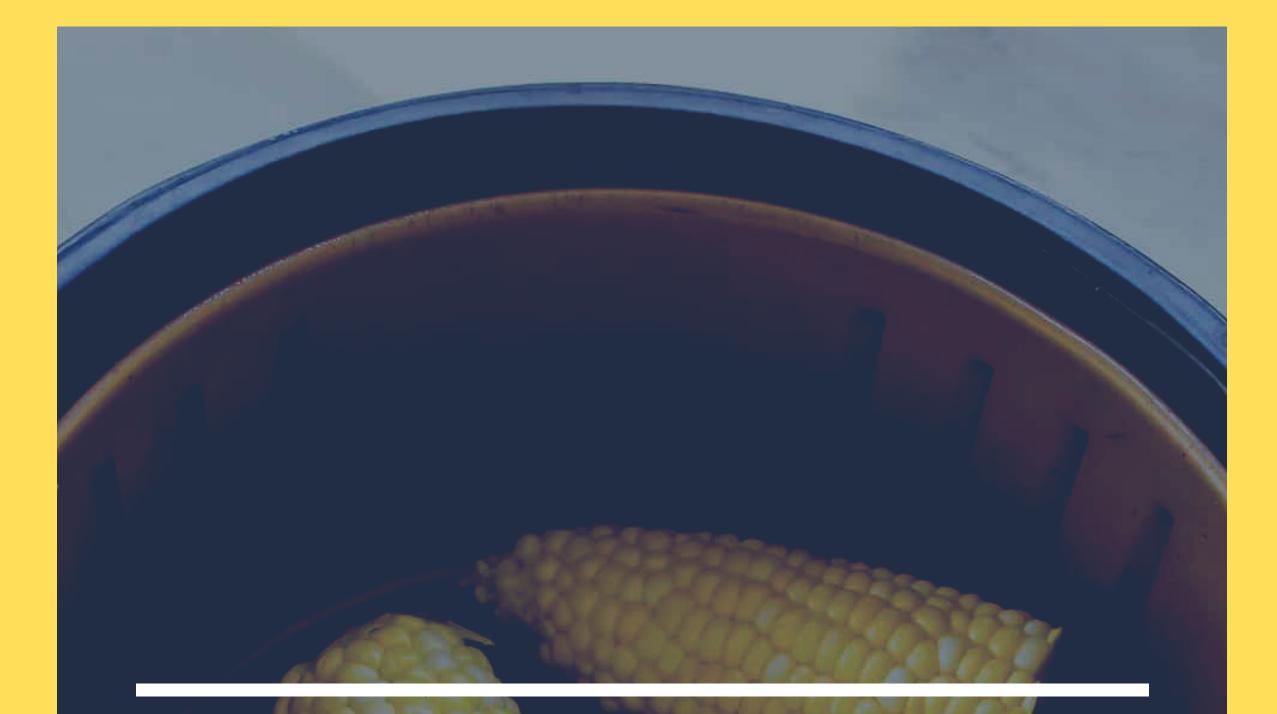
5 MUST MAKE AIR FRYER RECIPES





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COURSE: SIDE DISH CUISINE: AMERICAN SERVINGS: 4 SERVINGS

> INGREDIENTS **2 C GREEN BEANS** 1/2 T OIL

INSTRUCTIONS WASH GREEN BEANS AND **CUT OFF ENDS IF NECESSARY. TOSS BEANS** WITH OIL. PUT BEANS INTO AIR FRYER. **COOK AT 390 DEGREES F** FOR 10 MINUTES. **ENJOY!**

RECIPE NOTES I LIKE MY BEANS TO HAVE A LITTLE BIT OF A CRUNCH STILL, IF YOU WOULD LIKE Your beans "more" well DONE, COOK 2-3 MINUTES LONGER.

AIR FRYER HONEY SRIRACHA CAULIFLOWER

Course: Main Course Servings: 4 servings Calories: 113 kcal

Ingredients Sauce 1/3 c honey 1/3 c Sriracha 17 coconut aminos 1/4 t sesame seed oil 17 rice vinegar Vegetable 3-4 c cauliflower florets

Instructions

In a bowl mix together the honey, Sriracha, coconut aminos, sesame seed oil and rice vinegar. Whisk together, set aside.

Dip each cauliflower piece into the sauce to cover the cauliflower with sauce.

Gently place cauliflower in the air fryer at 370 degrees F for 10 minutes. Shake the basket mid way through (about the 5 minute mark). 10 minutes will give you tender cauliflower. If you prefer crunchier cauliflower, lessen the time. Top with additional sauce after plating.

ENOY!



Course: Breakfast Cuisine: American Servings: 3 people

> Ingredients 6 eggs

Instructions Gently wash the outside of the eggs and pat dry. Place eggs into air fryer basket.

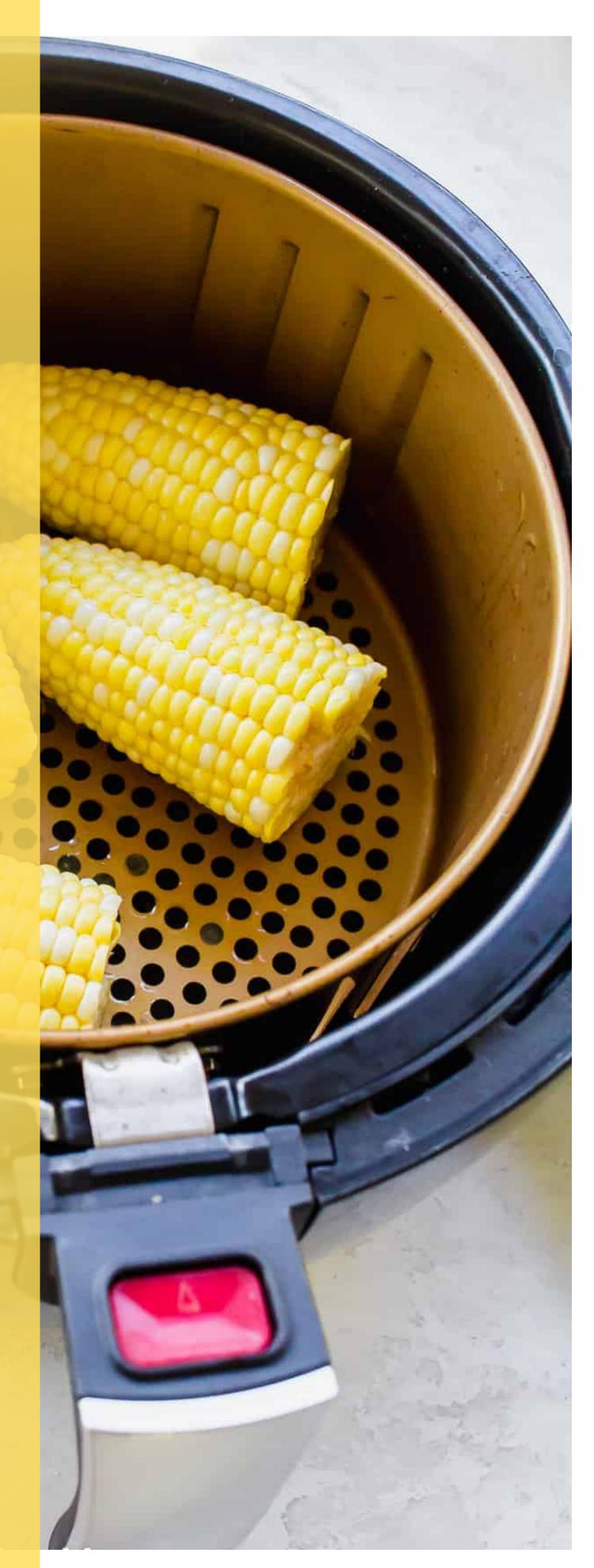
Cook at 270 degrees F for 16 minutes. Allow eggs to cool or plunge eggs into an ice water bath to cool enough to peel. Peel eggs and enjoy! Recipe Notes The yolk comes out solid for this eggs. If you prefer a very firm yolk, I would add another 1-2 minutes. Softer yolk, I would take away 1-2 minutes from the time listed in the recipe. Each air fryer runs slightly different so you may need to adjust times.

AIR FRYER CORN ON THE COB

Course: Side Dish Cuisine: American Servings: 2 people

Ingredients 2 ears of fresh sweet corn husk and silk removed, halved 1 T oil salt and pepper to taste

Instructions



Cut corn in half so you have four pieces. Gently pour 1 T of oil over corn and rub in with your hands. Place corn halves into the air fryer basket. Turn the air fryer on to 380 degrees F and cook for 8 minutes. At the four minute mark, remove basket, shake and return to cooking. When air fryer stops, remove corn carefully from basket (it will be HOT!) Slather with more salt and pepper and butter if you wish! **ENJOY!**

AR FRYER ZUCCHINI COINS

Course: Appetizer Cuisine: American Servings: 2 people

Ingredients 2 zucchini medium size, cut into coins 2 eggs beaten 3/4 c gluten free panko crumbs 3/4 c corn meal

Instructions Slice zucchini and salt to help remove moisture. In a small bowl, scramble the egg.



In a second small bowl, place the panko bread crumbs.

Gently dip the zucchini coins in egg mixture. Dip into bread crumbs mixture and coat both sides.

Place zucchini coins into a single layer into your air fryer. Spray tops of the coins with oil spray. Fry at 400 degrees F for 8 minutes. Turn coins after 4 minutes. Spray again with oil. (Do not shake the basket, manually flip each coin) ENJOY! Recipe Notes **The oil helps the coins to become golden brown and crisp up.