

A top-down view of an open air fryer basket. Inside the basket, four ears of yellow corn are arranged. The basket is dark blue with a perforated metal mesh. The air fryer's handle, featuring a red power button, is visible at the bottom. The background is a light-colored, textured surface.

5 MUST MAKE AIR FRYER RECIPES

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Air Fryer Green Beans

**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

1 T coconut aminos

1/4 t sesame seed oil

1 T 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.

ENJOY!



A close-up photograph of a person's hand holding two brown eggs. The hand is positioned over the perforated basket of an air fryer. The air fryer's control panel, featuring a red button with a triangle icon, is visible in the lower-left corner. The background is a solid olive-green color.

AIR FRYER ”HARD BOILED” EGGS

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!



AIR 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.

