelf, you can put another layer on top as well. If not, prepare to do this in several batches.
5. Run your air fryer at 375 degrees F, and cook for 6–8 minutes, or until the ravioli is puffed up and the breading is golden brown.

Air Fryer Shrimp

by Nicole Johnson from orwhateveryoudo.com

Easy Garlic Parmesan Air Fryer Shrimp is one of the fastest and most delicious meals I've made in such a long time! From the fridge to the plate in about 30 minutes, these tender shrimp could stand on their own as the main dish or go on top of a fresh salad for a light lunch.



Cooking time: 10 mins

Serves: 4

Ingredients

- 1 pound shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1/8 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons parmesan cheese, freshly grated
- 2 tablespoons fresh minced parsley

Recipe

1. Make sure the shrimp are dry and place them into a bowl.
2. Drizzle on the olive oil and toss to coat.
3. Sprinkle on the garlic powder, salt, and pepper. Toss in the parmesan cheese and parsley.
4. Place the shrimp into the air fryer basket, and place into the air fryer. Run at 390–400 degrees F.
5. Run the air fryer for 12 minutes, giving the basket a shake halfway through (if necessary).
6. Serve hot, over a bed of pasta, or on top of a Caesar salad!

Air Fryer Steak Bites

by Kristin King from dizzybusyandhungry.com

Serve these Air Fryer Steak Bites as a perfect appetizer for Sunday dinner, at your next game night, or even for formal gatherings! A variety of steak cuts can be used to prepare this fast and simple dish. Spices blend together to infuse each piece of steak with delicious savory flavor, and the air fryer makes this recipe a cinch to cook and clean up! You'll love the garlic butter served on the side that enhances these tasty steak bites. This is your new favorite way to prepare steak! Simple, easy, and yields perfect results every time. These air fryer steak tips are served with a delicious homemade garlic butter that gives them so much flavor!



Cooking time: 10 mins

Serves: 4

Ingredients

- 1 pound flank steak, cubed
- 2 tablespoons olive oil
- 1 teaspoon garlic and herb steak seasoning
- ½ teaspoon red pepper flakes
- 1 teaspoon onion powder
- 3 tablespoons salted butter, room temperature
- 1 teaspoon garlic powder
- 1 teaspoon dried chives

Recipe

1. Toss the steak pieces in a large mixing bowl with the olive oil, steak seasoning, red pepper flakes, and onion powder. Ensure that the steak pieces are evenly coated in the seasonings.
2. Preheat the air fryer to 390 degrees F. Transfer the steak pieces to the air fryer basket and cook for 10 minutes, or until they have reached the desired doneness.
3. While the steak is cooking, mix together the butter, garlic powder, and chives.
4. Serve the steak bites with the freshly made garlic butter.

Air Fryer Fried Chicken

by Amanda Formaro from amandascookin.com

Making fried chicken in the air fryer eliminates all the unnecessary excess oil from the equation while still leaving you with deliciously juicy, breaded chicken. Juicy on the inside, crispy golden on the outside, this air fryer fried chicken recipe covers all the steps to make a whole chicken including the thighs, wings, and breasts. The important thing to know about air fryer fried chicken is that each cut of meat will vary in cook time depending on the individual wing, thigh, and breast. Today we're using a whole chicken so we can break it down nice and easy for you.



Cooking times

(for breasts): 23–28 mins

(for wings): 15–18 mins

(for thighs/legs): 25–30 mins

Serves: 10

Ingredients

- 6 pound whole chicken or individual pieces as desired
- 6 Tablespoons vegetable oil for brushing onto the chicken
- 2 cups buttermilk
- 1½ teaspoons seasoned salt
- 2 cups all-purpose flour
- 1½ Tablespoons seasoned salt
- ½ Tablespoon garlic powder
- ½ Tablespoon onion powder
- ½ Tablespoon paprika

Recipe

1. Cut the chicken into 10 pieces: 2 wings, 2 legs, 2 thighs, and cut each breast in half for a total of 4 breast pieces.
2. Add the chicken, buttermilk, and seasoned salt to a large bowl and toss to coat the chicken.
3. Cover the bowl with plastic wrap and refrigerate at least 1 hour, or up to 24 hours.
4. After the chicken is done marinating, make the seasoned flour. To do so, combine all remaining ingredients in a large, shallow bowl.
5. Remove a piece of chicken from the marinade and let the excess marinade drip off. Dredge the chicken on both sides in the flour mixture until well-coated. Repeat this process until all the chicken is coated in seasoned flour.

6. Preheat an air fryer to 360 degrees F.
7. You will need to cook the chicken in 3 batches: 1 batch for the breasts, 1 batch for the wings, and 1 batch for the legs/thighs. Before air frying, brush a little oil in the basket of the air fryer. Right before air frying, brush the top of the chicken pieces generously with oil. It's fine if you want to check the chicken halfway through cooking to see if there are any flour spots so you can brush them with oil, but don't flip the chicken.



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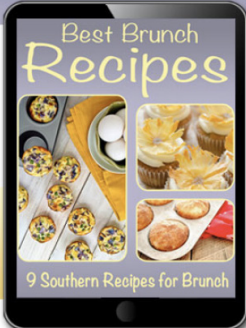
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RECIPE LION

Air Fryer Roast Chicken

by Terri Gilson from foodmeanderings.com

This Air Fryer Roast Chicken is simple to make, tender, juicy, and flavorful! When you roast a whole chicken in the air fryer using the roast function, you get rotisserie style chicken right in your air fryer (and without a spit)! This is a great way to use less electricity, leave room in your oven, or simply not heat up your house when it's hot outside! It's also quick enough to make on a weeknight. However, if you don't have the roast function on your air fryer, you can use the air fryer setting and get similar results.



Cooking time: 40 mins

Serves: 4

Ingredients

- 3½ lb whole chicken
- 1½ teaspoon finely chopped rosemary, dried
- 3 cloves garlic, minced
- 2 wedges of lemon
- 3–4 pumps oil spray
- ¼ teaspoon salt and pepper
- sprigs of fresh rosemary, for garnish (optional)
- additional lemon wedges, for garnish (optional)

Recipe

1. Move string to open up cavity and add 2 wedges of lemon.
2. Add the garlic and rosemary to the cavity.
3. Spray bottom of basket or crisper plate of air fryer with a few pumps of spray oil and place the entire chicken breast side up in the air fryer. Sprinkle salt and pepper all over.
4. Spray with 3–4 pumps of spray oil.
5. Cook on roast for 40–45 minute 375 degrees F (190 degrees C) until cooked through. The internal temperature of your chicken should be 165 degrees F (74 degrees C) and legs move easily.
6. Garnish with additional lemon wedges and fresh rosemary and serve.

Air Fryer Shake and Bake Chicken

by Victoria from wholesomefarmhouse.com

Air Fryer Shake and Bake Chicken is a great way to make a quick and easy dinner. Just shake the ingredients together and cook in your air fryer. It's that easy! And the results are delicious. If you are like me, you are always looking for good chicken recipes that your family looks forward to. This homemade Shake and Bake Chicken is a winner. It's golden and crispy from the outside, tender and juicy from the inside. Give this recipe a try and I bet you'll love this simple dish.



Cooking time: 17 mins

Serves: 4

Ingredients

- 1 cup breadcrumbs plain
- 1 tablespoon corn starch
- 1 teaspoon garlic salt
- ½ teaspoon onion powder
- ½ teaspoon dried parsley
- ½ teaspoon dried thyme
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 6 tablespoons olive oil or vegetable oil, split
- 4 chicken breasts, butterflied or sliced thin

Recipe

1. Preheat the air fryer for 3 minutes to 350 degrees F.
2. Prepare the chicken breasts by butterflying it or slicing it thinly. Pat dry with paper towels. Then coat each piece of chicken with the olive oil leaving 1 tablespoon for mixing with the dry ingredients. Set aside.
3. Into a large freezer bag, mix the breadcrumbs, corn starch, garlic salt, onion powder, dried parsley, dried thyme, black pepper, and paprika.
4. Add the remaining tablespoon of olive oil to the dry mixture and mix in the bag until a sandy texture is created.
5. Add the chicken pieces to the bag one at a time. Shaking the bag to coat. (Once the chicken is all coated, any leftover seasoning in the bag should be tossed).
6. Place the chicken breasts in a single layer into the air fryer and cook for 17–25 minutes. The thinner your chicken, the faster it will cook. There is no need to flip the chicken in the air fryer as the air circulates all around the meat. Use a digital thermometer to check the internal temperature of the chicken. When it reaches 165 degrees F, it is done. **Pro Tip:** Spray the air fryer basket with cooking spray oil to keep the chicken from sticking to the basket.

7. When done, remove the chicken and let it rest on a cooling rack for 5 minutes. This will keep the outside coating crispy on both the top and bottom and keep the juices inside the meat.
8. Serve with your favorite sides.



Air Fryer Chicken Cordon Bleu

by Amanda Formaro from amandascookin.com

Air Fryer Chicken Cordon Bleu eliminates the oily, greasy mess of traditional pan-frying without skimping on flavor or tasty results. Melty Swiss cheese and ham stuffed inside thin chicken breasts and smothered with breadcrumbs make this Air Fryer Chicken Cordon Bleu recipe incredible, but the flavorful dijon cream sauce takes it over the top. It's always fun to make fancy meals in the air fryer. It's basically a mini convection oven after all, so the possibilities are endless. Plus, air fryers always tend to give you crispy, golden results in the same amount of time, if not less, compared to conventional methods.



Cooking time: 25 mins

Serves: 4

Chicken Cordon Bleu Ingredients

- 24 ounces chicken breast
- salt and pepper to taste
- 2 slices deli ham
- 8 ounces Swiss cheese
- ½ cup all purpose flour
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 large eggs
- 2 cups panko breadcrumbs
- 3 tablespoons vegetable oil

Dijon Cream Sauce Ingredients

- 2 tablespoons unsalted butter
- 2 tablespoons all purpose flour
- 2 cups whole milk
- 2 tablespoons dijon mustard
- ½ cup shredded Swiss cheese
- fresh chopped parsley

Recipe

1. Place each chicken breast between two sheets of plastic wrap and use a meat mallet to flatten the chicken breast no more than ½-inch thick.
2. Remove the plastic and season the chicken breast with salt and pepper. Place a ham slice to cover each chicken breast, and then cover with slices of Swiss cheese.
3. Slowly roll up each chicken breast using the under layer of plastic wrap to keep the contents inside and compact. Wrap the plastic wrap completely around the chicken breast to keep it in place.
4. Place the wrapped chicken breasts in the refrigerator for at least 30 minutes to set their shape.
5. Meanwhile, prepare a dredging station. Place ½ cup flour, ½ teaspoon onion powder, ½ teaspoon garlic powder, ½ teaspoon black pepper, and ½ teaspoon salt in a shallow bowl. Stir to combine.

6. In a second bowl, place the panko crumbs.
7. Preheat the air fryer to 365 degrees F.
8. Remove the chicken breast from its plastic wrap. Dredge by placing each side of it into the flour mixture, then coat it in the egg, and finally coat it in the panko.
9. Brush the oil onto the breaded chicken breasts.
10. Place the chicken breasts into the basket of the preheated air fryer, and cook 25 to 30 minutes or until the internal temperature reaches 165 degrees F on an instant-read thermometer.
11. Meanwhile, make the dijon cream sauce. Melt the butter in a saucepan. Whisk in the flour and then slowly add the milk, whisking until the mixture is smooth. Cook over medium heat, stirring constantly until the mixture begins to thicken. Stir in the mustard and Swiss cheese (if using). Pour sauce over air fried chicken as desired.
12. Garnish with freshly chopped parsley and serve immediately.



Air Fryer Salmon with Garlic Sauce

by Vicky from [patternprincess.com](https://www.patternprincess.com)

Air Fryer Salmon with Garlic Sauce is an easy and healthy dinner option. It has a rich and buttery flavor and looks like you were getting served at a fancy restaurant. With an air fryer, you can quickly transform fresh salmon into tender, golden-brown fillets that are packed with flavor. This cooking method gives it a deliciously crispy texture, while the garlic aioli sauce adds an extra layer of flavor. This recipe is perfect for busy weeknights when you need something quick to get on the table. Plus, with minimal oil needed and mess-free clean up, air frying is undoubtedly one of the healthiest ways to cook.



Cooking time: 9 mins

Serves: 4

Salmon Ingredients

- 4 salmon filets
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon lemon zest
- salt and black pepper to taste
- 1 tablespoon olive oil or melted butter, or cooking spray

Garlic Sauce Ingredients

- 4 tablespoons mayonnaise
- 1 teaspoon lemon juice
- ½ teaspoon lime juice
- ¼ teaspoon garlic powder
- salt and black pepper to taste

Salmon Recipe

1. Rub each fillet with olive oil and add the seasonings to the top, sides, and bottom.
2. Place the fish in the air fryer basket in a single layer.
3. Cook for 8–10 minutes until tender and flaky.
4. Please note, time may vary between air fryers.
5. Open basket and check for desired doneness with a fork. You can return the salmon for another 1 or 2 minutes as necessary.

Garlic Sauce Recipe

1. In a small bowl, add the mayonnaise, lemon juice, lime juice, and garlic powder. Add salt and pepper to taste.
2. Using a fork or a small whisk, mix to combine.
3. Spoon over the salmon or make a fancy swoosh on the plate before adding the fish.

Easy 3 Ingredient Air Fryer Peanut Butter Cookies

by Kim Ritter from [twokidsandacoupon.com](https://www.twokidsandacoupon.com)

I've made 3 Ingredient Peanut Butter Cookies for years and they are always a favorite. Easy and affordable, they are great in the oven, and excellent in your air fryer too. If you've never tried baking peanut butter cookies in the air fryer, this post will show you how to skip the oven and have delicious cookies that are lightly crispy on the outside and soft on the inside. These Easy 3 Ingredient Air Fryer Peanut Butter Cookies are a quick snack that is ready in minutes. Here is how to make them for your family!



Cooking time: 4 mins

Yields: 18 cookies

Ingredients

- 1 cup creamy peanut butter
- $\frac{3}{4}$ cup sugar
- 1 large egg

Recipe

1. Combine all three ingredients in a medium mixing bowl. Mix until fully combined.
2. Chill in the fridge for 30 minutes.
3. Using a 1 $\frac{1}{2}$ -inch cookie scoop, or heaping tablespoon, scoop the dough onto parchment paper.
4. Using a fork, press the cookie flat, first one direction, then again from the opposite direction to make a crosshatch pattern on top.
5. Line the bottom of your air fryer with parchment paper. Be sure to not have extra parchment paper running up the side of the air fryer or it will get caught by the air and fold over the cookies.
6. Place as many cookies in your air fryer that will fit, while giving each cookie a half inch space. I was able to do about 4–6 at a time.
7. Set your air fryer at 370 degrees F and cook them for 4 minutes before letting them rest in the air fryer for 4 minutes.
8. Repeat until you've used up your batter.

Air Fryer Baked Apples

by Ellen Christian from [confessionsofanover-workedmom.com](https://www.confessionsofanover-workedmom.com)

Whether you're gluten intolerant, following the Paleo diet, or trying to stay in ketosis, many people look for a gluten-free dessert recipe to enjoy after their meal. So, if you're wondering what's a good gluten free treat, you might want to try these Air Fryer Baked Apples.



Cooking time: 15 mins

Serves: 2–4

Ingredients

- 2 to 4 honeycrisp apples (depending on the size of your air fryer)
- 1 tablespoon butter, melted
- 1 teaspoon ground cinnamon
- 1/3 cup old fashioned oats
- 1 tablespoon chopped pecans
- 1 tablespoon maple syrup

Recipe

1. Preheat air fryer to 340 degrees F. Prepare the air fryer basket with nonstick cooking spray.
2. From each apple, remove the center core without piercing the bottom of the apples. (You can use a corer to score the area and then a melon baller to scoop out the seeds and a little of the fruit to create a space inside the apple.)
3. Mix together the remaining ingredients.
4. Stuff the oatmeal mixture into each apple, packing well to fill the space inside.
5. Arrange the apples in the basket with space between them to allow the air to flow.
6. Cook for 15 minutes or until the apples are softened and weeping slightly.
7. Serve with granola, dried fruit (like raisins), ice cream, additional melted butter, whipped cream, and/or additional maple syrup.

A Special Thanks to Our Contributors

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